

SOAR FEET

Summer 2019

Newsletter of the Loughborough and District Ramblers.

We are now two months into the 2019 Summer Walks Programme; I hope you are enjoying the variety of walks on offer. If you only walk occasionally with the group, perhaps you are unsure about the longer weekend walks or struggle to make the shorter mid-week walk because of other commitments. Why not make the most of the light evenings and join us for one of our occasional summer evening walks? There are two more coming up in July. Details are on the website.

New Charnwood Forest Regional Map

A new edition of the Charnwood Forest Regional Park map been issued. It costs £6.99 and is printed on strong weather resistant paper. It is a 1:25000 map centred on the area and shows permissive paths and public access areas. The new edition has added tearooms and pubs and has sharper, clearer print. It is available locally at Bradgate Park Visitor Centre, Mount St Bernard's Abbey, tourist information points and online from Global Mapping.

www.globalmapping.uk.com

Walks registers.

At the last committee meeting, it was decided to change the form recording the names of those attending a walk. Instead of email addresses for those who are new or non-members, the column is to be changed to record mobile numbers. The walk leader will then take the form with them on the walk.

This has come about because, on occasions, attendees have become separated from the group. There is no intention that the number will be used for any other purpose. For this to work, you will, of course, need to remember to bring your mobile.

Walk leaders can print off the registration form from the Loughborough Ramblers Website under Leader Resources.

Dates for the Diary

Group Holiday 2020

24th – 27th April 2020.

This is now being advertised on the website and will be at the HF House, Derwent Bank, Derwent Water in the Lake District

Although the closing date may have passed there still might be places available. Please get in touch with Sue Mears if you are interested, as it is usually easy to get extra places, although single rooms are in short supply.

07545 395817

01509 231350

Forthcoming Social Event

On the **24th July, 2019**, we have an evening walk starting at 6:45pm from the Waterside Inn in Mountsorrel, returning at 8:45pm for drinks and snacks at the end of the walk.

Please park at the pub car park.

Loughborough and District AGM and Social

Wednesday 30th October, 2019.

Ronald West Court, Langdale Avenue.

LE11 3RE

Starting at 7:00 for 7:30pm.

Refreshments provided!

The 2019 Area Quiz will be in November.

Details will be posted on the website

A colour version of Soar Feet with active links is available to download from the Loughborough Ramblers' website. The website is also the place to check for any last-minute changes to walks enforced by the weather or local conditions.



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Derwent Valley Walks

As of mid-June, Loughborough Ramblers are just over half way through completing a series of walks along the whole of the Derwent Valley from where the Derwent joins the Trent near Shardlow to its source high up on Bleaklow.

The six walks completed so far have each included a section of the Derwent Valley Heritage Way and have explored the industrial heritage of mills, factories, housing, mining, railways and canals along the valley and in places such as Derby, Belper, Cromford, Matlock Bath, Matlock and Rowsley. The walks have been devised to be circular giving the opportunity to include high level sections from which the superb scenery of the valley and surrounding countryside could be appreciated.

Of the five remaining walks, the first three complete the northern section of the Heritage Way from Chatsworth House to Ladybower Reservoir, passing through Baslow, Calver, Grindleford and Hathersage. They will also include the long line of gritstone edges high above the valley floor. The final two walks will explore the upper Derwent Valley beyond the

Heritage Way. The routes will include Ladybower, Upper Derwent and Howden Reservoirs, the gritstone edges high up on Derwent and Howden Moors, and the source(s) of the Derwent on Bleaklow. Further details of the remaining walks can be found on the walks programme.



On the High Peak Trail above Cromford on Stage 4 of the Derwent Valley Walks

Dave Twigg

Group Social Events

Skittles evening

The social calendar started on the 25th January with 23 members having a friendly game of Skittles. We returned to the Soar Bridge Inn in Barrow upon Soar where we were warmly welcomed.

The evening started with a competitive team game where members pitted their skills, attempting to hit the skittle pins down with several cheeses flying around; it was not as

easy as it looked!!! There were prizes to be won so people were keen to succeed for their team.

After the game there was a welcome break and the food was served; the rules and merits of the game were discussed!

A knock out round followed the meal and was closely contested with enthusiasm if not skill and was eventually won by David Rolls.

Well done to all those who played and rose to the challenge.
Sue Mears

Group Spring Holiday, Selworthy, Somerset

Twenty-three ramblers enjoyed the now-traditional spring long weekend, this time at HF Holnicote House on the edge of a wet and windy, but still beautiful Exmoor. An advance party of ten arrived three days earlier (in order to win the mid-week quiz) for what we had expected to be a Guided Walking holiday, only to find it been rebranded Gentle Walking. The HF walk leader, Jill, expecting to lead some gentle walkers, had the likes of us to deal with on the first day. Some went independent the next day, with Dave leading a "Three Peaks of Somerset" walk.

The main holiday weekend started on Friday lunchtime when we met up at Dunster for a walk around the local countryside with views of Dunster Castle.

On the Saturday we walked from the house and braved strong winds along the beach on Porlock Bay and on the steep climb towards Selworthy Beacon. We continued along the ridge with lovely sea views, returning back via the beautiful thatched cottage tea room in Selworthy.

On Sunday the group visited Lynmouth and enjoyed a variety of coastal and river walks in this lovely area.



Waterfalls on the River Lyn, at Watersmeet



The descent into Lynmouth

We were, as usual, well fed with no need for the usual "please start before it goes cold" at dinner, due to the synchronised serving stage-managed by the exuberant house manager, Victor.

