

Eryri Ramblers Newsletter – No 7 July 2019

Please send contributions for future editions to Jane Berry birstallberry@hotmail.com by the last day of each month.

First Aid Training

Ramblers have organized a number of first aid courses with money received from the Post Code Lottery. It is being delivered by St Johns Ambulance, will last 3.5 hours and has been designed with group walks in mind. All volunteers will benefit from attending, but particularly walk leaders, backmarkers, and anyone willing to volunteer as the nominated 'first aider' on a group walk. No prior knowledge or experience is necessary. It has been tailored slightly to the outdoor setting but covers the basics that most first aid courses cover i.e.

- primary survey of a casualty
- responsive and unresponsive casualties
- shock
- minor bleeding
- severe bleeding
- bone, muscle and joint injuries
- spinal injuries
- chest pains
- hypothermia and heat exhaustion

The Porthmadog training is booked for the 30th September at 10am in the Canolfan Arts Centre, LL49 9LU. Booking is done online by accessing the 'Wales' section of the Ramblers website, then looking for '**training AND first aid**' followed by the 'eventbooking' page and scroll down to the map and press on the blob which looks likely to be Porthmadog. Another click should bring you to the eventbrite page for registration. Good luck!

Ignore the link given in Van's last volunteers' newsletter as it only takes you to the courses being run in England!

It is written that there will also be the opportunity to organise more training, depending on demand in the area.

Margaret

Basics of Footpath Law

What is a Right of Way?

A right of way is a path that anyone has the legal right to use on foot, and sometimes using other modes of transport.

Public footpaths are open only to walkers.

Bridleways are open to walkers, horse riders and pedal cyclists.

Byways open to all traffic (BOATS) are open to all classes of traffic including motor vehicles, though they may not be maintained to the standards as ordinary roads.

Legally, a public right of way is part of the Queen's highway and subject to the same protection in law as all other highways. Unfortunately this is not always the case. Tim Taclo volunteers work to assist the Council to keep our footpath open by working on just one day a month. Please let me know if you would like to be kept informed.

Footpath Secretary.

EM: graham.fitchs@gmail.com

Graham has also sent details of the following charity event, downloaded from Ramblers, London:

Snowdon at Night

3 - 4 August 2019

[Global Adventures/Snowdon at Night](#)

Location: Snowdon, Snowdonia National Park

Distance: 9.5 Miles

Registration: £49

Minimum fundraising: £280

Join us as we explore the highest mountain in Wales and England by moonlight! Following the Llanberis track to the summit using torches to light our way, trekking by night will bring a fresh twist to this classic charity challenge. Upon reaching the mountain summit we'll be rewarded with unforgettable views of the sun rising across the Snowdonia National Park, and as we descend breath-taking sights of the mountain range will uncover before us. Once we reach the finish line in Llanberis we'll celebrate our achievement with a well-earned breakfast!

What's included?

As soon as you register for Snowdon Trek you'll be on a fully supported journey to the finish line. We'll be there for you before, during and after the challenge, ensuring you're left with memories to last a lifetime.

- Snacks and refreshments along the route and breakfast
- Qualified Global Adventure Challenges leaders
- Vehicle for back up and support
- Clothing and equipment list
- Training guide
- Route information
- Fundraising tips and tricks
- Fully signposted route
- Medical support
- Marshalled checkpoints with water, fruit and snacks
- Finisher's medal and t-shirt – wear them with pride!
- The priceless view of the sun rising over the spectacular National Park!

[Click here to secure your place*](#)

Irreverent Tales from a Rambler

I have been a hiker most of my life. A "Rambler" for three of those years. I never thought I would be one of a group of Ramblers. I used to see them, mostly older with a sprinkling of younger ones, kitted out with all the gear. You always HEARD them before you saw them. Well, how life changes. The first walk I went on I was "told off" about my footwear. Brand new North Face walking shoes in shades of lurid purple I remember. Thought I would cut quite a dash. Not good enough according to the Leader. Stout boots were needed preferably brown leather with Gore-Tex lining and Vibram soles – but my shoes did have Gore-Tex lining and Vibram soles a little label on the side and yellow rubber plug on the sole said so. I paid £65.00 for them (in the sale, of course). I could see the Leader was not impressed. The walk was six miles mainly on stone paths and roads. I must confess it was one of my dog walking routes. I could see I had a bit to learn about the Ramblers. Next time in Tales from a Rambler my second walk.

Anon

Book Review – Showell (Pip) Styles, Welsh Walks and Legends, 1972

You may wonder why I am starting with a book dating back nearly 50 years, how can it possibly be relevant to our walks today? Well, legends don't change, and the quality of writing is such that you may be inspired to check up the routes on a modern map and take to the hills following the footsteps of this acclaimed author and mountaineering guru. He was one of the founding members of Clwb Dringo Porthmadog in 1953, it is still going strong.

The book is divided into five areas from the North coast of Wales to the Vale of Llangollen with three legends and walks apiece. My favourite is Deganwy and its castle, I love the story that this was once part of Ireland which broke away carrying two holy women (Modwenna and Bride) and their servants to the mouth of the Conwy river and there it settled. Bride is commemorated by the village of Llansantffraidd nearby.

I was lent a copy ten years ago, bought a copy of my own second hand and have enjoyed many of the walks and legends over the years. Recently I was given a signed copy of the book so have one spare for anyone who would give it a good home, just email me and I'll draw lots if more than one taker by the end of the month, Jane Berry

Upcoming Walks – Please ALWAYS check the website in case of late changes, this is just a reminder of what is on offer.

JULY 2019

Sat, 06-07-19, Cemaes to Amlwch , Coastal walk from Cemaes to Amlwch visiting old porcelain and brick works. , SH441929, Library Car Park in Amlwch to catch 10:22 bus opposite Co-Op, 10:00, C, 9, Derek C, Dogs on lead please

Tue, 09-07-19, Croesor Rhosydd Circular walk, Track to Croesor Quarry, head east to the top area of Rhosydd Quarry. Descend to the collection of old cabanau etc at Bwlch y Rhosydd/Bwlch Cymorthin. West along a former tramway track then descend to a lower path to Croesor. Portaloo in car park. Cafe at end of the walk. SH631448 , Croesor CP, 10:00, B, 6, John B, No Dogs Please

Thu, 18-07-19, Nant Gwrtheyrn to Pistyll, Coastal Path, SH354441, CP top of Nantgwrtheyrn, 10:00, B, 7, Dafydd, Dogs on lead please

Sat, 20-07-19, Rhinogydd , Diffwys, Y Llethr and Rhinog Fach with the option of a 4 mile extension up Rhinog Fawr dependent upon the day and the group's enthusiasm, SH640272, Nantcol - Pay Farmer, 10:00, A, 11, Roy M, No Dogs Please

Thu, 25-07-19, Rhaeadr Ddu, A gentle and wooded walk visiting the Black waterfall, in the beautiful Ceunant Valley, a National Nature Reserve , SH685397, CP in Gellilydan, 14:00, C, 3.5, Dafydd, Dogs on lead please

Sat, 27-07-19, Penmon, Traeth Lleniog and Trwyn Du, Visiting Castell Aber Lleniog, Penmon Priory and Penmon Dovecote, SH610796, Llangoed, 10:00, C, 7, John H, Dogs on lead please

Menter Fachwen Newsletter

This was discussed at a recent Committee meeting: it rather overshadows our newsletter and as Roy adds the Newsletter each month to our website, it was suggested you accessed it yourselves at

<https://eryriramblers.org/news%2Binfo>

Well.....that works for me, so let me know what you think!