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Hello....

Welcome to the first Relay of the year, with Spring just around the corner, and our next walking weekend, in Malhamdale, just weeks away. In this edition we feature one of your favourite topics - mud, and touch upon diversity, a TV programme to watch and if you are feeling very energetic, a chance for a 26 mile walk...

First, a few bits and bobs

- ⇒ We are always looking for new Walk Leaders as they play such an essential role in what we do. The Ramblers provide regular online courses for those who might be interested, and also for existing Walk Leaders, such as "Getting Started: An introduction to walk leadership", and "Planning and leading safe walks". If you would like to join one of these, with no obligation, use this link to see what is available and to book onto one of them:

<https://www.eventbrite.co.uk/o/ramblers-3448430213>

Or feel free to talk to Morag, our Walks Coordinator, or any Walk Leader or Committee Member if you would like to find out more about what is involved.

- ⇒ Plans for our Autumn weekend away are gathering pace. This year we will be visiting Warwickshire where our base will be Royal Leamington Spa. There will be a choice of walks led by our own members on Friday, Saturday and Sunday. Anyone wishing to attend will need to book their own accommodation; Karen has prepared a list of local hostels which can be found on our website. Evening meals will be arranged for the group on Friday and Saturday. If you would like to join this weekend please contact Karen on autumn@rushclifferamblers.org.

- ⇒ Other holidays coming up are

- ◆ Malhamdale, 3 nights from 30th March 2023
- ◆ Scotland, 4 nights from 29th August 2023
- ◆ Alnmouth, 3 nights in Spring 2024
- ◆ Isles of Scilly, June 2024

Out and about....



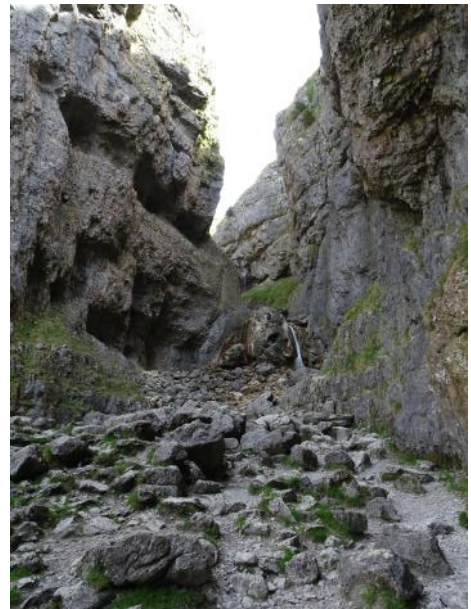
Take a Hike

If you haven't come across this series of programmes from the BBC you might want to check them out. The second series is being shown on iPlayer. It's about a group of people who take it in turns to lead a walk in a particular area. This series starts in Yorkshire and then moves to the Isle of Skye. The first one of the Yorkshire programmes is around Malham and Gordale Scar, quite close to where we're stopping on our Spring weekend away. Those of you planning on joining the group in Malham will find this programme of particular interest.

To view try the link below or go to BBC iPlayer.

Enjoy the spectacular scenery,

<https://www.bbc.co.uk/iplayer/episode/m001ggrq>



In addition, episode 5 of series 2 features Flamborough Head, which some of us walked around on our Bridlington weekend last Autumn so may bring back some memories...



It's the time of year for Mud!

We all complain about mud, slipping and sliding, and having to clean it off our boots. But have you ever considered that there may be a positive side too...?

Much of British history has been caked in mud, and in fact such quagmires have come to the rescue of the English in some key historic battles.



At Agincourt in 1415, Henry V's army was vastly outnumbered by the French, but torrential rains had turned the battlefield into a mud bath. When the rain eventually stopped on October 25th, the French attacked using heavily armoured cavalry but they sank into the mud and made easy targets for the English archers. The cavalry retreated in panic, colliding with their own infantry, opening the way for the English troops to attack and secure a spectacular victory.



