



# Liverpool Catholic Ramblers Association Newsletter

Version 10 - Issue no. 8 - February 2019

## Winter Ramble Wear

As a club it is important to us to be able to support all our new members who maybe have not taken part in a lot of rambles before. See below a list of items that the club recommends that you consider whilst walking in the winter months. The weather can change very quickly whilst on a walk in the winter

- Waterproof jacket - showerproof is not good enough. Waterproof trousers are advisable.
- Woolly or fleece jacket
- Hat - woolly in winter
- Gloves.
- Socks - loop-pile or specified walking socks are best.
- Other clothing - man-made fibres are generally best although other quick-drying materials are suitable. Jeans are not to be recommended at any time as they retain moisture – combined with the cold, this could lead to hypothermia.
- Hiking boots - are essential for A and B walks. Stout shoes may be suitable for C walks in good weather conditions.
- Rucksack – (leaving hands free) containing waterproofs, hat, gloves, spare jumper, sufficient food and *plenty* of drink (hot or cold) plus some instant energy food (e.g.: a bar of chocolate).

We do not want to discourage anyone walking in the winter, just want all our members to be prepared for winter walks, some of the clubs best walks have been during the winter. It's a great opportunity to get sunlight and fresh air during the winter months

## 5 Fun Facts about walking

1. The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years
2. Given that the world is about 25,000 miles in circumference and that the average walking rate is 3 miles per hour, it would take a person walking nonstop approximately 347 days to walk around the world
3. A 20-minute walk, or about 2,000 steps, equal a mile
4. Walking is also known as ambulation. The term "walk" is from the Old English *wealcan*, or "to roll."
5. To burn off one plain M&M candy, a person would need to walk the entire length of a football field..... (We are not happy about this fact!!)

**WALK YOURSELF**  
OUT OF YOUR  
**BAD MOOD.**  
STUDIES SHOW  
THAT EVEN A  
**10 MINUTE**  
**WALK**  
IMMEDIATELY BOOSTS  
BRAIN CHEMISTRY  
TO INCREASE HAPPINESS.

NOTSALMON.COM

## Booking methods

It's amazing all the coach seats on recent walks have been booked so quickly, we would like to remind our members of the ways in which you can book on to the walks.

The easiest way to book is to text Sally directly on 07866 405545, by doing it this way it will give you a written confirmation of your booking. It's still possible to contact Will by phone or email, his details are on the back page in the contacts section. You can still book through other avenues like Facebook but this does take longer for someone to check the Facebook page and then respond back to you about spaces available.

On the coach we can still take bookings for future walks but please take note that if you are booking for more than just yourself then we will require the names of other walkers, a signature will be required in the book to confirm the booking. If you wish to cancel your booking you must contact us by the Tuesday evening before the walk date, otherwise members will be liable to pay the full charge for an empty coach seat. Also by cancelling by the Tuesday it allows us to make available those cancelled seats to the waiting list for those members who want to come along

## Future Walks



### Conwy (Llandudno)

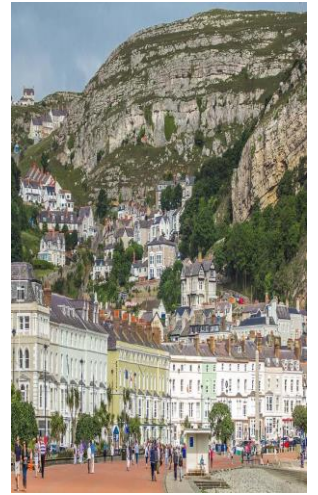
Conwy is a world heritage, medieval walled town, dominated by the Castle, built by Edward I and nearby Conwy Mountain (Mynydd y Dref), which has fabulous views over Conwy Bay and the Welsh mountains.

The North Wales Path leads from the town up to the mountain. Starting at Thomas Telford's famous Conwy Suspension Bridge the path heads north to Bodlondeb Woods before climbing to the mountain top at 244 m (801 ft.), with an Iron Age hill fort. From the summit there are views over Conwy town to Great Orme and in the distance, the 14 great 3000ft mountain peaks of the Snowdonia National Park.

Llandudno is a traditional seaside resort. Its pier is on the North Shore. Built in 1878, it is a Grade II listed building. It is a Victorian pleasure pier, with free access to visitors, amusement arcades, rides, ice cream, candy floss and novelties.

Llandudno developed on the slopes of the limestone headland, known as the Great Orme, home to several large herds of wild Kashmiri goats. The summit stands at 679 feet (207 m). The sheer limestone cliffs provide ideal nesting conditions for a wide variety of sea birds.

The Orme has many attractions including a Tramway and Cable Car. The Great Orme artificial ski slope is also home to the longest toboggan run in Britain at 750m long.



