

FOOTPRINT

*The Bi-Monthly Magazine of the Notts Derby
Walking Group (NDWG)*

www.ndwg.co.uk
www.ramblers.org.uk
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**WRITE UP: LIZARD POINT, CORNWALL,
MARCH 2006**

Susana Guerreiro and David Garvin



Group photo with the rocks of Armed Knight, nr Lands End in the background.

Susana: On Thursday the 16th of March we headed for another fabulous weekend away: Lizard Point, the most southerly point in Great Britain. Some of us stayed overnight at Bath YHA to break down the journey, while others headed straight to Cornwall. Next morning we headed down to the Lizard after our breakfast... "Be there for 2 o'clock", we were warned. But some of us didn't make it. So we ended up having two different walks; the official one, lead by Pearl, and the second, I believe, lead by each of us in turns! (As we arrived at the Lizard... you just wouldn't believe how strong the wind was! I must

admit it didn't quite make me feel like going out on a walk, but in the end I'm really glad I did!)

We had instructions to just follow the coast path, keep the sea on our right hand side and head towards Cadgwith, to the pub, where we would meet the others. So we did. And what great fun it was! Our constant struggle with the wind... the views of the sea, so beautiful, and so blue... that was so great! We went past somewhere called the 'Devil's Frying Pan' – right hell of a name, you might not end up fried there, but being blown away by the

wind, that one you wouldn't have survived, rest assured!!

At the arrival we went down to some rocks to have a fantastic feeling of proximity with the sea. In fact, with my new found bravery, I got so close that I ended up being almost completely washed up by the an enormous wave!! When we finally got to the pub, I spent most of my time drying by the fire! We finally had our meal and as it was St. Patrick's Day, we decorated the table with some flags, as a tribute to the Irish. Afterwards, we headed back to the hostel through the dark. Some of us decided to walk back inland, but I decided to stick to the original plan and follow Pearl through the coast. With all that wind. Much 'safer'... Well, I confess, I was scared to death, but that was an experience! People pay loads of money for things like this, as Mark J. rightly said... And, well, in the end, we all lived to tell the tale. In the next day, Saturday, we split up into two groups – one group drove up to Land's End for a 14 miler led by Phil S., and the other group (the one I went on) did a 11.5 mile walk along the coast from the Lizard Point towards Poldhu Point (led by Neil T.). Still windy. But still beautiful as well!

David: Saturday morning arrived with everyone up beat about the long walk and the planned route our leader had in store. We began early, driving to Porthcurno, a coastal village on the next peninsula. Initially, we crossed inland, from coast to coast over to Sennen Cove, passing through fields, old churches, winding roads, streams and even farmers land with carnivorous horses and rusting Ford Mustangs parked outside.

The weather was clear and dry with the sun desperate to break through; our only glimpse was views out to sea with pockets of rays breaking

through, over half the walk involved trekking along some spectacular scenery and coastal bays. Once the group arrived at the Sennen Cove beach near Lands End, a stop was in order for people to have lunch and enjoy golden beaches only to see one member of the group strip to their shorts and brave the cold current of the ocean (Guess which balding superstar this was!). Stunned onlookers gawped in amazement as the rest of the group laughed at the poor soul freezing in what could only be described as arctic weather.

After lunch, we ascended back to the cliffs to finish the last 6 miles, passing through amazing rock formations that were truly unique and in every bay and cove the group passed a new surprise was in store. Highlights included a rusting shipwreck scattered high up the shore, small islands surrounded by crumbled rocks formed by the seas erosion with hidden beaches and golden sands a plenty. Places along the coast included Pordennack Point, Nanjizel Bay, Carn Barra and Gwennap Head.

The walk totalled 14 miles culminating at Porthcurno and passing the Minack Theatre perched on the side of the coast, a popular tourist spot in the summer months, however deserted at this time of the year. Later that afternoon the group headed back to the hostel to begin the cooking and drinking for the nights proceedings, which included getting well slaughtered until 2.30am whilst others settled for the more mellow delights of the local pub of Lizard. The long walk proved to be very popular, satisfying every scenic need and having walked around the Lizard the previous day, heading further west proved a wise choice allowing us to explore more areas of this beautiful part of England.

