

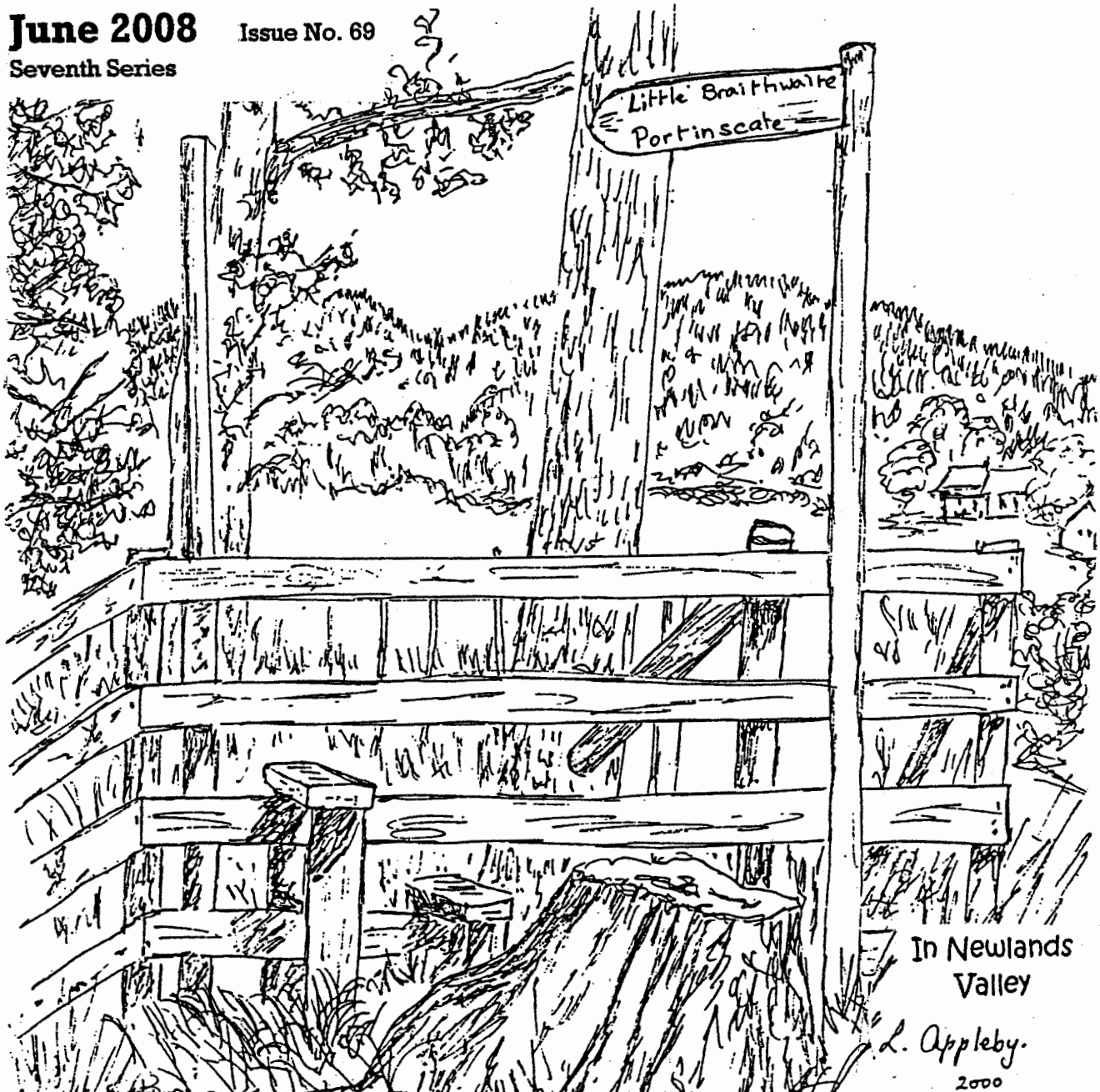
**Liverpool Catholic Ramblers'  
Association**

# NEWSLETTER

**June 2008**

Issue No. 69

Seventh Series



## **THICKIES QUIZ**

1. What country would you find the majority of the Tatra Mountains in?
2. What creature does camel hair on a paint brush come from?
3. What is the colour of the black box on an aircraft?

