

FOOTPRINT

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

October 2006

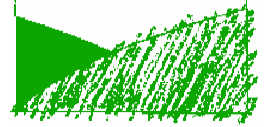
www.ndwg.co.uk

www.ramblers.org.uk

*The Ramblers' Association is a
Registered Charity.*

No. 1093577

The Ramblers



**WRITE UP: CONISTON, LAKE DISTRICT,
OCTOBER 2006**

Jen Beverley



Easy scrambling between the rock faces on Dow Crag with Goat's Water below

On Friday, one carload decided to squeeze in an extra walk while the other car found the lure of the organic wine shop in Ambleside much more attractive! In the evening, some of us didn't fancy the idea of cooking so instead decided to head to one of the local pubs. Then, in dribs and drabs, other members of the group joined us after fighting through the traffic on the motorway.

At breakfast, it was the first time we got to meet everyone else, then, after breakfast, we were all ready and raring to go. After walking along a track/path for all of 5 minutes, we then headed straight up the hill-side through bracken. After the bracken we were walking up scree and after a rock almost hit Gary he decided to put on his fluorescent yellow climbing helmet as a precaution!

After more heading up the hillside, we joined a ridge of Wetherlam, where we met a path which we followed to the summit. After the summit, we continued on round to Swirl How and Coniston Old Man. At this stage, half the group decided that they had had enough of walking on paths so went along the scree at the bottom of Dow Crag before ascending an easy scramble up to the ridge. The more sensible (?!) ones in the group headed along the 'tourist' path along the top of Dow Crag where we then sat and watched the others popping over the edge. It seemed a bit like rabbits coming up out of their holes!

We then all continued along the ridge before joining Walna Scar Road where we were dodging (or trying not to knock off) some mountain bikers! Back at the hostel, some of us (again) decided that the lure of the pub was more attractive than cooking in the hostel. After the more adventurous members had cooked and eaten they joined us in the pub for some drinks and the evening passed very quickly until we realised that it was almost 11pm and the hostel had a curfew so (some) had to down the rest of their drinks before hotfooting it back – luckily we all made it back in time so no one had to climb in through the window! At this time, we all went into the lounge and Sarah had a lovely cake made by Pete.

In the morning, the group split into two – some going and doing a shorter walk round the local area and the rest of us went over towards Langdale. Eventually, the Langdale walk started after Phil and I eventually arrived after going down a farm drive and then getting stuck behind some sheep being herded along the road!

Again, after walking along a path/track for 5 minutes, we left the track and headed up the hillside through a mixture of boulder fields and bracken before getting onto (still pathless) rougher hillside before getting to our first goal – Pike o' Blisco. After walking along the path towards Crinkle Crag, John and Phil decided that they wanted more interest so headed for (and went up) every craggy bit in sight before reaching Crinkle Crag.

At this point, those of us towards the back thought that we had managed to lose a member, until we finally caught sight of them right at the front of the group. We then got to a section which involved going up a crag face about 3 metres high: Gary was in his element and was helping those of us with shorter legs up – even letting us stand on his hand! At this point, the drivers went on ahead to collect the cars and the rest of us continued along to Three Tarns. At this point, the lure of Bowfell proved too much to resist for half the remaining group so they shot up there while the rest of us started heading down the valley.

We were probably about 10 minutes from the pub when there was a flash of lightning and a huge crash of thunder when it started bucketing it down with rain (we later found out that the drivers had just sat down in the cars before it started raining). So, by the time we got to the pub, we were all quite wet. However, the Bowfell group, when they got back it looked as though they had decided to have a shower wearing their clothes! We then all dried out in the pub (which also sold a selection of cakes...) before heading back to Nottingham via the joys of the M6.

On behalf of the group, I would like to thank Phil for organising the weekend and for also ensuring that (on the whole...) the weather was dry!

SOCIALS**Hello from Susana Guerreiro, Social Secretary**

Hello everyone! I would like to introduce myself as your new Social Coordinator for 2006-2007. Some of you may have seen me around before on walks or on socials.

I would like to encourage as many of you as possible to come up with ideas and organise anything that you may have in mind and that you think could be enjoyable for the group; so far, I have heard a few of you "whispering" a few ideas... meals out, playing Hockey, going to the Ice Stadium, doing Ghost Walks, "Go Ape" in Sherwood Forest, or even the ordinary pub crawls, at either the usual places or even places that no one has thought of before... anything!! I will be more than happy to support you in whatever you think you might like to organise. Just send me an email with your ideas and suggest a date if possible.

As for myself, I do have a few ideas of my own that I would like to put into place; so... a few will follow quite soon! In the meanwhile, I will see you out walking on Sundays, and do not hesitate to approach me with your ideas!

