

## Coming Soon! New Year 2004

Weds 29th December - Sun 2nd January (4 nights)



### WHERE?

We will be staying at: Ambleside Backpackers Hostel.  
25 Spaces have been booked at this independent hostel in Ambleside.

### HOW MUCH?

The cost per person per night is £15.00 which includes a basic breakfast of cereal and toast, tea and coffee.

So the total cost for 4 nights is £60.00 + £1.50 booking fee which comes to: £61.50 per person

### HOW TO BOOK!

Bookings will open at 8pm promptly at the first September pub meet on 1st September 2004 in the Slug and Lettuce (near M&S). The trip may well fill up on the night so if you can't make it, phone a friend and get them to give me a cheque on the night. The cheques will be cashed 10th September.

### WHY?

This trip is one of the group's most popular walking weekends away every year. The aim of the weekend is to walk long and hard in the rugged Lakeland fells, followed by playing hard in the many fine watering holes in Ambleside.

Walks on offer are likely to be 12 - 13 miles a day leaving the hostel at 9 in the morning, due to the short daylight hours. Some walks may have head torch finished. There may be shorter walks as well, but it depends on walk leaders volunteering to lead the walks. The walks will be challenging due to the nature of the mountainous terrain in the Lake District and the fact that there may well be ice and snow underfoot as it is winter. But the views will be stunning if the weather is good.

Whilst not wishing to put people off, I am trying to give an accurate picture so people know what they are signing up for. So if you regularly do the longer and harder walks on a Sunday you will be ok.

Once down from the fells, Ambleside offers a wide variety of pubs, cafes, restaurants, shopping and socialising opportunities for you to enjoy. Its likely that after feeding our faces we will sample a selection of the pubs every night. It is small and friendly town with all facilities and amenities within easy reach.

On New Year's Eve I will try to organise a meal for the whole party somewhere, but we may well have to have a fine feast at the hostel as our party is quite large.

Due to the popularity of this weekend and limited spaces, bookings will only be accepted for our keener more adventurous walkers.

If you'd like more information please contact me on 0115 9174361 or email me on [e.rawding@ntlworld.com](mailto:e.rawding@ntlworld.com). (I am away 8-30 August 2004).

Cheers, Liz Rawding

Please note: People staying in B n B's will not be accepted.

Also just to remind everyone this is a walking group weekend. Hopefully no-one will take the piss and opt out of walking altogether because its not fair on those who couldn't get a place.....enough said I hope!



# Footprint

August 2004

The Nottingham and Derby Walking Group Newsletter



Pete's reaction to the news that he's sharing a tent with Marco from 'Big Brother'

## New 40s Walking Group

In response to interest from members and following the success of similar groups elsewhere, a new local Ramblers Association walking group, for people in and around their 40s, is about to be launched. Notts Weekend Walkers will exist alongside NDWG and the other existing RA Groups and will offer a varied programme of walks, weekends away and social events. The Group is holding its first initial meeting at the Bell Inn, Market Square, Nottingham from 7.30pm on Tuesday 17th August. Any queries tel: 0115 914 5653 or email [kevin.matthews5@ntlworld.com](mailto:kevin.matthews5@ntlworld.com)

## Editorial

Welcome to a much delayed but hopefully welcome edition of 'Footprint'. So far the glorious spring and summer weather that we all hoped for has failed to put in much of an appearance but that hasn't stopped the members of the NDWG from making the most of their time, indoors and out.

I've only been a member of the NDWG since January and it was with no little trepidation that I went on my first walk on a crisp sunny morning above Matlock. Everyone was very friendly and welcoming and since then I've not looked back. In the following months I've seen corners of the Peak District that I'd never visited, discovered a taste for scrambling on the rock of Snowdonia and seen sights in the pubs and clubs of Nottingham and Derby that would make a strong man blush!

One common theme in these activities has been the friendliness, openness and pleasantness of the group members. I hope it goes without saying that we all owe a debt of thanks to the many people who give their time to run weekends, lead walks, organise social events and make the whole group run. But I think everyone in the group can congratulate themselves on playing their part in making the NDWG such a success. And if you haven't had a chance to get along on a walk or social yet then come along and 'feel the love'.

David Millington - Assistant Editor

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**Website Address** - <http://www.ndwg.co.uk/index.html>

Contact 'Footprint' at [djmillington@huginn-munninn.demon.co.uk](mailto:djmillington@huginn-munninn.demon.co.uk)

## Wurf a listen

**Are you tired of listening to 'Busted' on the radio? Is your Norah Jones CD starting to sound just even blander than that Chardonnay you're sipping whilst listening too it? Is your Dido no longer giving you that satisfied feeling? Join the pseudonymous Gareth Devizes on a 'musical journey of free form order'. Fasten your seatbelts, gird your loins and set the controls for 'Nylon Slacks', because everything's about to get seriously serious. Take it away Daddy Cool...**

1) Four on Six - Wes Montgomery or Take Five - Dave Brubeck Band  
Take your pick, both lead directly to chillville.

