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Hello....

This month we feature a personal reflection from Rob on his eight-year quest to lead a series of walks circling Nottingham (Covid didn't help), update you on holiday plans including a date for the Isles of Scilly next year, revisit one of our regular topics of walking safely past cows, remind you about your Members Day being run by the Nottinghamshire Area this month, and point you towards some sculptures...

First, a few bits and bobs

- ⇒ In the last edition, Angela told us about plans for another marathon walk covering 26.2 miles in a day. The good news is that the date has now been agreed and is part of our current walks programme on our website: Tuesday 12th September (weather permitting). If you aren't quite up to the full distance yourself, Angela would love to see some supporters cheering and clapping them along the way.
- ⇒ There are still a few places left at our next social event which is Croquet on Friday 21st July from 2 to 5pm. The cost is £16 each including tea and cake. Please contact Louise if you are tempted on social.louise@rushclifferamblers.org
- ⇒ If you were wondering whether there will be a trip to London this summer, Hazel does have an itinerary in mind but she has not booked yet due to the uncertainty of the rail strikes, which are continuing through July. If these get resolved soon then Hazel will consider a trip later in the year.
- ⇒ Hazel is also planning to rearrange the Evacuation from Kabul talk at the Poppy and Pint, so please save the date of Thursday 26th October. This will be confirmed nearer the time.
- ⇒ Just a reminder that we have some shorter mid-week walks planned in our current walks programme. All of these walks offer an optional pub lunch. Check our website for more details.
 - ♦ Thursday 20th July, 5.1 miles;
 - ♦ Wednesday 9th August, 4.6 miles;
 - ♦ Thursday 14th September, 6.4 miles;
 - ♦ Thursday 28th September, 5.2 miles.

Out and about....



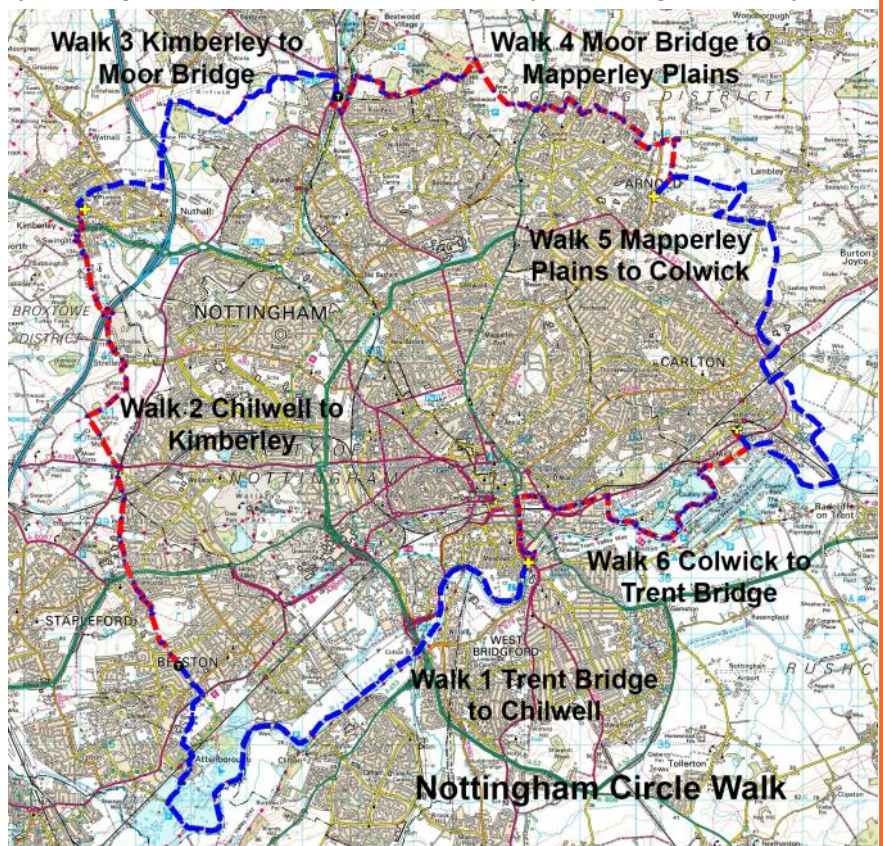
The Eight-Year Walk - a personal reflection by Rob Turner

During my time working in marketing, I used to come up with a new initiative each year that would make a positive difference to the company's fortunes. After I retired, I revived this concept by organising a 30 km sponsored walk for a cancer charity to celebrate their 30 years anniversary. This managed to generate several thousand pounds with the help of family, friends and various Ramblers members. What can I do next, I asked myself?

A new idea came to me one day to create a walk round the whole of Greater Nottingham. I did a bit of research and discovered there had been previous attempts at this, but they were largely based in the built-up area. My intention was to use country paths and tracks wherever possible and to keep street walking to an absolute minimum. Very soon, I realised this would have to be a series of walks as the total distance was about 40 miles. After more work, I settled on six linear walks ranging from 5 to 9 miles in distance. Each start and finish point was served by good public transport, so complicated manoeuvring of cars was not necessary. I designed the overall route to pass by or through as many places of interest as possible. After all, an interested walker is a happy walker, I always say. The first walk was added to our programme for autumn 2016. To give the six walks an overall identity, I coined the term 'Nottingham Circle'.