Your new social sec, Susana Guerreiro

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

**WRITE UP: SUN, SEA and SAUSAGES
PORTLAND, DORSET, AUGUST 2006****Ian Bell (now the new Membership Officer)****The smiling faces say it all! Sun and fun in Dorset**

As those of you that regularly travel away with the group know, August Bank Holiday weekends have a reputation of being something special, and this years was no exception.....

After travelling down from Derby, via Oxford and Stone Henge, Clive, my expert navigator and I arrived to join the group at Hardy House, Portland at about 7.00. This beautiful early Edwardian building once belonged to the First Admiral of the Royal Navy, and with spectacular views over Lime Bay and furnished with maritime memorabilia (notably a large picture of Lord Nelson in the lounge) it set the perfect scene for a nautical NDWG weekend away.

The evening progressed with us meeting up in Fortuneswell, to start an exploration of local pubs. Beginning at the Cove, and moving on to the Britannia and the Mermaid but to name a few, we worked our way, via the local fish and chip shop, back to the Little Ship for a final pint. A little worse for wear, (I think it might have been the fish) I left the group and retired for the night.

Despite a poor weather forecast, Saturday morning was bright and sunny. We tucked into the first of the weekends excellent Dorset sausage breakfasts before setting off for the first walk of the holiday. Starting at Chaldon Herring, a small village some eight miles south east of Dorchester, Steve Shaw led a beautiful 11 mile circular walk starting at the village, and following the coastal path for about five miles via Bats Hole, Durdle Door and Lulworth Cove. With the dramatic chalk cliffs of the Jurassic coast and the fine weather this had to be one of my most scenic walks of the year. Excellent walk Steve !

The Main event of the evening was the barbeque that Mark Packer had kindly arranged for us at his Dorset home, followed by a tour of Weymouth pubs and finishing off with some of the more energetic members dancing till 2.00am in one of the towns night-clubs. All that on top of 11 miles, some going.

Sunday; yet another sunny day, yet another excellent sausage breakfast..... We set of in convoy to the hits of Dusty Springfield, west this time up the coast to the village of Burton Bradstock, home of the singer songwriter Billy Bragg (although we didn't pop in). Mark led a scenic 10 mile coastal walk along Dorset's World Heritage Jurassic coastline, stopping for a hour or so in the picturesque sea side town of Seaton at the mouth of the river Axe for ice creams, beer, and the village duck race... and then back to Burton Bradstock along the dramatic 180 million year old chalk cliffs. Brilliant walk Mark !

In the evening, despite the sounds of the local music festival on Chesil beach we decided to have a group meal at the Pulpit Inn, near the lighthouse at the most southerly point on Portland. Very nice setting, great sunset, and a couple of pints, but unfortunately due to it being very busy the meal was sadly abandoned after an hour and we filled up at the local Chinese takeaway at Fortuneswell. :o)

The night was still young, so some went on to enjoy the music and a little more beer, and some of us went back to the hostel to chill, Personally.....I was ready for bed !

Monday morning, final sausage breakfast, and happy birthday to the gorgeous Karen and sad goodbye's to the especially gorgeous Tilly.... the Springer Spaniel, a permanent resident at Hardy House. So, a massive thank you to the weekend organiser Susana Guerreiro, the staff at Hardy House, and the walk leaders Steve Shaw and Mark Packer for putting on a fantastic weekend away!!!

FOOTPATH PROBLEMS - IMPORTANT

Phil Robey – (still the NDWG Footpaths Officer)

The resolution of footpath problems is one of the main ways in which the Ramblers' Association's work benefits walkers. As the Notts and Derbys Footpath Officer I can help get path problems put right by reporting it to the relevant Highway Authority and liaising with the RA's Footpath Campaigners locally and nationally.

If you come across a path that is simply not up to standard let me know and we can ensure it is put right. Many other walkers may have had problems with that path, and only by reporting it we can ensure we have a good usable path network.

The Area Ramblers representative will be able to monitor progress towards the resolution of the problem and bring pressure to bear on the relevant authority.

The main areas we can help with concern the removal of any obstructions on a public footpath. They include:

- Locking a gate, or securing it with string or rope so that the fastening cannot be readily undone,
- Erecting a stile across a too small a gap - a 'squeezer' stile,
- Putting an electric fence across the line of a path
- Extending the boundary of a garden over a path.