2) Big Swing Face - The Buddy Rich Big Band  
Featuring the late and great Buddy Rich (one of the greatest drummers ever) this is an auditory feast. His daughter, who was 12 at the time, provides the vocals for 'The Beat Goes On' and her musical maturity is astounding. Those with an ear for percussion may also wish to check out Max Roach.

3) Concerto for Orchestra, Music for Strings, Percussion and Celesta, Hungarian Sketches - Fritz Reiner Chicago Symphony Orchestra (Bartok)  
Bartok's work shows the most incredible variety without ever compromising its integrity or validity.

4) Mona Bone Jakon - Cat Stevens  
It is a testament to the depth of Yusuf Islam's talent that so few of these racks made its way onto his Best Of CD.

5) Little House I used to live in - Frank Zappa & the Mothers of Invention (from Burnt Weeny Sandwich)  
An instrumental piece which features electric violin solos by Sugar Cane Harris alternating from the blues to jazz and back again.

6) Way to Blue - Nick Drake

7) Antologia - Paco De Lucia

8) Serenade to Music - London Philharmonic Orchestra (Vaughan Williams)

9) Don't Let me be Misunderstood - Joe Cocker

10) Nagasaki - Hot Club Du France

11) Shoo-be-doo-be-doo-dah-day - Stevie Wonder

beer, and broke into song – mistakenly thinking that we sounded remotely in-tune, and that the people trying to sleep wouldn't hear! We felt a bit like a group of naughty scouts when one of the staff told us to keep the noise down! Monday morning was again fresh and sunny for the trip down to Keyhaven. From here, we contemplated more ice cream, but thought better to wait until we had returned from our stroll down the shingle spit leading to Hurst Castle – a building that reminded me more of a prison than a castle. It's location used to be the perfect point to defend the western approach to the Solent – just ¾ of a mile from the Isle of Wight. It was built in 1544

by Henry VIII as one of a chain of coastal fortresses, and Charles I was imprisoned there before his execution! It was a fantastic weekend, and much credit is due to Guy, who not only picked a great location and planned great walks, but also managed to arrange great weather for us! You always know you've had a good weekend when it feels like you've been away for a week, and the whole experience has really shattered my previous impression of walking/ramblers groups. I had a fantastic time not only from a walking point of view, but also from a social point of view, and can't wait for the next trip!  
**Charles Bedson**

## Thoughts for the Day

**You must be the change you wish to see in the world - Mahatma Gandhi**

**The trouble with the rat race is that even if you win you are still a rat - Lily Tomlin**

## Independent Financial Advice

- **Mortgages**
- **Re-mortgages**
- **Pensions**
- **Savings and Investments**

**Peter Baker IFA, MLIA (dip)**

**0115 875 9014**

**07815 511 047**

**[peterbaker.ifa@ntlworld.com](mailto:peterbaker.ifa@ntlworld.com)**

## Bamford Weekend Makes Big Splash

Well in summary it was a cracker of a weekend. Other than the walking, the weekend was memorable for the foot massages, the chip butties and the sangria. We were also able to celebrate, in some style, two birthdays. Once again many happy returns to Donna and Rachel!

### Walk

On Friday night we all met up in the Anglers Rest for a few bevies. Saturday's walk was rather long at 15 Miles! Anyone would think we were on some sort of walking weekend. I declared I had brains and

personality (**the responses have not been recorded – Ed.**), oh and there was a couple that were a bit too much like a smug married couple for my liking. I shan't name them but you know who you are...

### Chemical Weapons

Rachel and Donna prepared a fine birthday sangria that was potent enough to contravene several chemical weapons treaties and as a result everyone got drunk at the evenings barbecue. A few of us even managed to get last orders in at the pub whilst the others enjoyed a bit of a bop.

### Splash

The next day we joined up with the normal Sunday walks, led by Cath Burt and myself. We even managed to bump into the long walk on the way round, which meant 20 minutes of nattering before we moved on! Oh and someone fell in the river by slipping off the stepping stones!

### Wet Knickers

I am currently blaming my brother who was the other side of the river. He'd come to meet me on the way back from Nottingham, and was waiting there to see if anyone fell in! As I

was about to cross, some smart Alec, who shall remain nameless, said "there's one person missing". As I was the leader, this caused me to panic somewhat whilst trying to manoeuvre across the stones, which I might add that I had successfully crossed not once but twice in the two preceding weeks! Suffice to say my knickers were soaked!

