

WARRINGTON H.F. RAMBLING CLUB

Affiliated with HF Holidays
Spring 2023 Newsletter



Welcome to the Spring Newsletter

After a great weekend in Wales, organised by Linda and Peter, we are now looking forward to our Spring and Summer programme. We have a refreshed committee with a mixture of old and new members. Your committee, especially the walk coordinators, have assembled a great programme. It has been circulated in e form; Cathy has hard copies for those of us that prefer a programme you can hold!

We are trying to provide better definition of each walk so that you can choose walks that suit you. You will find walks of varying location and challenge. If in any doubt speak to the walk leaders who will give expert advice on the walk they are leading.

With the club holiday to Cyprus in April (with much commitment by Chris and Kathy Sewell and Cathy Carter to arrange) we are now back to our pre covid range of activities. However, we do not need to stop there; if you have thoughts on how we can develop our range of activities then speak to a committee member. And a repeated plea, please bring along new members to your club.

Peter Winter, Chairman

2023 Bulletin Board

Spring Supper Thursday 13th April 2023
Cyprus Walking Week 17th – 24th April 2023
Autumn Supper Thursday 28th September 2023
First Aid Course - Tuesday 02nd October 2023
Autumn Weekend Northumberland - 6 – 9th October 2023

Membership

£12 for walking members. £8 for social members



New Members

To sustain our club, we are always on the look-out for new members.

So how do prospective walkers discover us? Many have come through recommendation of existing members, some through the website and a couple through the Public Facebook Page. So please do not hesitate to recommend us to any friends or family who enjoy walking.

Feel free to invite friends/relatives along as your guest to try us out. They are allowed to attend a couple of club activities before we ask them to join.

If you know of anyone who might like to join, please ask them to email: secretarywarringtonhf@gmail.com

New Committee

The AGM saw a change in the committee with some members standing down and others stepping up to take on their roles. The committee is appointed by the members at the AGM. We are all club members who are keen to work on your behalf to ensure the Club runs smoothly.

Our primary purpose is to provide a varied programme of walks to suit all levels of walker and in addition, provide a number of events to bring us together socially. We also sort out policy issues and keep the club running on a day to day basis.



Jayne Adamson and Wendy Hilton stepped down from their role as Wednesday walk co-ordinators. They had served on the committee for 8 Years and felt it was time to hand over the reins to someone else. Between them they had ensured we were offered over 200 walks.

Just before Christmas, Peter Hough resigned from the committee after almost serving two years, creating the vacancy for a new Weekend Walk Co-ordinator. He did, however, still kindly agree to run the weekend away in March and will continue to manage the Group Facebook Page.



The committee thanked all three for their service and acknowledged their efforts with a personalised Thank You card on behalf of all members.

The Committee were pleased to welcome Heather Trelease as the new Wednesday Walks Co-ordinator and Lindsay Richards as the Weekend Walks Co-ordinator.



Lindsay Richards – Weekend Walk Co-ordinator

I love exploring new places at home and abroad and have enjoyed many beautiful walks, great weekends and holidays with the club since I joined in 2013. I also walk many miles with my faithful four legged friend and enjoy the challenge of walking a long distance trail with friends.

Having recently taken on the role of weekend walks co-ordinator I look forward to putting something back into the club.

Heather Trelease – Wednesday Walk Co-ordinator

I joined the Club not long after I retired from Teaching as I've always enjoyed walking both in the UK and abroad. One of my greatest walking achievements was completing a Macmillan Mighty Hike in the Peak District – a distance of 27 miles. I've found that the Club has not only provided me with great opportunities for walking, but also a chance to socialise and make a great group of friends.



So that you know us, below are photos of the rest of the committee, biopics for each of us can be found on the members' only section of the website. Please talk to us on walks if you have any suggestions about the Club.



Peter Winter
Chairman



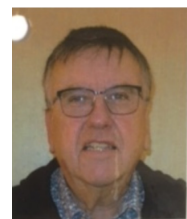
Diane Beswick
Treasurer



Cathy Carter
Secretary



Vini Martino
Higher Grade Walk
Co-ordinator



Simon Payne
Social Events
Co-ordinator

Spring Weekend Away 10 – 13th March 2023



Thirty-two members were booked into Hotel Metropole in Llandrindod Wells (plus one in a motor home!) for our Spring Weekend Away. The hotel were very accommodating and professional. The large lounge provided comfortable pre and after-dinner relaxation. The hotel had set aside a private room for Phil's fun pub quiz. Some took advantage of the swimming pool and sauna. The food was excellent with a wide choice of dishes on the set menu. If there were any niggles, these were swiftly dealt with by the staff.



We had arranged four walks, two on each day, one more challenging than the other to suit everyone. Having recced all four, we were confident that members wouldn't be disappointed. Thanks to Phil & Yvonne, and Cathy, Dennis & Diane for their skillful leading.