Mud again came to the rescue in June 1815, when Napoleon was forced to delay his attack on the Duke of Wellington at Waterloo. A thunderstorm turned the ground to thick mud, making it difficult for the French to move artillery and cavalry, and Napoleon had to wait for the ground to dry. That

delay proved crucial for Wellington as he waited for the appearance of his Prussian allies, led by Field Marshal Prince Gebhard Leberecht von Blücher. Before they arrived, Wellington's army was outnumbered and outgunned by the French, and by late afternoon the British were in a precarious state before the Prussians appeared and turned the battle into a rout.

(With thanks to The Weather Eye in The Times where this was originally published)

Inclusivity and Diversity

Your committee are dedicated to ensuring that Rushcliffe Ramblers remain welcoming to everyone, and recently some articles have been published with this in mind.

One such article was in the National Trust magazine, written by Haroon Mota who started a walking group called the Muslim Hikers. The Trust property, Ilam Park in Derbyshire, hosted 80 people from all over the country for a three-and-a-half hour hike followed by an outdoor banquet which celebrated the Iftar meal which ended their daily fast at sunset during Ramadan.

Walk magazine, issued by the Ramblers, interviewed the founder of Black Girls Hike, Rhiane Fatinikun. Rhiane wanted to create the opportunity for black women to reconnect and explore the outdoors, but felt the problem was not just a race issue, it was more of a class issue as fewer working class people walk regularly in the countryside. The group she set up is going strong, and has launched groups nationwide organising regular group hikes, outdoor activity days and training events, and last year Rhiane won the National Diversity Award for Positive Role Model for Gender.

The Ramblers launched a campaign last year called #NatureForEveryone which called for the Government's "Levelling Up" reforms to include access to nature - and walking in the countryside - to be a key success measure.

You can find out more here, including signing the petition to urge the Government to make connecting people with nature a priority:

[Access to nature for everyone, everywhere - Ramblers](#)



The Belvoir Challenge

4 March 2023

Remember an article back in our May 2021 edition of Relay when we told you all about our intrepid ladies who walked 26 miles? Well, if you are feeling adventurous, here is an opportunity for you to do the same.

The Belvoir Challenge is an annual event that enables you to walk (or run) a course of 26 miles, or 15 miles if you prefer. The routes follow footpaths, tracks and minor roads throughout the beautiful Vale of Belvoir and with the kind permission of the Duke of Rutland, go through the Belvoir estate. Both routes start and finish at Harby Village Hall, and checkpoints every 5 miles offer free drinks and snacks.



The event is organised by The Friends of Harby School to raise funds for the school.

For more details visit <https://belvoirchallenge.com>

P.S. Our intrepid ladies will be attempting 26 miles again this year. Watch this space for further details....



News from your Committee

- ⇒ The Mayor of Rushcliffe, Cllr Tina Combellack, has written to us (via your Chair) telling us about the two charities that she has adopted this year, both benefitting the rural parts of Rushcliffe. These are the Grantham Canal Water Restoration Group which is seeking to preserve and improve a valuable amenity in the area, which many of us will have enjoyed; and the Lincs/Notts Air Ambulance which relies solely on donations. The Mayor asked for our support but our own charitable status means that we are not allowed to raise funds directly for other charities, so instead are making you aware of her chosen charities should you wish to support them.
- ⇒ The AGM minutes have now been posted to our website.



WALK YOUR WAY

We know all the ingredients for a perfect hike. Discover extraordinary walking routes with comfortable stays in outstanding locations. Enjoy full-day walks alongside like-minded people and leave all the planning and navigation to us. It's what we do best.

FOR MORE INFORMATION AND TO BOOK
VISIT: [HFHOLIDAYS.CO.UK/WALKING-CLUB](https://hf.holidays.co.uk/walking-club)
CALL: 020 8732 1260

Book and travel with confidence. Please go online for our most up-to-date offers and prices plus full details: hf.holidays.co.uk



Check our website for up-to-date news including details of upcoming walks:

www.rushclifferamblers.org