### Clapham (Ingleborough)

Clapham is a village in the Craven district of North Yorkshire, England. It was previously in the West Riding of Yorkshire. It lies within the Yorkshire Dales National Park.

Clapham is situated at the base of Ingleborough Mountain, one of Yorkshire's famous "Three Peaks challenge" - Ingleborough, Wharfedale and Pen-y-ghent, and is a starting point for its ascent.

Running through the village is Clapham Beck, fed from Fell Beck which starts on the slopes of Ingleborough and sinks into Gaping Gill, England's highest waterfall, where Fell Beck drops 110 metres vertically into a pothole, and exits via Ingleborough Cave into Clapham Beck.

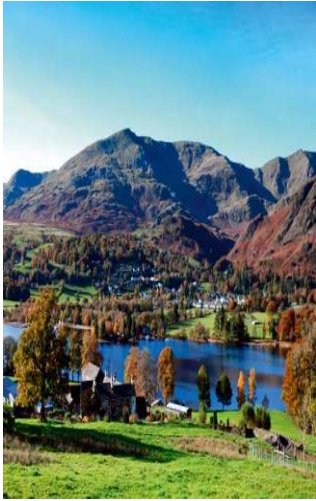
Above the village is a man-made lake built and expanded in the 19th century. This provided pressure for the water turbines and the drinking water supply, while the outflow fed an artificial waterfall at the top of the village.

Clapham lies on the Craven Fault zone, a complex geological fault which marks the division of the sandstone rocks of the Bowland area and the limestone of the Ingleborough area. However, the valley of Clapham Beck has cut through the limestone and into the underlying Ordovician basement rocks which produce soils that are acid. This is beneficial to the many species of rhododendron planted along Clapdale and which would suffer in alkaline soils.

The lively village centre contains Clapham Primary School, village hall, the New Inn public house, shop and post office, a small number of businesses, guest houses, and an outdoor education centre.







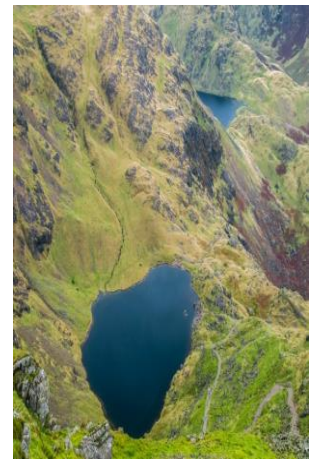
## Coniston (old Man)

Coniston is a village and civil parish in the Furness region of Cumbria, England. Historically part of Lancashire, it is located in the southern part of the Lake District National Park, between Coniston Water, the third longest lake in the Lake District and Coniston Old Man

The Old Man was the highest point in the historic county of Lancashire (it is now in Cumbria). This assertion rests upon its being higher than its near northern neighbour, Swirl How. There appears to be some uncertainty in the current literature over whether the height of Swirl How is 802 or 804 m after

Coniston grew as both a farming village, and to serve local copper and slate mines. It grew in popularity as a tourist location during the Victorian era, thanks partially to the construction of a branch of the Furness Railway, which opened to passenger traffic in 1859 and terminated at Coniston railway station.

The poet and social critic John Ruskin also popularised the village, buying the mansion Brantwood on the eastern side of Coniston Water in 1871. Donald Campbell added to the profile of the village and lake when he broke four World Water Speed Records on the lake in the 1950s. He died attempting to break the world water speed record for the eighth time in 1967.

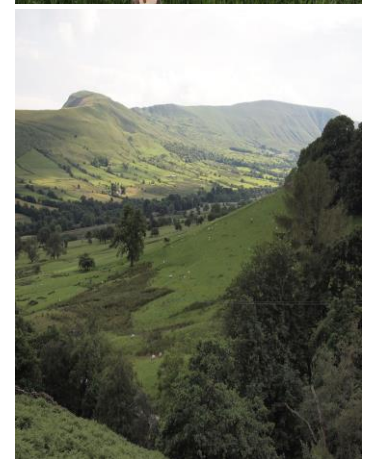
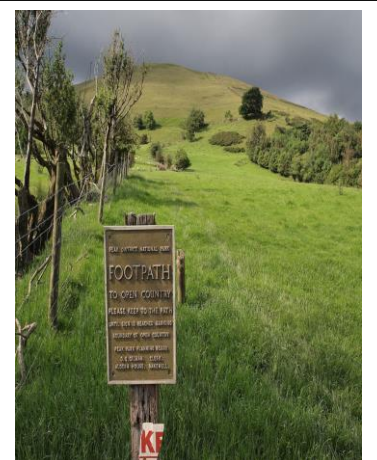


## Edale (Kinder)

Historically, Edale was the name of the valley of the River Noe. From the Norman Conquest of England it was in the royal Forest of High Peak and at its centre is the Edale Cross, which marked the boundary of the three wards at the Forest. Settlement in the valley consists of several booths, originally established in the 13th century as 'vaccaries' (cattle farms) along the valley of the River Noe.