On the whole we were lucky with the weather. Linda and I led the two more difficult walks. Having learned from a park ranger that there would be sheet ice on the approach road to the Elan Valley we swapped them around as there was a thaw expected on Saturday night.

Saturday A Walk – led by Peter and Linda Hough

Our first walk therefore was from Moelfre City (bizarrely, this is just a collection of remote farms), near Llanbister. What we hadn't bargained for was the deep covering of snow! Fortunately, the mile or so of approach road had been cleared, and after parking we set off.

The planned walk was 7 miles and 1250' of total climbing. It was on open access land and the route was a horseshoe of six hills. In the event we did two of the hills (Moelfre Hill and Gors Lydan - 528 metres above sea level), and cut back down the valley, trimming off a mile. There were magnificent views at the start, but we had to contend with two foot snowdrifts and a snowstorm which hadn't been forecast until later! But it was exciting and I think we all enjoyed the challenge.



Saturday B Walk – Led by Yvonne and Phil Wakefield

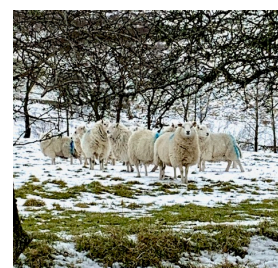
A walk around Garn Dwad Llanwrtwd Wells 7 miles up to 1000ft

On a cold crisp morning 20 club members and 2 dogs assembled at the railway station of the smallest town in Wales and home to a variety of madcap sports including the world famous " Bog Snorkelling " Championships.

The walk started in earnest after a convenience stop and group photo at the Neuadd Arms pub, a favourite of Screaming Lord Sutch the founder of the Official Monster Raving Loony Party.

We made a gradual ascent up the eastern side of the valley traversing the local hill Garn Dwad. Navigating via bridleways and tricky uneven snow covered hillside paths until we eventually entered Irfon forest. After a potentially hazardous stream crossing we progressed through snowy woodland paths to the summit and sheltered for lunch.

Afterwards and facing a deterioration in the weather to more sleet and rain we descended the more picturesque western side of the valley, passing hillside farms to the river Irfon. We completed the walk following the riverside path back to the pub for a well earned drink by the cosy welcoming fireside.



Sunday A Walk. – led by Peter and Linda Hough.



By Sunday morning most of the snow had melted, and there was no problem driving into the beautiful Elan Valley. This walk was 9 miles and around 1500' of total climbing.

After viewing some wonderful wooden sculptures, there was a long steep climb out of the valley, up onto the moors to the trig on Crugyn Ci, 533 metres above sea level. The views were fabulous. From there we dropped down to a waterfall, and after negotiating an area of boggy ground riven with streamlets we had lunch. Some uphill now, past the location of a Roman military camp, and eventually walking down to Craig Goch Reservoir.



At the dam we were treated to a spectacular sight as the reservoir, filled with melt-water, flowed down the far side at a rate of tens of thousands of litres per minute! All the way to Birmingham. We carried on along a former railway track through the Devil's Gulch. This cutting had been closed for four years, due to rock falls, and had just reopened, so we were very fortunate.

At the end of the Penygarn Reservoir, we took a path down by the dam, and were directly facing another wonderful rush of water, just metres away; the Welsh Niagara Falls! It was then just a short walk back to our cars.

What a wonderful weekend!



Sunday B Walk - led by Cathy & Dennis Carter and Diane Beswick

A short 7 mile walk with about 900ft of climbing, but it packed a big punch with pretty and varied scenery.

It was lovely to be able to begin our walk from the hotel, rather than getting the car out. Once again, before departing, we were treated to muffins, kindly provided by Phil and Yvonne, then 20 of us and 2 dogs set off.

The route took us up hill to the Lake in Llandrindod Wells. The weather looked threatening as we circled the Lake, but fortunately improved for most of the day. Leaving the lakeside, we followed a track up hill through some woods, admiring the wooden man on the way and across a field to a new housing estate. Winding our way through the houses we then crossed another field up to a conifer plantation. Once through this, we descended towards Bailey Eion farm.

From this point we followed tracks towards a river. Here, we detoured to cross the river and visit St Michael's Church. This isolated church has no path or road to it, but is accessed via the fields. It sits on a hill on disputed land which was once on the front line of Welsh/English border disputes. The churchyard has one of the most complete rings of Yew trees in Wales.

The sleet came down as we retrieved the path, fortunately the woods provided shelter for us to have our lunch. Thereafter we ascended through the trees in an area known as Happy Valley and then across moorland to reach a trig point. From here we gradually descended through fields and more woods to arrive back at the lake.