WRITE UP: 1st TIMER'S WEEKEND, BAMFORD, DERBYSHIRE, FEB 2006

Jenny Charleson, ex-weekend virgin!

Being a new member of NDWG, as I prepared for the weekend in Bamford I wondered what was in store and what I was letting myself in for. I needn't however have worried.

We arrived at the bunkhouse around 6pm on Friday night, settled ourselves in, had a bite to eat and introduced ourselves to everyone as they gradually began to arrive. Needless to say it wasn't long before the beer was open! It was then down to the pub for more beers and to discuss the weekend ahead, along with other things. Details of the discussion in the lower boy's dorm later that night are yet to be revealed!

It was up early next morning to head for Edale and begin the climb up Kinder Scout. The snow capped peaks made it look all the more daunting but quite remarkable. The weather was fine but very cold and the path up Jacobs Ladder soon proved treacherous in places. Not to be defeated we battled on. Snow clouds began to reveal themselves as we neared the top and the leaders decided it was too risky (given the level of some of our

experience) to continue to the summit. Andy, however, had other plans and inadvertently headed off into the distance! We took shelter in the snow huddled behind a wall, the wind now biting, as our missing member was located and eventually brought back safely to rejoin the group.

We continued determinedly on across the plateau only to discover yet further obstacles this time in the form of sporadically placed bogs. Trying to avoid the bogs amongst the snow and heather formed a new challenge. It was at this point we acquired Mary, a lone walker, who seemed glad of the company, although not as glad as I was when she kindly lent me one of her poles which proved indispensable, particularly as we made the steep descent back down – I will certainly be investing in some for future walks.

After stopping for hot drinks and beer we tiredly arrived back at the bunkhouse and lapsed into a state of recovery. The question was asked (mostly by the girls) – was this supposed to be an easy walk?! Hot showers and dry clothes meant that we were soon ready to go again – back to the Angler's Rest for a meal, more beer, a game of pool and Karaoke. This offered a fun packed evening – well, at least we didn't have to walk far! Blaine and Gary Davies represented the group at Karaoke giving admirable performances – the rest of us cheering on in support not brave (or drunk?) enough to take part ourselves.

The following morning we were packed and ready to go at 10.30 for a slightly shorter walk. We started from the bunkhouse and walked up and around Ladybower Reservoir. A few steep hills on this one earned Rob his new name of Rob 'up' Hill. Rob's disappointment at not quite reaching the final summit after asking the group which way they wanted to go (any way but up?!) proved almost too much to bear. Well, you know next time Rob – don't ask! The weather was quite clear, a lot of the previous day's snow on the hills had disappeared by now and we were able to take in some amazing views as we went around. By now it was the norm and oddly reassuring for Gary to break into a sprint on the downhill stretch swiftly switching positions from backmarker to lead position. Nice technique, especially when muddy!

Arriving back at the bunkhouse tired and refreshed we said our farewells and went our separate ways. What more can I say? What a fun weekend! The walks definitely provided a challenge and the people were all very friendly and supportive – you never felt on your own. Blaine's peak physical fitness and Rob's excellent navigational skills made for great leadership. I think everyone appreciated their hard work and the effort that went into organising it and leading the group safely around. Just wish I'd known about the group before! Hope to see some of you again soon.

**WRITE UP: CONSERVATION WEEKEND,
CALKE ABBEY, DERBYSHIRE, FEB 2006**

**Diane Hennessey (Social Secretary and Virgin
Conservationist no more!)**

It was my first time but it deffo won't be my last. I'm referring to NDWG's conservation weekend, which this February took place in the beautiful grounds of Calke Abbey, Derbyshire.

