

Rushcliffe Ramblers *Relay*



March 2021

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Hello....

We hope you are all keeping well and looking forward to the end of lock-down - we certainly are! The latest from the Ramblers is that group walks will be allowed again from 12th April so we are planning walks for after then. As soon as we have them confirmed, we will publish them on the website and send round an email to inform you. At the moment we aren't sure whether numbers will be restricted or pre-booking will be needed but we will let you know. In the meantime, Government rules state that from Monday 29th March, two households or groups of up to six people will be able to get together for informal walks.

In this month's issue we look at city walking - both further afield with the Urban Ramblers, and closer to home with three guides to walks around Nottingham.

We also have an update on our holidays and weekends-away both this year and next, so it's time to dig out those suitcases and start planning....

First, a few bits and bobs

⇒ **Ramblers have moved their Head Office.**

Ramblers Central Office have moved to a new smaller, lower cost office. Should you need it, their address is now: The Ramblers, 1 Clink Street, 3rd Floor, London, SE1 9DG

⇒ **Do you have a problem to solve?**

Many of us are familiar with the benefits of walking to our physical and mental health, but did you know that it also helps with creativity? Listen to this 8 minute podcast explaining how walking improves our brain power and problem solving by Dr Rangan Chatterjee:

<https://play.acast.com/s/feelbetterlivemore/-160bitesize-howwalkingimprovesourbrainandmentalhealth-shaneo-mara>

⇒ **Walk Leaders**

Your committee are currently revising the information available for Walk Leaders, and you may have seen that an online course, Walk Leadership Foundations, has been launched by the Ramblers. If you have access to Assemble (the website for Ramblers volunteers), the training is under your profile and is well worth a look. When we publish the new guidelines for Walk Leaders we will cover this in more detail.

Remember when we used to do this stuff.....?



Not long now.....

We know you are all itching to get away so here is the latest holiday and social info:

Derwentbank, Keswick - weekend moved to 8th April 2022

There are lots of spaces available in twin or double rooms. If we can get numbers back up to sole occupancy of the hotel we may be able to use more rooms for single occupancy so anyone looking for a single room please get in touch to go on the waiting list.

Guided walking staying at the HF Hotel Derwentbank near Keswick which has recently been refurbished. To check out the walks we may be offered and the hotel go to:

www.hfholidays.co.uk/country-houses/locations/derwent-bank



We will lead our own walks on the Friday afternoon and Monday morning before returning to Nottingham, so four days of walks all with a choice of length and difficulty.

The cost will include bed, breakfast, evening meal and packed lunches on the Saturday and Sunday, and the services of HF walk leaders who will guide us around the Lakes and provide us with some evening entertainment.

holidays@rushclifferamblers.org

Dovedale, Derbyshire - was 26th April, now 8th November 2021 for 4 nights

A new date is available, Monday 8th November for 4 nights, with guided walking from the 'Tread Lightly' brand. This means walking from the door step instead of using transport to the start of walks and falls neatly into the ethos of our weekends away. This was a discounted holiday and HF have agreed to keep the same price so represents very good value.

holidays@rushclifferamblers.org



**** **New 2021 Summer holiday** ****

Glen Coe, Scotland for seven nights from Saturday 10th July 2021

Angela is holding rooms at the HF hotel in Glen Coe for 7 nights from Saturday 10th July 2021. Price is still to be confirmed but it will include guided walking with a choice of walks on 5 of the days. For further information look at: <https://www.hfholidays.co.uk/holidays-and-tours/guided-walking-glen-coe-7?format=pdf&vid=941>

The booking will be confirmed when the First Minister of Scotland confirms that holidays can proceed in July. Please register your interest with holidays@rushclifferamblers.org

Porec, Croatia - for seven nights has been moved to 21st May 2022

This is a 7 night, guided walking holiday hosted by HF Holidays staying in the Valamar Crystal Hotel. The hotel has an ideal situation overlooking the sea in historic Porec. There will be a choice of two guided walks on five days with one day off for self guided site seeing.

The full price is unknown as it depends on the numbers attending but is expected to be around £932 per person plus transfer and flights costs. There is a £175 supplement for single room occupancy. For details and suggested walking programmes see <https://www.hfholidays.co.uk/holidays-and-tours/istria>

Contact Angela for details holidays@rushclifferamblers.org



Autumn Weekend 2021, Malvern, 17th - 19th September

Our Autumn Weekend away, 17-19th September 2021, will hopefully go ahead as planned. There will be a choice of walks led by our own members on Friday, Saturday and Sunday. Those attending will need to book their own accommodation, but arrangements will be made for everyone to eat together on Friday and Saturday evenings.

For further information and details of accommodation in Malvern please contact autumn@rushclifferamblers.org

Tour of National Brewery Centre, was June 2021

The Tour of the National Brewery Centre will not be happening in June of this year but hopefully will be re-arranged for later in the year depending on the lifting of restrictions. The date will be advertised as soon as it is confirmed. Any queries, please contact Morag or Hazel at

social@rushclifferamblers.org.

Interested in City Walks?

If any of you have joined Jeremy for one of his walks around Nottingham, you will have enjoyed his stories behind the buildings and architectural features. Here are details of a book and website that take a similar approach to other city walks, so if you would like to explore further afield, they are highly recommended:

- ⇒ the website: www.urbanrambles.org.
- ⇒ or book entitled "Urban Rambles", published in 2018 by Quarto Publishing

both written by **Nicholas Rudd-Jones**.