Thanks again to Sue for another perfectly organised week; sadly, she said her goodbyes on Selworthy Beacon on the Saturday as she had to leave early for another trip. Thanks also to Dave for some beautiful, well planned walks. Looking forward to next year's trip to the Lake District!

Compiled from Contributions from John Samson (including photos) and Sue Mears

Meet the Member: Dave Twigg

Dave joined the Ramblers in 2015, has been on the Committee since 2016 and is the Group Webmaster. He writes:

I was born and brought up in Sheffield, initially in the Hillsborough area, hence my lifelong support for Sheffield Wednesday, and then from the age of five on a new estate on the southern outskirts not far from the moors on the edge of the Peak District. This was the start of my walking career as for 2 years I had a daily round trip of about 4 miles to school before a new one was built. Once started I never really stopped, although walking was just an accepted part of life during my school years, rather than a hobby.

I studied civil engineering at Sheffield Polytechnic, and it was during this time that I developed my interest in outdoor pursuits. Initially it was caving and potholing (every weekend for 2 years, until hypothermia on one trip in North Yorkshire literally cooled my enthusiasm), then climbing on the many gritstone edges in Derbyshire and, finally, serious walking after a trip to Skye and climbing part of the Cuillin Ridge "by mistake".

After graduating I obtained a research post and then lectureship at Sheffield Polytechnic where I stayed for 15 years. During this period, I took a sabbatical year to study for an MSc in Geodesy at Oxford University and followed up with a part-time PhD at Newcastle University. The subject I taught was Surveying which involved several weeks of field courses each year and hence lots of walking in the Peak District, North Yorkshire and Cumbria.

It was also early in this period that I met Kate (at a New Year party - we went walking on Kinder the next day!), got married and had three children. Initially we went walking almost every weekend in the Peak District, Snowdonia or the Lake District with holidays further afield in the mountains of Scotland, France and northern Spain. As the children were growing up, we still managed some local walks; occasional trips to Snowdonia and the Lake District, an annual Easter holiday to Scotland (usually in a log cabin up some remote glen) and annual summer camping holidays on the Scilly Isles or in Brittany.

In the late 80s I had some sort of midlife crisis and, despite a wife, three young children and a mortgage, I decided to replace having a secure enjoyable job with being a self-employed consultant. Fortunately, this worked well for over three years until a recession came along and work dried up. Luckily, I fell on my feet in securing a lecturing post at Loughborough

University where I stayed for 20 years until I retired. Although mainly concentrating on teaching-related activities, I developed research interests with geographers and glacial geomorphologists and spent most summers exploring, mapping and modelling remote areas in Arctic Norway, Turkey and Iceland.

When I retired, I missed these fieldwork expeditions and started taking an annual trekking holiday which led me to the GR20 in Corsica, Everest basecamp in Nepal, the Huayhuash circuit in Peru, the Atlas Mountains in Morocco and the mountains of south east Greenland. Four years ago, shortly after Kate died, just after the death of our eldest son, I joined the Ramblers as I wanted to meet people who enjoyed walking as much as I do. Although I had to adapt my approach to walking (my idea of a long walk is obviously different to most peoples' and I still don't understand the concept of elevenses so early in a walk although I have readily embraced the idea of tearooms at the end). I soon became fully involved with the Group, walking twice each week whenever possible, leading a longer walk each month, attending social events and the annual holiday, joining the committee and revamping the website. I also walk occasionally with other groups and take several walking holidays each year. Needless to say, I have also made many new friends along the way.

After all these years I still enjoy my walking, especially in the Peak District, on coastal walks and in the mountains (sorry, the muddy fields of Leicestershire don't really compete). I'm happy with a 5 mile or 20+ mile day walks, multi-day trail walks, and I just can't resist the occasional challenge. Long may it continue.



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Rambling in the Digital Age

Leicestershire and Rutland Area Facebook Page

The area committee wants to promote the use of their Facebook page to promote membership, the national Ramblers' agenda and other general issues of interest. This has been taken on by Georgina Sear. Before this is viable, Georgina wants to increase the number of people visiting and liking the site and has asked us to encourage you to do so by searching 'Leicestershire and Rutland Ramblers'. Liking it will put the page's posts in your news feed.

New Ramblers App

This App is now available and can be downloaded on to your smart phone free from the App store (Apple) or Google Play (Android). Search 'Ramblers' and download the App.

The first time you connect through the App, you will need your membership number and the email that the Ramblers have on record for you. Ramblers tell us that the App provides:

- A searchable library of thousands of led-walks across Great Britain
- A digital version of your membership card
- Access to the latest members' offers
- Interesting features and articles
- A new and improved walk register
- Ability to submit photos to help promote your walks.

The App readily displays upcoming walks for the Group and the Area. I found that walk searches outside the area were not as easy as on the website, but that may just be me!

I think its worth downloading and trying it out. It's also likely that improvements will be made, and niggles ironed out!

Your Soar Feet

I hope that you find something of interest in this newsletter. It would be great to receive suggestions of what you might like to see included, but also possible contributions; an interesting find or a quirky/amusing photo taken on a local walk? Please email to the Soar Feet editor, ted.wells12@gmail.com.

You're receiving this communication because we believe that it would be of interest to you as a member of Loughborough and District Ramblers. If you'd rather not receive the newsletter in future, please let us know. You can email Lynne Atkinson on secretary@loughboroughramblers.org.uk