### Thanks

Thanks to Rachel for all her hard work buying barbecues and plates and some people may still owe her a £1!

## Get in with the 'E' Crowd

You may or may not know that there is a group email list which is used to keep members bang up to date with what's happening. In the last few weeks we've been reminded of social events, had invitations to Barbecues, been told of 'last minute' places on Weekends away and found out about 'Gear' shops that are running sales or special offers. If you're able to receive email and want to be in with the 'e' crowd then drop me a line at [alanbill99@yahoo.com](mailto:alanbill99@yahoo.com) and I'll add you to the list.

Alan Billington - [alanbill99@yahoo.com](mailto:alanbill99@yahoo.com)



# Grrrr Power

Fossil remains suggest that despite the name Tyrannosaurus Rex, (Tyrant Lizard King), the females were often larger and more robust than their spouses, (and fiercer at certain times of the month), this being the case...woe betide the poor male if he was late back from his Mesozoic watering hole!



## Weekend Away - Peak District

Friday 29th October - Sunday 31st October (2 nights)

I am planning a weekend at Hollingclough near Longnor in the Peaks for Friday 29th Oct and 30th Oct. I have rented our school residential centre which has all the normal facilities of a bunkhouse, showers, kitchen etc. The cost is 12 pounds and bookings open on the 1st September. Walks will be easy to moderate, depending on leaders.

Mary Flintoff - mflintie@hotmail.com

## Book Now For The Big Event 04

YHA/Camping Weekend - Okehampton 10-12 September

Bookings are now open for our weekend away to Dartmoor when we join members of other 20s-30s groups from around the UK. The packed weekend includes a huge choice of walks plus the Saturday Night Hostel House Party with barbecue buffet, live music, disco and unlimited beer & wine. Full details of the event and a booking form are included in the Summer issue of Hike and can also be seen on the web at [www.ramblers.org.uk/info/events/bigevent04.html](http://www.ramblers.org.uk/info/events/bigevent04.html) This top social event is always a complete sell-out so please book as soon as possible to secure your place.

For more information contact Kevin Matthews

Tel: 0115 914 5653

Email: [big.event@ntlworld.com](mailto:big.event@ntlworld.com)

the short route home... via the Queens Head, and various gift shops in Burley! Dinner ended up being a slightly fragmented affair. The clever ones opted for a barbecue at the hostel, some of the rest of us had decided we wanted to eat at the White Buck Inn, but unfortunately they weren't serving, so we ended up driving about eight miles to the nearest fish and chip shop. Following dinner, we all piled down to the White Buck, and continued the night's festivities.

Everyone was in an upbeat mood, and looking forward to the next day's trip to the Isle of Wight, but in spite of this, not many people were too bothered about getting a decent night's sleep, and the fun and games carried on at the hostel. Amongst the most vivid recollections are: skipping back from the pub; Sara 'Riverdance' Duncan doing a number of different dances before taking time out under a table; and having a giant-lego competition!

On Sunday morning, we travelled to Lymington to catch the ferry to Yarmouth on the Isle of Wight. It was a drop-dead gorgeous day, and the fresh sea air helped to blow away any cobwebs left from the night before. Under the steady leadership of Andy Thornton, we set off south along the Freshwater Way across the width of the island. The Isle of Wight, a county separate from adjoining Hampshire, has some of the best-kept public foot paths in the country, and our walk took us through some glorious countryside, and even a few people's back gardens! The views on reaching the coast were stunning, and we were all picking up plenty of sun. At Freshwater Bay there was a perfect spot for the mandatory group-photo, and we then headed west up a slight hill following the coast. We stopped for lunch and sunbathing next to

the Tennyson memorial cross high on the cliff tops between Freshwater and the



famous Needles Lighthouse, a spectacular sight built on large shards of chalk rock sticking out of the sea at the island's most westerly point. Below the lighthouse we came to Alum Bay – renowned for the multicoloured sand cliffs that surround its beaches. At this point, we took time out to do a bit of sight seeing, and check out the famous 'Sand Shapes' shop, where you have the mouth-watering opportunity to fill a glass shape of your choice with a wide variety of different sand colours. The group then split into two, and again the die-hards set off to complete cliff top walk back to Yarmouth. The rest chose to spend the afternoon at leisure on the beach. The ferry journey back was smooth, and the sea was full of sailing boats, with the impressive outline of the Needles slipping away into the distance. Before long we were back on the mainland, and on our way back to the hostel.