*Answers are on the back page – but make sure that you do the quiz first!*

## Editor's snippets

OPPOSITE: an interesting article about the Newlands Valley. It is an old article and so never mentions that there is now a nice little farm café about a mile past Newlands Church or indeed that you can also get light refreshments from inside Newlands Church.

There are no ramble reports from any of our General Section members but you can all enjoy reading the Seniors' reports, and thanks, Lindzee, for sending the reassuring Crackpot story.

The proposed Polish holiday on page 4 has a choice of either seven or twelve nights – the return flights on other dates are quite expensive. The 7-night break means that you have only six full days for walks or booking for trips out, etc – obviously the 12-day trip would be better, but it depends on your circumstances.

Having said that, it looks like I may only be able to get in the 7-night trip myself but don't let that put you off stopping for twelve nights. I can give plenty of advice and easy-to-follow colour-coded maps before I leave you on that seventh day.



We all give a hearty welcome any new members who have joined us recently.

Finally give, or send to me any ramble reports (however lengthy or short) or other snippets, to [davenevns@hotmail.com](mailto:davenevns@hotmail.com) Thanks.

## TEN YEARS AGO

This notice appeared in a walking magazine and 32 of us responded – but read the small print, thus: *Includes a 5-day walking package.* We spent over two days travelling overland and back. Easyjet fortunately, now only take two hours!

## WALKING IN POLAND

**10 DAY HOLIDAYS TO ZAKOPANE**  
in the beautiful Tatra Mountains and National Park  
Includes half board and 5-day walking package

**NEW MILLENNIUM: 0121 709 0114**

*Don't ring this number*

## Public Walk through the Mersey Tunnel – Sunday June 15th

We have no ramble on that day, so here is an opportunity to perhaps raise some sponsorship money towards the upkeep and renovation of our Metropolitan Cathedral. It was mentioned at the last meeting that some of us could turn it into a sponsored walk for any of our members wishing to take part in the public walk that day.

## Ramblerite

SETTLE, in the Yorkshire Dales was the one walk that I managed to get out on recently. In spite of it being a lovely day for rambling, there were only 24 of us out on the coach. Nevertheless we managed to squeeze in three walks – Jim leading the 'A' with me leading the 'B' and a combined leadership of the 'C' with Ray offering his valuable knowledge. But even Ray managed to see a waterfall that he had not seen before (Stainforth Force).

My walk that day took in Giggleswick public school and an unscheduled route which led us along a driveway to an upmarket ranch and stables – we were promptly sent galloping back by a horsy woman! We also got to Stainforth Force but left it a bit too late to include the other Catrigg Force (where a group of cows and calves barred our way), but we did manage to include the huge Victoria Cave, high up in the limestone cliffs (as did all three walks).

I believe that there were three good walks in Langdale last Sunday when the rain petered out to leave them a dry day, all finishing off at the Dungeon Ghyll car park. The 'A' got a bit 'mistified' on Crinkle Craggs and got back a bit late, so that small group had to forfeit their pint at the famous hotel there.

There was a good crowd out on the Torver ramble which was another dry day . . . until the heavens opened and drenched all and sundry on the last lap to Coniston!

Finally, don't forget that sun block on those forthcoming rambles everyone. *Dave Newns*

## Forthcoming Walks

June 8th Eyam/Baslow, Peak District – route M62. (*Gardners Arms pick up, and Jct 9, B&Q*);  
15th No ramble; 22th No ramble; 29th Troutbeck

## Club's Cheese and Wine Nights

A reminder that our monthly Cheese and Wine nights, plus music and free quiz with prizes are held on the first Thursday of each month at the Ship and Mitre (upstairs) 9pm onwards. Cost of Cheese and Wine £1.50 per person.

## Fortieth Anniversary year of the club's Aircrash

August 9th 1968 is the day when eight of our young lady members got tragically killed in a plane crash over Germany on the way to Austria.

We were originally considering having a special Mass on Saturday 9th August, but it has proved difficult to organise it then, so we have since decided to include it with our Annual Mass on Sunday September 28th.

# The Newlands Valley

**IT IS** only three miles from Keswick, just past Portinscale, yet the Vale of Newlands remains quiet and unspoilt, almost unknown to the majority of visitors to Keswick.

The Vikings settled and cultivated the valley for a while, hence the origin of several Norse names like Keskadale.

Its present name was derived when, round about 1182, a tarn below Stair was drained with the result that much new land was gained, hence the name of Newlands.

