

Caernarfon & Dwyfor Ramblers

Newsletter No 6 – 21 June 2018

Contributions for future editions to me please,
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Having just returned from a couple of weeks walking in Yorkshire this might be a shorter newsletter than usual - our overgrown garden is calling for attention! Having said that, do I really want to cut the grass? In the Yorkshire Dales we enjoyed following paths through many fields full of wild flowers, perhaps the benefit of a different 'set aside' policy up there? They were a lovely sight and a riot of colour, even if most were daisies and buttercups.

TIM TACLO LLWYBRAU

The next workday is on Monday 25th June at Pystyll. Contact Graham if you would like to take part. graham.fitchs@gmail.com

BANGOR & BETHESDA GROUP

Our neighbouring group of ramblers have been in trouble for a while, with not enough people willing to run the group, and it seems likely that the group will fold this year. One suggestion is that our area be extended to take in that covered by B&B, with their members joining our group.

CAERNARFON & DWYFOR WEBSITE

From Roy Milnes Please can I let you know about changes to the CAD Ramblers website. We've found it wasn't being visited and Facebook has taken over from the forum, typically we were only getting four hits per day. In contrast when something is put on Facebook it can get 120 hits in a few hours - it has 194 members.

So we've kept the lively web layout expertly created by Ian, added a few more images and simplified the pages so it does what we say on the tin - Walks, Events and Footpaths.

All our walks to December are published on the Ramblers walkfinder website - the link is on our walks page and you can also download them as a .pdf file.

I know some people will not wish to use Facebook but it works well for us (thanks to Edmond) permitting any member to publish anything (well within reason provided the administrators agree!). It's extremely useful in giving last minute updates about walks. Personally I've found the key with Facebook is to only enter the minimum of personal data and turn off as many irritating notifications and adverts as possible.

If anyone has any suggestions about improving the website or objects to anything please let me know.

Note to walk leaders:

Most walk leaders put a message on Facebook a few days before regarding weather conditions with a positive spin to drum up customers. You can also publicise your walk by using the Facebook "Events" feature.

HEALTH UPDATES

Max Grant Although recovery will not be quick the news is positive. Max is now on Prysor Ward (Stroke Care) at Ysbyty Gwynedd. His tracheostomy has been removed but speaking is still not easy. Rambler friends are welcome to visit and Max would appreciate listening to news. There are no fixed visiting hours but his partner Margaret suggested after 11 am is best.

Edmund Plaxton The scan last Wednesday showed marginal growth of the cancers over the last 3 months, just about 10%. Since we know the chemo works on them, the Consultant concurred with

keeping a watching brief on them, while continuing to enjoy summer free of chemo. We are delighted !!! Edmund is so much better, feeling up for life generally, and the lovely long bout of summer weather adds to our pleasure . Love from us both, Rachel xx

Nigel Fisher Following his fall while scrambling Nigel has had double vision, which could linger on for quite some time. However, a stick on prism on a pair of glasses corrects the double vision and he is now more mobile and getting about. .

Graham Fitch A brought forward date for a hand operation meant that Graham and Pat had to abandon their narrow boat somewhere in Yorkshire and head back home. A few weeks on, Graham tells me that the hand is healing fine.

UPCOMING WALKS (a lot!) Full details in the North Wales Ramblers walks booklet or follow the link on the cadramblers website.

Wednesday 27 June Join Margaret at 10.15am in Clynnog Fawr (SH 415497) for a walk to Bwlch Mawr, taking in the new ladder stiles erected over the huge walls up there.

6 - 9 July If you can find accommodation it's still not too late to join the C&D expedition over the border, as we follow the Sandstone Trail from Beeston Castle in Cheshire south to Whitchurch. Around twenty folk are already taking part, with venues for evening meals booked, a good range of beers on tap and some excellent walking in prospect.

Thursday 12 July Dafydd is taking us back to his youthful haunts with a walk to Eithinog, west of Penygroes. Meet at 10.30am at the Penygroes police station CP, SH 472529.

Saturday 14 July I suspect someone else will be leading this walk, one of Nigel's Trampoline days. Meet at 9.30am at the layby outside

Pont Bethania café, SH 626504 for an 8 mile A walk taking in Snowdon and Y Lliwedd.

Wednesday 18 July Meet Joan at 1.30pm at Glynllifon , SH 453554, for a 3 mile social stroll around Glynllifion Country Park to view over 100 types of trees and plant. Glynllifon much in the news recently.

Thursday 19 July Meet Dafydd once again at Penygroes police station CP, SH 472529 for a walk taking in Nantlle and Fron.

Saturday 21 July Meet Dave W at 11am at the CP north of Llithfaen, SH 353628, for a bus assisted (No 27 Llithfaen dep 11.52) eight mile walk from Nefyn to Nant Gwetheyrn.

Wednesday 25 July Join John H at 5.30am at the CP by the Nefyn police station, SH 302405, for a five mile walk taking in the Nefyn Cliffs.