This first walk was from Trent Bridge to Chilwell, a distance of 8.5 miles. On the day, there was a good turnout of 22, with the weather calm and dry. The sun even made an appearance later on. My confidence was sky-high and I started planning to get the next walks in the walk programme for early 2017. However, there were serious changes to my family circumstances and I had to pause my walk-leading activities for the time being. Maybe I could pick this up again in the second half of 2017.

The next year and a half were very much up in the air. I did manage an occasional walk behind other leaders, but not many. However, I could not commit to booking one for me to lead, because personal issues were still uncertain. It wasn't until later in 2018, that I finally was able think about leading again. My return was in February 2019 with a repeat of the Trent Bridge to Chilwell walk. This went well again and I was encouraged to get more walks booked for the second half of that year.



Walk 1

Cator Lane tram stop



The Eight-Year Walk cont



Walk 2 Kimberley War Memorial

For October 2019, I got ambitious. I arranged a double header of walks on one day. These were walk two Chilwell to Kimberley (6.3 miles) in the morning and walk three Kimberley to Moor Bridge (4.8 miles) in the afternoon. This was a total of about 11 miles but offered two average length walks or one longer one. On the day, 20 walkers did the morning walk and 13 in the afternoon. There were a few hardy souls amongst them, who chose to tough it out and join me for both walks.



Walk 3 Wooden seating in Bulwell Hall Park

In November 2019, I led walk four from Moor Bridge to Mapperley Plains (6.5 miles). This went through Bestwood Country Park and passed by some rhubarb fields (exciting or what!). We encountered a lot of mud on the very last field path, which turned out to be a taste of things to come. When the No. 47 bus we caught home got back to the depot in the evening, they must have been wondering where all the mud on the floor came from.



**Walk 4
Bestwood Sign**

The Eight-Year Walk cont

The year 2020 arrived with me in optimistic mood. I had added the last two of the six walks in our walk programme for March, and was looking forward to a triumphant crossing of the finish line at Trent Bridge.

Walk five from Mapperley Plains to Colwick (8 miles) was booked for early in the month. I reccied the route in late February and got no further than a few steps from the bus stop. What was difficult ground in November the previous year, had turned to a quagmire with copious amounts of mud and pools of standing water. Perplexed, I turned about and consulted my map. There was no way I could take a group through that field. It was just not safe. After all, these walks are meant to be an enjoyable experience for the walkers, not a trial of stamina and resilience by mud. Luckily, Spring Lane, where the bus stop was, had a decent pavement. That was to be my modified route. Off I went, passing Gedling Country Park and onto my next footpath. To my horror, this was similarly blighted by watery mud. After slipping and sliding down this path for a short distance, I turned round and carefully retraced my steps (with difficulty). Once I could stand upright without slipping, I looked at the map again. I settled on a possible alternative path through the country park, which hopefully would be better.



Walk 5 Mud

My optimism returned as I strolled through the park. However, as I came over the brow of the hill, to my horror, an enormous housing development had sprung up. The last time I was in this area, it was all green. Now gigantic diggers and trucks trundled along the constructors' roads. Not a good sight. I weaved through this mess along a series of temporary access paths. Finally, after a considerable amount of hassle, I rejoined my original route. All went well until I reached Netherfield Lagoons. Here was yet another impassable quagmire, this time under about four foot of water. Luckily, there was an alternative route along some higher ground, and it was with some relief, that I finally reached the River Trent. The last stretch was uneventful and I sank onto a welcome seat on the No. 44 bus home. What a day! The value of walking a route near to the booked date proved to be absolutely essential in this case. Back at home, I redrew my walk map, and looked forward warily to leading a group along this modified route. Please no more rain!



Walk 5

Railway bridge over the River Trent

Join us in the next edition of Relay to see the conclusion to Rob's epic Eight-Year Walk...

Nottinghamshire Area and Group Ramblers Members Day

Saturday 15 July 2023

Lady Margaret Hall, Holbeck, S80 3NB

10am - 4pm

All Nottinghamshire Area and Group Ramblers members are invited to a day of exchanging ideas, walking, training and a fuddle. Please bring food donations* on the day, refrigerators are available.

This will be an informal day where we can walk, catch up with other members from other groups and just relax and enjoy and who knows pick up a new skill in the process.