Most only know the scenic narrow road when travelling along the Newlands Pass to Buttermere (Newlands Hause) but Newlands has much more to offer plus a really interesting past.

The valley is shaped like a letter Y, the bottom part being between Braithwaite and Stair. At Stair the valley divides, the one on the right carrying the road over to Buttermere, and that of the left going through Littletown to the old church at Newlands. It is this part of the valley that is so little known.

## **Miners came from Germany during the reign of Queen Elizabeth I**

The valley became a hive of industry when a company was incorporated for mining work which was carried out mainly by a colony from Germany under the chief steward, Hechstetter, who was specially recruited by the Queen.

The miners were very productive, and the ore was conveyed to Keswick where, in 1566, the largest smelting works in England was built. Lead was the main ore mined, copper not being so plentiful. Operations continued to the middle of the 17th Century. Most of the miners returned to Germany but a few married local girls and settled in the district.

At a later date, a mill was built at Stair – using water power from Newlands Beck – and blanket material, cloth and other woolen goods produced from hard-wearing wool from local Herdwick sheep. Later, when steam power became popular, mills were built elsewhere and the Stair Mill had to close. After being empty for many years, it was purchased by the Holiday Fellowship and turned into a Guest House.

The best approach to Newlands when walking from Keswick is to turn left opposite the Pencil Museum and follow the path near the river which takes you over the pedestrian suspension bridge to



Highland cattle with the prominent hump of Causey Pike in the background

Portinscale, then by road past the Derwent Bank guesthouse, thence by a signposted footpath on the left, ending up at Littletown.

## **Remains of mines are still to be seen**

One of the finest walks in the Lake District begins through the gate on the left just beyond Littletown, where the road begins to descend to Newlands Church. Follow an old mine road up the valley, with the river on your right, for about a mile, to some old mine workings. Remains of other old mines are still to be seen, the large one across the river near the foot of Scope End being Goldscope (wrongly marked on the 2½ inch map), which was the richest mine in the valley.

When the mine road ends, a footpath starts on the left and rises diagonally up the hillside. A fine waterfall can be seen on the right. At the top, a path joins another more popular track. Dale Head Tarn lies just over a small craggy hill on the right.

To continue the walk, turn left along the path which rises to the summit of High Spy, the highest point of the walk. As the walker goes westward to Narrow Moor, impressive views unfold on either side.

## **Many fine walks start from Newlands**

The path continues along the ridge for about two miles, finally descending Maiden Moor to Catbells. Before the path begins to rise on to Catbells, a footpath starts on the left and descends to the left to Littletown or on to the right to either Stair or Swinside and Keswick. The extra walk over Catbells is worth while because it is one of the finest ridge walks in the country.

There are many fine fell walks from Newlands. One starts from Stair up Causey Pike and a fine ridge leading over Sail to Grassmoor, or there is an easier walk up the valley and on to Barrow. At Newlands Church a choice of walks includes ascents of Robinson, Hinscarth and Dale Head, or from Rigg Beck an easier trek can be undertaken over Aitkin Fell, or up Rigg Beck and down sail Beck to Buttermere.

*Adapted from an old Walking Magazine*

# Zap Zakopane and slip swiftly into Slovakia

7 nights Sat 6 Sept to Sat 13 Sept or  
12 nights Sat 6 Sept to Thurs 18 Sept

{ This choice is explained in Editor's snippets

BRITISH foot-sloggers up in the Tatras must number less than one per cent of the thousands of Poles walking there.

When two British trekkers pass each other out there they will often shout the customary "jean dobbry" (*good day*) to each other, both assuming that the other intrepid walker is almost certainly a Pole.



Highest Polish mountain is Rysy, at 8,200 feet, but that peak has the Polish/Slovak border running through the middle of it. With no cable car to the top it often requires an overnight stay at a halfway hostel before conquering that Tryfan-like summit, unless you are super-fit and start out very early.

Those Tatra Mountains have 78% positioned in Slovakian territory! Their highest is a dizzy 8,707 feet; but you can cheat by reaching the tops of a few peaks by cable car or small gondola lifts, but queues are often horrendous unless you pre-book.

## Pole dancers at their peak

Spot a Pole dancing on a Tatra peak (or even a Slovak) and it could be just to celebrate the proud ascent! But Slovakia can't beat that great carnival ambience of Zakopane, and so our holiday will still be in Zakopane – at a healthy 2,900ft altitude.