As it was the last night of the trip, most of us decided to eat at the White Buck Inn, and luckily this was made possible by our super-efficient trip organiser, Guy. Back at the hostel, we somehow found more

## Trip to Forest Proves a Winner

Typical Bank-Holiday traffic conditions greeted the majority of the group, who chose to make the arduous journey down to the New Forest on Friday night, getting caught up in the new car park they have decided to create on the A34 in Newbury. The drive is filled with some stunning views, especially once you enter the New Forest itself – the trees were full of colour, and the roads are lined with wild ponies. The only other obstacle was interpreting Guy Mullins’ driving directions and I ended up in millionaire’s row looking at some of the most idyllic homes I’ve ever seen. Apparently Guy spent much of his journey on the phone to people, explaining what he actually means by the word ‘turn’. We stayed at the Burley YHA, an impressive building in a prime location – about two minutes walk from a very English country pub, the White Buck Inn - where we spent much of our non-walking time! Most people stayed in the hostel, but an elite (or tight – Ed.) group of us braved the outdoors and opted to sleep under canvass. The facilities at the hostel are of a generally good quality, and kept in a clean and tidy state by the friendly staff. There was the occasional scream from someone whose shower had suddenly gone cold, but other than that there weren’t any major hassles! This first evening was fairly subdued but a few of us managed to get to the White Buck for a couple before ‘last orders’, and then back to the hostel to catch up with Big Brother! Everyone was up and ready on time for Saturday’s walk to a Deer Sanctuary and back. It was a crisp, fresh morning, and we were all raring to go – all except Johnny, Jo and Sue that is, who arrived

about ten minutes after we set off! As you walk through Burley, you get a strong sense that this is a slice of an England that once was. Everything is in meticulous condition, old women smile at you, the school doesn’t have a barbed-wire fence around it, and the nearest thing to a supermarket was the local village store! Very quickly, we entered lush, dense forest and I was quite taken aback by the fact that the group was holding a fast and steady pace. I had shared the popular misconception that walking groups went at the speed of snails, and had to stop every five minutes – I couldn’t have been more wrong, and having done some pretty tough trekking in my time, was shocked to find myself breaking into a sweat at one point! We soon reached a large, enclosed opening in the trees where upon seeing a waiting ice-cream van, Barbara Sacre and Roger Hutchinson began an epic sprint - to the wrong side of the van! How we laughed, but the effort proved to be worth it! I treated myself to a twin-cone before lunch, and a further single-coner afterwards – much to the disgust of all the girls! After lunch, we paid a short visit to see the deer who were mostly defiantly looking away from us! It was during this short time that we were all unwittingly ‘Rogered’ – that man really must stop taking pictures of people from behind trees! We set off again, on the way back towards Burley and shortly after Guy had helped some of us negotiate a stream, (rather than using the well-placed bridge?) we split into two groups. Guy led the die-hards on a long-route home, whilst Neil Thompson, though he at times looked confused, successfully led the rest of us

## Committee Notes

### Your Walking Group needs you!

A great deal of work goes on behind the scenes to ensure the smooth running of the NDWG. To enable this to continue we need 'new blood' on the committee. At the Annual General Meeting of the NDWG on Wednesday the 13th of October, all committee posts will become available. If you're interested in becoming involved then please contact me at [jonnyboybramley@hotmail.com](mailto:jonnyboybramley@hotmail.com). You could come along to the next committee meeting and see how you can make a contribution to the group.

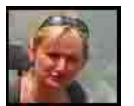
Jonathan Bramley



### Walks Programme

We are currently putting the walks programme together for November to May. If you've any ideas for walks or weekends then let us know. The new programme will be unveiled on the third Thursday pub meet on the 16th of September when you can all sign up to lead a walk.

Dave Bettridge and Theresa Billington  
[Dave.bettridge@btopenworld.com](mailto:Dave.bettridge@btopenworld.com)  
[meadows\\_teresa@hotmail.com](mailto:meadows_teresa@hotmail.com)



### Save Postman Pat!

As you may well be aware, the production and distribution of our much loved Footprint is now taking on mammoth proportions, due to our large membership. We are therefore politely asking that anyone with access to the website consider just picking Footprint up from the Members Area and those on email consider whether or not they could receive the “Footprint file” via email. With 40% of our membership still not web connected, it is essential that we maintain some form of printed communication, but feel that there are plenty of you out there, who can survive without that brown envelope from the postman, (containing Footprint!), and it'll lighten his workload!

If you are on the T\*internet, then can you please email me to say whether you are happy to view Footprint online, or you want to receive Footprint via email in a nice PDF file, or you prefer to keep receiving it via the postman.