A few of us travelled up on Friday night to stay in the well-equipped and quite impressive accommodation provided at "Base Camp". A little cold on arrival but no problem (we thought), as we huddled in the lounge, sipping vin rouge and waiting for the electric heaters and Economy 7 to kick in. Some of us were still waiting at 1am as we shivered feverishly in our sleeping bags, wearing every layer that we'd packed, cursing ourselves for not bringing our hot water bottles, electric blankets or duck-feathered duvets until fatigue finally overwhelmed us and we went to sleep.

Next day, convinced that *rigor mortis* had set in, we finally managed to drag our corpses out of bed and prepare for the day ahead. The rest of the warm and well-slept members of our group joined us on Saturday morning....

Warden Bill took us by mini-bus to our place of work for the day. This, we were told, was the site of the old tramway, which was used to take materials to the brickworks in Ticknall village. The railway was out of use before the First World War and the rails were taken up at that time for scrap metal. The National Trust is hoping to open up the route of the tramway as a circular "heritage" walk to/from Calke Abbey. It was our task to begin clearing the overgrowth to create a walkway. After our pep talk Warden Bill asked us if we needed a "toolbox talk"

and nobody was prepared to admit they didn't know how to use a saw...

The group split into two and set to work. The Rambo-style members of the group were straight onto sawing down the trees, whilst the virgin conservationists began by hacking tentatively at the brambles. It didn't take long for the virgins' wild side to be unleashed and at the very mention of straw and diesel we had our first fire roaring away.

Work continued until we re-grouped for lunch. This was when it was established that one group had been working on the wet, muddy and marshy side but evidently, the other group were working on the dry (albeit a lot windier) side. This observation clearly became the start of each groups' competitiveness, which inevitably dissolved into "tit-for-tat" remarks by the end of the day.

Although lethargy had started to creep in we continued in our mission throughout the afternoon. Ashley, who had been congratulated for wearing wellies on the "wet side", did not feel so smug when they sunk so far into the bog that the only way he could move was to fall forwards. By 4pm the group realised they were flagging when only handfuls of

twigs were removed, which were duly placed on the bonfire. Despite this both groups made a real mark on clearing the tramway and glowing with our achievements we returned to Base Camp for a well earned whisky.

Dinner that evening was at the highly recommended Indian restaurant/pub, The Melbourne Arms, where tales of "who beat whom" were regaled. The "wet side" had managed to burn their way through 3 bonfires whilst the dry-footed slackers at the other end had only managed one! However, the latter were congratulated for having the biggest pile of ash... After a top dinner everyone decided they would not endure another night of cold sleep so we all went home to warm beds.

I thoroughly enjoyed this weekend. Working hard voluntarily in the outdoors on a Saturday may not be everyone's idea of fun but the satisfaction I had from seeing what we had achieved as a team and knowing our efforts were part of creating something to be enjoyed by all is very rewarding. I would recommend it to anyone. Thank you Martin, for organising the weekend. I look forward to the next one.

WALK LEADERS CHECKLIST

IMPORTANT INFORMATION!

A new walks programme is due shortly and so for all the new walks leaders out there, please take into account the following information:

Reccie the walk - ideally about a week before

- Check car parking arrangements.
- Distance, difficulty and timings.
- Suitable break and lunch spots e.g. pubs (warn the pub if it is small.)
- Terrain – muddy, climbs, exposed etc.
- Escape routes or short cuts.

In the week before

- Keep an eye on the weather forecast in advance.
- Put out email if necessary e.g. car park change, severe weather.
- Liaise with other leader re meet and start points.

At the start

(Take map, compass, first aid kit and NDWG literature)

- Check that all cars from Nottm/Derby have arrived.
- Split walkers into two groups for short and long walk (if one group is very large, see if people will move groups.)
- Introduce yourself.
- Give details of walk length, where and for how long the stops will be, etc.
- Check if anyone new and ensure someone experienced welcomes them.

- Check everyone is suitably equipped (no jeans, waterproofs, cold weather gear, plenty of water if it's hot.)
- Appoint back marker and both conduct headcount.