Also we can help on getting remedied poor path maintenance. This includes:

- Stiles and gates that are either difficult or dangerous to use
- Missing, damaged or dangerous foot bridges
- Overgrown footpaths
- Missing or misleading signs
- Paths that are difficult to use due to the planting of crops or ploughing

To get the problem solved please send me the following details:

- County & Parish
- Path from Place (with Grid ref. if possible)
- Path from Place (with Grid ref. if possible)
- Date problem encountered
- Description of the problem

My e-mail address is PhilRobey3000@yahoo.co.uk

There is a form for all path problems on the RA web site: <http://www.ramblers.org.uk/campaigns/report.html>

MAKING THE GRADE: GUIDE TO SCRAMBLING AND CLIMBING GRADES

Gary "Spidey" Davies

For those who are more adventurous, scrambling and climbing are a natural progression from walking. However, some of you are perhaps mystified by the grades and what they mean. So, here's the Idiot's Guide:

Scrambling grades

Grade 1: Relatively straightforward scrambles in which the difficulties are short and usually avoidable. The exposure is unlikely to be great. (*Sharp Edge in the Lakes and Tryfan's north ridge in Snowdonia are good examples. It is debatable whether something like Striding Edge is a scramble at all.*)

Grade 2: Rather more demanding scrambles in which the difficulties are less easily avoided. They sometimes contain exposed sections and rope may be occasionally felt necessary. (*The Forcan Ridge in Glen Shiel or the The Aonach Eagach in Glen Co are examples*)

Grade 3: More serious scrambles which contain pitches involving easy rock climbing. There may be considerable exposure in places. All but experienced climbers would prefer the reassurance of a rope on some sections. Knowledge of abseiling might prove useful in the event of retreat. (Pinnacle Ridge on St Sunday Crag in the Lakes is an example.)

A recent 4th Grade has been introduced which essentially covers similar elements to a Grade 3 but with poor rock condition and other nasties such as difficulties in retreat etc which make ropes pretty much essential.

British Climbing grades

(Adjectival grades assessing overall difficulty when accounting for all factors in the climb)

- **Easy** (rarely used)
- **Moderate** (M)
- **Difficult** (D or Diff)
- **Very Difficult** (VD or V Diff)
- **Hard Very Difficult** (HVD)
- **Severe** (S)
- **Very Severe** (VS)
- **Hard Very Severe** (HVS)
- **Extremely Severe** (E1, E2, E3....)

XS is used for climbs on loose or crumbling rock that are seldom repeated after the first ascent

As of 2006 the hardest climb was graded at E11, but many climbers believe such grades are provisional because no one has yet climbed the route **on sight** (e.g. without a guidebook or having benefited from the experience of others or having rehearsed the route many times). The hardest confirmed grade is E9.

Technical grades attempts to assess only the technical difficulty of the hardest move (the crux) without regard for the danger or the stamina required for a succession of moves of a similar standard.

Technical grades are open ended and start at 1 and are subdivided into "a", "b" and "c". You are unlikely to see a mention below 4a and the hardest recorded climbs are around 7b.

Consider the variables

- Routes whether scrambling or climbing can vary radically in differing conditions.
- Some rock provides poor friction in wet or icy conditions with potentially lethal results.
- A climb that is technically easy might result in a several hundred metre drop and grievous injury (if you were to roll down a steep slope with rocks to "cushion" your fall) or certain death (if you were to fall at approximately 10metres per second per second onto terra firma).... whereas a mistake on a short but difficult pitch might only result in a broken leg or twisted ankle if you are unlucky.
- Difficult climbs can be rendered safe with adequate protection (ropes, slings, camming devices etc)
- Most accidents occur when people are fatigued or are not concentrating, and descending a route is generally harder than ascending it (unless you are abseiling of course).
- I generally recommend that you turn into the face on a difficult descent so that you can ensure at least 3 points are on the rock at all times, and I recommend that you position your weight so that the force is directed onto and into the point of contact rather than away from the face at an angle (use gravity to increase friction rather than reduce it).
- Try to keep cool, and try not to panic (this will inhibit your ability to act in a reasoned and controlled manner) but treat your routes with respect (concentrate and don't do anything stupid).
- Practice makes perfect – it will improve your competence and you will learn to have confidence on routes of increasing difficulty and exposure.

THE NEW NDWG COMMITTEE

NDWG Committee, 2006 – 2007: Elected at AGM, 11 October 2006

Chair	Rob Hill
Secretary	Wendy Ferguson
Treasurer	Jen Charleson
Membership Secretary	Ian Bell
Walks Organiser	Gary Olds
Walks Organiser	Phil Storer
Derby Publicity Officer	Liz Long
Nottingham Publicity Officer	Kevin Matthews
Footprint Editor	Andy Page
Footprint Editor	Sarah Godfrey
Web Editor	Andy Cowell
Countryside Officer	Sian Roberts
Footpath Officer	Phil Robey
Social Coordinator	Susana Guerrio
RA Area Representative	Glyn Jones
Ordinary Committee Member	Ben Draper

BYEEE!

Phil Storer, (now ex) Footprint Editor

I'm off to pastures new so I hope you all enjoyed Footprint this last year and wish Sarah and Andy the best of luck for the next 12 months. Phil.