If you are on the email list and don't tell us otherwise, we will assume that you're happy to receive Footprint via email.

Neil Rogerson - [neil.rogerson@ntlworld.com](mailto:neil.rogerson@ntlworld.com)



Date	Event	Where?	Organiser
Saturday 7th August	Greyhound Racing	Nottingham Dog Track	Chris Phelan
Chris is going to the Dogs for an evening of canine-related gambling fun. Following the main event, it will be off to a club to spend your winnings. So it could be an early night...			
Chris.phelan@balfourkilpatrick.com or 07736 055423			
Friday 13th August	Karaoke	Nottingham	Gary Olds
It's your bad luck if you miss this one. Gary is once again demonstrating the art of Karaoke, or Garyeoke and would like your company. Bring your best singing shoes and leave your inhibitions at home.			
8pm - The Canalhouse (Canal Street) 9pm - Chambers (Maid Marian Way)			
garyolds@tiscali.co.uk or 01332 746663			
Friday 20th August	Meal	Nottingham	James Wakefield
James is leading a few connoisseurs to Margaritas, a restaurant that specialises in not one, not two, but three countries' cuisine, so whether you like to mix with the Mexican, have a dalliance with an Italian, or keep it plain with Spain, this is the night for you.			
7.30pm - The Golden Fleece (Mansfield Rd.) 8pm - Margueritas (Mansfield Rd.)			
James Wakefield - 0115 85334559			
Saturday 4th September	Night Out	Nottingham	Mary Flintoff
Mary's keeping details of this one close to her chest, so it could be that she's got some illegal Rave planned for somewhere in the surrounding countryside and doesn't want to tip the Police off, so 'The Man' doesn't come and spoil our fun. Or it could be that she's not had time to make the fine and detailed plans that make her evenings so popular. Either way, keep an ear to ground...			
Mary Flintoff - mflintie@hotmail.com			
Sunday 5th September	Concert	Derby	Sian Roberts
This is a FREE annual concert ending with one of the best firework displays this side of Baghdad. To get a good seat you will need to be there before 18:00. Arriving early and enjoying a nice picnic is also a good idea! For more details contact Sian.			
Sian Roberts - sianroberts48@msn.com			
STOP PRESS! September Sat. 11th - Day Trip on the train to Skegness! Re-live those childhood memories with Donkey Rides, Crazy Golf, Sandcastles, Candyfloss, Icecream and the arcades! The cost is approx. £12. See the website and contact Teresa for more details... meadows_teresa@hotmail.com - tel 0115 9899902 or 0776 4492779			

Date	Event	Where?	Organiser
Friday 17th September	Night Out	Nottingham	Diane Hennessey
Diane is cooking something up for your delectation. The provisional itinerary is below, but as fashions change so quickly and these bars might rapidly become "so last week", she does reserve the right to make any changes. Once again, keep an eye on the website and your email. 8pm - Lloyds Bar (Hockley) 9pm - Fat Cats 10pm - Bar Humbug 11pm - Walkabout			
Diane Hennessey - 07813654845			
Saturday 18th September	Gallery Visit	Derby	Gary Davies
John Keane - The Inconvenience of History - Paintings from Gaza and the West Bank. He is a contemporary artist, who produces accessible work, using imaginative methods and techniques and this body of work encourages us to think about the human impact of the conflict in the Middle East.			
Gary Davies - 0115 8770239			
Friday 8th October	Meal	Nottingham	Sarah Routledge
Sarah's going to delight you all with a Turkish meal. And that doesn't mean a kebab after 10 pints of Stella. More details to come...			
Friday 22nd October	Meal	Nottingham	Jo Stibbons
Jo's lining up something to Thai-antalise your taste buds and she's not talking about Ladyboys. More details to come...			
Wednesday 27th October	Gig	Nottingham	Cath Anderson
Neil and Tim Finn, aka Crowded House, New Zealand's finest singing siblings, (other than the Bedingfields), are playing at the Royal Centre in Nottingham. This is likely to sell out very quickly so if you want to go you'd better contact Cath pretty sharpish. cath.anderson@nottingham.ac.uk			
November	Theatre	Nottingham	David Millington
This will be a trip to see 'The Tempest' by William Shakespeare, (obviously), at the Nottingham Playhouse. For those who've not seen it, it's a tale of love, magic, misplaced loyalty and is one of Shakespeare's greatest romances, (I'm quoting from the programme here). It's also very funny and well worth seeing. Date TBC. djmillington@huginn-munninn.demon.co.uk			
If you've an idea for a social event or even better are prepared to organise one then let me know! Alison - alison.lacey@ntlworld.com			