During the walk

- Ensure pace keeps everyone suitably together and back marker in sight.
- If not leading from front ensure people ahead don't go out of sight.
- Check at obstructions and crossroads that everyone is safe.
- Take suitable breaks – particularly if it's hot and drink stops are needed.
- Check everyone is ok at suitable intervals.
- Always do a headcount after breaks, particularly pub stops.
- If foggy, keep group close together, and take extra care with navigating.

If Lost

- Stop and think – don't feel pressurised by the rest of the group.
- Look around for landmarks.
- Orientate your map.
- Mentally retrace your route – when did you last know where you were.
- Take a bearing to a landmark and follow it.

At the end

- Check everyone made it back!
- Thank them for coming and give any relevant NDWG info, remind about forthcoming events.
- Remind drivers are to be given suitable petrol money and everyone ok to get back.

If you require any further information on guidelines for any specific walk, please speak to one of the walks co-ordinators on the committee.

IMPORTANT INFORMATION

Ramblers Association Civil Liability Insurance

Leaders of NDWG walks have legal liability protection for injury to persons and damage to property caused by negligent acts. Details of this policy are available via the main Rambler's website and information is provided as to:

- Who constitutes are third party?
- Another walker
- Member of the public
- A landowner
- A property owner

It is also worth noting the following:

Are we covered if we go climbing?

No

Does the cover extend to social events?

Yes

RAMBLERS VOLUNTEERS...

....Did what? Not bad at all!

So what did RA Volunteers get up to in the last year? Here's what:

- Distributed 130,000 leaflets promoting the RA and walking
- Led 28,000 walks
- Got 14,000 features in local newspapers
- Responded to 5,000 path orders
- Got involved in 53 public inquires
- Attended a number of pub crawls in the cities of Derby and Nottingham!

CO-OPERATIVE BANK / SMILE.CO.UK

Phil Storer (Footprint Editor)

OK, I'm biased. I bank with Smile.co.uk, the Co-Operative Bank's internet arm. However, it's worth pointing out that they're **officially affiliated** with your favourite charity, The Ramblers Association and that they do a Ramblers Visa which should be good for all your gear shopping needs and paying YHA bills! Oh, and I don't work for them... So, for truly excellent service, decent rates and a clean(er) conscience try these links:

www.smile.co.uk

www.co-operativebank.co.uk

MEMBERSHIP ISSUES

Recruitment and Retention

The NDWG is assigned to the RA Nottinghamshire area and is one of 16 local groups. The Area has a total of 2957 members. This sounds good but is actually down by 92 members on the previous period. Recruitment seems to be a reoccurring theme among all Groups. Lapses of membership appear to be the key issue.

So, why is it that people fail to renew their membership?

Currently, there is no feedback process. If you have allowed your membership to lapse, I guess you wouldn't be reading this. However, if you are thinking of letting it lapse then could you please contact any one of the committee and share the reasons why. If we don't manage to stop you, at least we can begin to understand why!

FORTHCOMING WEEKEND: YORKSHIRE DALES

Phil Robey and Diane Hennessy

The NDWG has exclusive use of the Bishopdale Valley YHA bunkhouse in the eastern part of the Yorkshire Dales National Park.

The village of Thoraby is located near Aysgarth Falls and Castle Bolton and is a superb base for walking in and around the famous Wensleydale, Upper Wharfedale and Swaledale areas. For added fun, there's a pub serving meals next to the bunkhouse, and other eating/drinking places in nearby villages.

This weekend opens at the Derby pub meet at `Jorrocks` (near the cathedral and the Assembly Rooms) on Wednesday 5th April, at the bargain price of £33 which covers three nights accommodation and the group admin fee. There are only 20 places so get in quick.

Organisers: Diane Hennessy 07813 654845 (diane.hennessy@nottinghamcity.gov.uk) & Phil Robey 07947 277805 (philip.robey@wessextextiles.co.uk).