As well as being the start of the Pennine Way (the official start is the Old Nag's Head, a former smithy dating back to 1577), the village is surrounded by walking country which is excellent in its own right. The village is surrounded by hills: the plateau of Kinder Scout to the north, where the highest point in the parish is found, the Great Ridge (running west to east between Rushup Edge over Mam Tor to Lose Hill) to the south and east, Win Hill to the east (outside the parish), and Dalehead (Brown Knoll, Horsehill Tor and Colborne) to the west.

Kinder Scout is also famous for the mass trespass in 1932, when around 500 walkers, walked from Hayfield to Kinder Scout to help secure access rights to open country for all of us ramblers to enjoy forever. The village centre, has several B&BS, and both pubs also provide accommodation. The pubs also provide food, and there are two cafés. In 2006 a new information and visitor centre was opened at Fieldhead. It was developed by the Moors for the Future Partnership and is owned and operated by the Peak District National Park Authority. Edale is also a popular camping village with two major campsites and numerous others in the surrounding area.



The LCRA is open to Non-Catholic Members and conducts walks on numerous Sundays throughout the year. They vary in length and physical demands and are in 3 grades: - **A**, **B** and **C**.

*All walks are led by experienced ramblers.*

**A** walks can be 10 to 15 miles and are for the more experienced ramblers.

**B** are shorter.

**C** are shorter still and can be 7 to 8 miles.

Consideration is given in advance to the difficulty of the course, the terrain, whether stiles, steep hills, or busy roads are to be crossed, and the numbers who may be expected to take part.

Cancellations must be made prior to the ramble otherwise members will be liable to pay the full charge for an empty coach seat

Coach departs at 9.00am prompt unless otherwise stated

#### Membership

The subscription are £6 per year (single) and £8 per year (couples).

Subscription is renewed each September. The first 2 walks are complimentary but prospective members must submit completed membership forms on the 3<sup>rd</sup> booking

#### CONTACT DETAILS

**Will Harris, 57 Higher Road, Halewood,  
Liverpool,**

**L26 1TA Tel: 0151 486 6541**

**Email: [willharris33@btinternet.com](mailto:willharris33@btinternet.com)**

**Or Sally Parry on 0151 280 4844 –  
07866 405545 –**

**Email: [sallyparry@gmx.com](mailto:sallyparry@gmx.com)**

**LCRA webpage;**

**[www.liverpoolcatholicramblers.com](http://www.liverpoolcatholicramblers.com)**

### Walks Schedule – 2018/19

10 <sup>th</sup> Mar	Conway (Llandudno) Wales tunnel
7 <sup>th</sup> Apr	Clapham(Ingleborough) Yorks M58
28 <sup>th</sup> Apr	Coniston (old Man) Lakes M58
19 <sup>th</sup> May	Edale (Kinder) Peak M62
9 <sup>th</sup> Jun	Glenridding (Ullswater) Lakes M58
30 <sup>th</sup> Jun	Anglesey (Moelfre) Wales Tunnel
21 <sup>st</sup> Jul	GRASMERE (Rydal), Lakes, via M58
11 <sup>th</sup> Aug	ILKLEY (Cow & Calf), Yorks, via M58
1 <sup>st</sup> Sep	KESWICK (Braithwaite), Lakes, via M58
15 <sup>th</sup> Sep	DOVEDALE (Ilam), Peaks, via M62
22 <sup>nd</sup> Sep	<b>ANNUAL MASS in Cathedral Crypt</b>
<b>Future walks to be announced in due course</b>	

#### General Information

The committee requests if anyone has any issues or would like to discuss anything about the club or any of the walks that you undertake, please could you contact either Will or Sally by email using the following email address: [lcrafeedback@gmail.com](mailto:lcrafeedback@gmail.com). The club welcomes members feedback at all times!!

#### Upcoming events

Easter pub crawl or early evening dinner at  
Weatherspoon's.  
Please look out for a date, time and venue on  
Facebook in the near future.

#### GDPR: Use of photographs and images

Can all members be aware that by renewing membership for LCRA, consent is assumed that photographs can be used on closed social media sites such as the LCRA page on Facebook and on the LCRA website. If any members (or guests) do not wish to have photographs displayed on social media, please get in touch with Will Harris to confirm. LCRA has no responsibility for other member's use of social media so politely request that all individuals are mindful at all times.