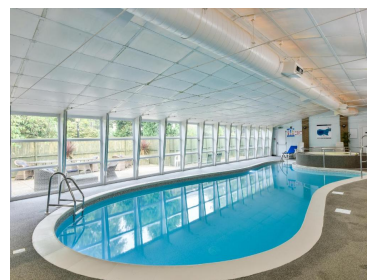
Some, who were heading home, went back to the hotel, whilst others enjoyed refreshments at the café by the lakeside.



Thanks to both Peter and Linda for finding such a lovely area for us to enjoy and for organising such a lovely weekend. Despite the difficulties caused by the snow, we were lucky with the weather, the previous two visits to this area in the dim and distant past we got soaked every day we were there – guess that is why there are so many reservoirs in the area.

**ALMOST
FULLY BOOKED**

Autumn Weekend Away 6-9th October 2023 in Northumberland



We have booked at the George Hotel at Chollerford for the autumn weekend. Set in a beautiful river front location, just five miles from the market town of Hexham, the George at Chollerford is a historic building dating back to the 1700's renowned for its fine food and hospitality. It does have a swimming pool and a gym, just in case we have not tired you out with walking. The hotel, I am told, is very close to Hadrian's wall.

It obviously proved popular, since within a week we had 46 members interested and we will soon have to close the bookings, since there would be too many people on the walks. However, if you do wish to come, please let me know asap, since I might be able to book you on and with so many on the list there are likely to be some cancellations nearer the time, so I am happy to put names on a waiting list. Just email secretarywarringtonhf@gmail.com stating type of room required and number of nights.

We sadly said goodbye to 2 club members in March.



Firstly, Eileen Edmundson who was a member from in the 1970's until around 2006. She was quite a character and those in the club a long time, well also remember her little dog, Shona.

She was way ahead of her time, being a thoroughly independent woman, even gaining her own mortgage in the 1950s which, as a female was unheard of. She also pioneered many causes, including climate change way ahead of when this was fashionable.

Always full of life, she reached the grand age of 101.

Then secondly, the lovely Alison Kite, taken far too soon. Alison and Alan have enjoyed many years with the club and along with many walks, have also enjoyed club holidays in Spain and Tuscany.

Sadly a few years ago, Alison was diagnosed with early onset alzheimer's which as it progressed ultimately curtailed her walking.

Around 140 attended the service including many from the walking club which shows how popular she was. We learned how Alison had packed a great deal into her life, including voluntary service overseas and later visiting many places including Japan and America.

We will always remember her friendly smile and sunny disposition. Our condolences go to Alan and their daughters, Lucy and Annie

Anyone wishing to make a donation in her memory can do so by clicking on the link <https://alisonkite.muchloved.com/> All funds go to Alzheimer's Research UK.



Club Nights

We enjoyed 2 club nights in February and March. Both were well attended

Tuesday 14th February

A lighthearted look at the Ins and Outs of our Legal System with Sue Holden

Despite, or was it because, it was Valentine's Night, over 30 members attended and were entertained by Sue Holden, ex lawyer and now public speaker. She took us through a whistle stop tour of the history of law and how it is still implemented in the UK.

If you've ever seen the film Oliver then you'll know that Mr Bumble, the Beedle, cited that the law was an Ass when it was held that the law assumed he was responsible for his wife's actions. Sue covered why certain laws exist, how they originated or developed using stories and anecdotes. Who would have known that it is still legal to shoot a Scotsman with a crossbow in York, so long as it is not on a Sunday!

A really entertaining evening and at a much lower cost than overpriced restaurants cashing in on Valentines' night.



Tuesday 28th March

"Sleight of Mind" with Pete Turner



At the end of March we were treated to a talk by Pete Turner, a member of our club, who when not walking, makes his living by being a magician and offering talks on magic.

He certainly provided us with an evening that was both interesting and entertaining, sharing an insight into how certain magic tricks are performed.

Scientists all over the world are mystified as to how our mind works. Did you know eg. that the brain consists of blood vessels that can go around the world four times yet it only weighs around 3lb. Albeit small, the brain gives us our knowledge, education, intelligence, personality, charisma, and the character we are today.

Pete explained that scientists have developed interesting experiments to see how our mind works. In his talk, he allowed us to experience these experiments.

All the experiments were fascinating with a magical theme to them.

Each had a twist that to confuse and trick the mind.

The session was interactive with various members volunteering and Pete kept us entertained throughout the evening.

Thanks Pete, I am sure we will be asking you back in the future.



And finally, Thanks to Peter Hough who put this on our Club Facebook page.



To all the walkers, if you come across a sheep lying on its back with its legs in the air, like paralyzed!!!! They can't get up, there's DANGER! Please be kind to tilt/roll them backwards - if left like this, they can DIE, they can't get up and suffocate!!!!!!

This is especially important at this time of year as most will be carrying lambs! THANK YOU ALL

Don't forget if you have any walking related articles for the next Newsletter (due out at the beginning of July)
Please send them to secretarywarringtonhf@gmail.com