The book contains "20 glorious walks through English cities" and is a mine of information. The website adds even more walks including ones for Nottingham, Leicester and Lincoln. Each walk gives details of the route, distance, likely time taken, start and finish location (which is often a railway station should you be travelling there for the day), and an idea of the terrain e.g. any particularly steep or muddy areas.

But the real joy is that the author takes you around parts of the city that you would otherwise probably not find, taking in interesting architecture, old industrial buildings, town squares, parks and green spaces (he is particularly fond of cemeteries which, it turns out, can be fascinating), canals and riverbanks, churches and cathedrals, whilst giving an ongoing narrative about the history and characters that shaped what you are seeing and walking around.

The Nottingham route, for instance, is 9 miles (with the option of a shorter 7.7 miles), taking about 4 hours, starting at the Nottingham Cathedral (St Barnabas Roman Catholic Cathedral, consecrated in 1844). From here it passes the Nottingham Playhouse (built in 1963 in the modernist style, then refurbished in the 1980s and again in 2004) and the Sky Mirror (the sculpture by Anish Kapoor consisting of a six-metre-wide concave dish of polished stainless steel), goes through The Park estate (formally the deer park for the castle), down to the canal and Nottingham Marina, over the River Leen, onto the university campus and into Wollaton Park, through Nottingham General Cemetery (told you!) which covers 18 acres and dates from the 1830s, through Nottingham Arboretum (nearly 16 acres designed in 1850 and the first public park in Nottingham) and back to the cathedral.



More Walks in and around Nottingham

OK, so you have walked around your local neighbourhood for the 200th time during lockdown and you're thinking "if only there was a good guide to local walks in Nottingham so that I can get a change of scene". Well, Alan has been on the case and has found three perfect guides for you to peruse at your leisure, just follow the links below...

The Notts Wolds Way

nottsfps.org.uk/notts-wolds-way was devised by the Notts Footpaths Preservation Society and covers 26 miles south and east of Nottingham, described in four sections. The route across the Nottinghamshire Wolds takes in many villages.

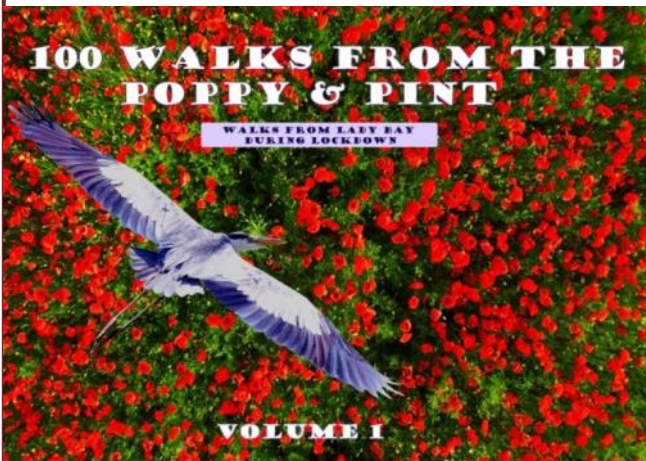
Starting at Bunny in the west it visits the three Ws; Wysall, Willoughby and Widmerpool before continuing north to Keyworth, Plumtree and Clipston. From there it goes south to Stanton before turning back north to Cropwell Bishop and the end of the route at Cropwell Butler.

The area has a rich history, a lot of it described in the brochure. As NWW is linear you can either simply turn around and re-walk it back to the start, or work out a different way on the many paths and lanes to return to your starting point.



100 Walks From The Poppy & Pint

castlerockbrewery.co.uk/event/100walksfromthepoppyandpint/ has been put together by Trevor Riddiough and will be of interest to those in West Bridgford, particularly those living in Lady Bay area. This work, now in three volumes, is all the fruit of Trevor's labours during lockdown. The Poppy and Pint's location in Lady Bay is great for access to the River Trent, Holme Pierrepont Country Park, the Grantham Canal and a host of other places for walking.



The pub's owners, Castle Rock Brewery, host the walks on their website. All the walks are circular, so there is no problem getting back to your starting point for a pint!

The Notts Clock Walk

nottsclockwalk.wordpress.com/ was also created quite recently, by John Thurston. This is a circular route, circumnavigating the city of Nottingham, and divided into 12 sections. It celebrates the villages and countryside around Nottingham, and explores its rich tapestry of local history – from the rolling hills and industrial towns of the north-west to the alluvial plains of the Trent and Soar with its small villages in the south-east. As the route is 60 miles in total, each mile walked represents a minute on the clock face (hence you can claim it as 'a mile-a-minute walk'!) Each section has good links by bus or tram to get you to the start and from the finish.



Talking of walks, are you familiar with these path descriptions?

- ⇒ Cairned paths: rocky paths marked by piles of rocks as markers or memorials, much like the cairns found on summits
- ⇒ Coffin paths: routes marked to carry coffins from isolated communities to cemeteries. Also known as corpse paths, bier roads and lych ways
- ⇒ Desire paths: informal shortcuts that offer a more efficient line of travel between planned routes or destinations
- ⇒ Drovers roads: routes for moving livestock from one place to another, such as to market
- ⇒ Herepaths: former trade and communication routes between remote settlements
- ⇒ Holloways: sunken ancient paths or roads. Also known as shutes, bostels or grundles, depending on their location
- ⇒ Smile paths: small deviations on defined routes, typically around an obstacle such as a fallen tree, puddle or locked gate (coined by the author Tristan Gooley)

(Courtesy of Walk magazine)



Don't forget our website for up-to-date news including details of walks that we are planning:

www.rushclifferamblers.org