FORTHCOMING SOCIALS

Nottingham and Derby

- Wed 5th April 06 Derby pub meet : Jorrocks (Iron gate, Derby.) 8.00pm. New members most welcome
- Friday 7th April - Derby pub crawl. Andrew Cowell (contact cowellarj@gmail.com, phone number 07817 887595 or just turn up.). Meet 8pm Brunswick Inn, 8:45pm The Alexandra, 9:45pm Exeter Arms, possibly somewhere else depending on opinion. The evening kicks off at the Brunswick Inn, Railway Terrace, 200 yards from the station. A well restored pub with a fine range of beers. We then move next door to the newly refurbished Alexandra, birthplace of Derby CAMRA In 1974. A brief walk to sober up lands us at the friendly Exeter Arms, Exeter Place, 2 minutes from the council offices. Appropriately, nearby lived Herbert Spencer, creator of the phrase "Survival of the fittest." For those who are still standing we can move on to another favourite, The Dolphin, or take a straw poll.
- Thursday 20th April from 8pm onwards - Members pub meet at the Canal House, Nottingham.
- Friday the 21st of April, pub crawl in Beeston. We'll start at the Crown Inn, which is very close to the bus station (Middle Street - Church Street), at 8pm. Then we move on to a very nice pub that I've recently found called The Malt Shovel, off the main road, where all the shops are (Union Street), at 9pm, and then off to The Cow, 10pm onwards. I haven't checked this for this date, but The Cow usually have live music on every Friday and there is a dance floor as well for those of you who might considering a bit of dancing! Finally we could possibly head off to The Bakery Wine Bar, on High Road, if you still feel up to it... this one closes at 1.30 am!!!! I hope to see most of you there and I promise it will be a lot of fun. Here's my mobile phone number if you need to contact me: 07960424399. I'll see you there then! Cheers, Susana Susana Guerreiro. susana.m.guerreiro@googlemail.com
- Thursday 11th May from 8pm onwards - Members pub meet at Severn Stars, Derby
- Thursday 18th May from 8pm onwards - Members pub meet at the Canal House, Nottingham.

And a look ahead.....

- Saturday 24th June - Half Christmas Party at Phil Robey's house (details to follow). All the excitement and fun of Christmas but with a BBQ and hopefully a bit of sun!
- Saturday 22nd July - NDWG back to school sports day! Enjoy an afternoon in the sun doing the egg and spoon, three-legged, wheelbarrow and sack races against your mates...also rounders and a picnic. Specific details to follow and **volunteers wanted!**

NOTE: PLEASE CHECK THE WEBSITE AND LATEST DIGEST E-MAILS FOR THE LATEST UPDATES TO THE SOCIAL CALENDER

VOLUNTEERS WANTED re: SOCIALS

Diane Hennessy (Social Secretary)

I am looking for more volunteers to lead socials for the summer period. If you have an idea you want to share but are not quite sure how to go about arranging it, you are welcome to contact me so we can get the ball rolling.

The socials we've had recently are largely pub crawls but the group would welcome meals out, trips to the theatre, "go ape" in Sherwood Forest or anything we haven't thought of before.

For those who are not familiar, the procedure is that you come up with an idea and a possible date in mind and then you contact me to confirm there are no clashes with the date, in which case I will offer you another. I would be happy to support members, new or old, on any social they have in mind. My number is 07813 654 845. This group is only as good as the people that are in it so I look forward to your call!

IMPORTANT DATES

For the diary

- NOTTINGHAMSHIRE FESTIVAL OF WALKS 29TH APRIL TO 14TH MAY 2006
Further details will appear in Nottinghamshire Walker Spring 2006.

RAMBLERS ASSOCIATION

Access news

Forthcoming local and national dates

- 21-23 April, RA General Council, Keele University
- 24 June – 2 July – National 'Use Your Paths' week (to raise awareness of the importance and value of local rights of way).
- 16-24 September – Welcome to Walking Week
- 17 September – National Walking Day
- 22 September – 'In Town without my Car' day.

CONTACTS: THE NDWG COMMITTEE

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FEEDBACK

Contributions wanted, nay demanded! Get typing...

YOUR contributions are always welcome. Regardless, of the length of time you have been with the group, we're sure you'll have something to say, a question which could be asked or a piece of constructive criticism. If interested, please forward your contributions to either myself or Andy Holbrook.