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|----------------|---|
| 10-10.30am | Arrival, room set up, tea and coffee, raffle ticket and lucky numbers sales. |
| 10.30am | 2.5 mile walk from Creswell train station for anyone wishing to arrive by train led by Diana Munro. (Book via https://www.ramblers.org.uk/go-walking/group-walks/area-group-day-station-walk) |
| 10.30am | 5-mile circular walk to Creswell Crags led by Stephen Bramley (book via https://www.ramblers.org.uk/go-walking/group-walks/area-group-day-morning-walk-creswell-crags) meet on the grassed area to the left of the hall. |
| 10.30am | Lifesaving and defibrillator demonstration/familiarisation session in the Main Hall. Facilitator John Roughton |
| 11.30am-3.30pm | Bring & Buy sale in the bar area.
Clear out your unused walking gear, maps, walking books.
Labels available on the day to attach to your items. |
| 12pm-2pm | Fuddle* |
| 12pm | Major Hayman Rooke "A Man Ahead of His Time" video Main Hall |
| 1pm | 5-mile circular walk to Creswell Crags led by Chris Thompson (book via https://www.ramblers.org.uk/go-walking/group-walks/area-group-day-afternoon-walk) meet on the grassed area to the left of the hall. |
| 1pm | Beginners map reading in Main Hall. Helpful if members could loan a compass. |
| 3.15pm | Raffle and lucky numbers draw |
| All Day | Displays re. Major Hayman Rooke, Group information boards, Area Officers available to help - Treasurer, Membership, Secretary, technical help with walk register, Ramblers App issues etc. Please notify in advance if interested. |

Please note there is grassed area outside if you want to bring picnic chairs.

*Please bring fuddle donations on the day and email Sue what you are bringing to ensure lots of choice.

Could everyone please bring a mug/re-useable cup.

Tea, coffee & squash will be provided on the day.

CLOSE ENCOUNTERS OF THE HERD KIND

Some of you may have seen the recent article in the Sunday Times Magazine about the potential dangers of cows in fields.

Our secretary, Julie, thought a timely reminder might be useful:

We frequently meet cattle on our walks and we must treat them with the respect they deserve. They are curious animals and are likely to react in some way to our presence.

Farmers are required to ensure that they implement reasonable safety measures where their livestock is grazing on land which shares public footpaths and rights of way. Nonetheless we should be vigilant, so here are a few simple tips for keeping safe when you do encounter cattle.

Do not put yourself at risk unnecessarily. If you can avoid a field with cows, take a detour. If not:

- ⇒ walk as a group and move quietly and quickly past the herd, preferably around it if possible, even if that means veering off the footpath;
- ⇒ don't get between cows and their calves;
- ⇒ never panic or run as most cattle will stop before they reach you. If they follow you, continue to walk on quietly;
- ⇒ keep any dog under control and on its lead. However, if you are threatened by cattle, let the dog go. The cattle may chase the dog but it is more nimble than you are and can outrun the cows.



The Ramblers website has further information including how to report an incident:

[How to walk through a field of animals](https://www.ramblers.org.uk/how-to-walk-through-a-field-of-animals)
Ramblers.org.uk



Here is the latest news of our upcoming holidays

SCOTLAND

26 August 2023, Glasgow for 3 nights, Saturday to Tuesday

An add-on to the Glen Coe walking holiday but available to members as a stand alone.

We'll be using the Hop on Hop off bus, visiting the Tea Rooms dedicated to Charles Rennie Mackintosh, iconic George Square, walking along the River Clyde, taking part in a guided walk around the old town, visiting Pollok Park with the opportunity to view the Burrell Collection and if time allows visiting the Kelvingrove Park, Museum and Art Gallery. We'll be staying in the Premier Inn, Glasgow city south.

29 August 2023 for 4 nights, Tuesday to Saturday

Guided walking with HF walk leaders in the beautiful highlands with a choice of walks and grades each day. Providing the weather is behaving itself there will be an opportunity to walk up Ben Nevis for those who wish to take on the challenge.

We'll be staying in the HF hotel Alltshellach.

Rooms still available to book, email Angela:

holidays@rushclifferamblers.org



LEAMINGTON SPA

22 September 2023 for 2 nights.

Those wishing to attend will need to book their own accommodation. Walks will be provided by our own walk leaders on Friday, Saturday and Sunday. Restaurants have been booked for Group Meals on Friday and Saturday evenings. For further information and details of accommodation in Leamington Spa, email Karen: autumn@rushclifferamblers.org



ALNMOUTH

22 March 2024 for 3 nights staying at the HF Hotel, Nether Grange situated on the Northumbrian coast at Alnmouth overlooking the sea.

Rooms still available to book, email Angela:

holidays@rushclifferamblers.org

ISLES of SCILLY

We now have a date, **25 June 2024** for your diaries. Other details have been promised for the end of August. Once received, bookings can start.

Keep a look out on the website or Facebook page for when bookings commence.

SEDBERGH 2025

HF will offer us a date next spring when bookings will commence.



News from your Committee

- ⇒ Our trusty Autumn Weekend Organiser and frequent Walk Leader, Karen, has decided she would love to spend more time with spreadsheets and has offered her services as Treasurer when Keith stands down at the AGM. If anyone else is interested, now is the time to speak up prior to a vote at the AGM.
- ⇒ We are still looking for someone who might like to take on Angela's role organising our spring and summer holidays from 2025. Please talk to Angela if you are interested.

Sculpture Trail at Beacon Hill

You might like to visit a Sculpture Trail at Beacon Hill near Woodhouse Eaves, which is open until 17th September. Wander along a 2.2km trail and see what you can spot.

The trail is free and open to all from dawn to dusk. Access is from the upper carpark.



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

www.rushclifferamblers.org