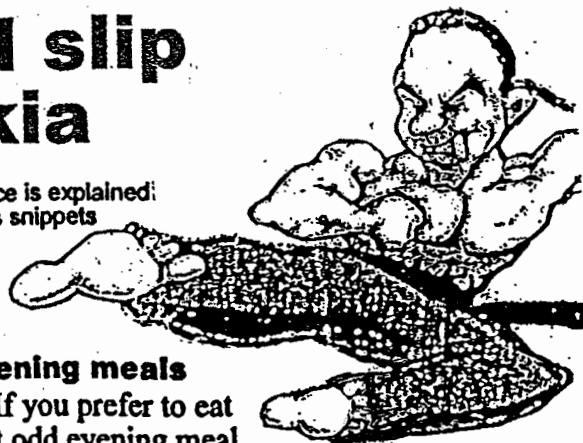
Inexpensive coach trips now run frequently to Slovakia from Zakopane. Day jaunts vary from a highly scenic guided adventure trek using a ladder up a waterfall – an average 'B' walker can do it – to exploring a choice of huge castles or visiting several of Slovakia's floodlit labyrinths of caves full of awesome stalactites and stalagmites.

A few coach excursions to Slovakia get back sometimes as late as 8pm, so it is advisable to stay bed and breakfast rather than half board.

**Our place of abode.** The Karpinski was a problem for August, and only four members have managed to get in there, but for B&B. I have since enquired for September and can now recommend the Adria 3-star guesthouse – it still has vacancies. From the Adria it is only six mins to Zakopane's main attractions, so here are the full details: It has 60-beds plus balconies to many rooms, all en-suite.

In spite of September still being in the high season, B&B rates are only \*£13.50 per person for a 3 or 4-bedded room; twin-bedded rooms are £18.00 per night. There's also eight single rooms for about £20. An extensive hot and cold buffet breakfast is included from 8.00am until 9.30am.

The receptionists all speak English and there's a friendly all-night porter. I can book by e-mail or phone. It can be viewed at [www.adria.regle.pl](http://www.adria.regle.pl)



## Evening meals

If you prefer to eat that odd evening meal at the Adria you can order on a day-to-day basis for about £4.50 per meal but inexpensive meals can also be eaten in one of Zakopane's numerous bars or restaurants (with fiddlers entertaining, etc).

Both of the alternative dates above are the two cheapest Easyjet flights available in September.



How high are we flying?

**Fuel crisis! What crisis?** Some economy airlines have gone bust recently due to the high increase in fuel costs, but Easyjet have stated they are okay and they still make a profit as "All our planes are less than three years old and are far more fuel-efficient."

## Flight prices are rising steadily!

The fact that flight prices on many August and September dates are now rising steadily, as some of you now know, is because the later you book an economy flight the dearer it becomes! So don't dither if you are thinking of going on this trip. Everyone gets penalised if booked as a group (*don't ask me why?*) so we book individually, or cheaper still, in pairs. It would take too long to explain about luggage here but two of us managed to save £12 each on luggage for our recent Easyjet booking. The cheapest flights for September were around £87 return inclusive when I typed this on June 4 – other dates had almost doubled that price.

Don't forget to get your holiday insurance, either through Easyjet (£7.99) or privately. The club has no liability for group holidays abroad.

☞ Simply contact me if interested, but note that three rambling gents and I will be on a Polish 'Last of the Summer Wine' mission between June 9th and 17th – *Unfortunately Natasha Kaplinsky was unable to do a Nora Battie for us. She has no wrinkly tights or stockings!* – Still, you can contact me during that period by an e-mail thingamajig on which I will have access, on [davenews@hotmail.com](mailto:davenews@hotmail.com) or ring me at other times on 01744 632211.

## How little could it cost for two sharing?

7nts: Easyjet £87 plus B&B £129.50 Total **£213.00**  
12nts: Easyjet £87 plus B&B £222.00 Total **£303.00**

*If 3 or 4 are sharing for 7 nights it's only £181.50!*

\*All prices are roughly based on 5 zlotys to the £1.

## Seniors' Section ramble report

### OGDEN RESERVOIR

— and don't forget to mention that earthquake Leader Harry O'Neill

I wrote it all in innocence, honestly! How was I to know that Mother Nature would exercise her feminine prerogative to have the last word, just to prove a mere male wrong, and shock the whole of Britain from Aberdeen to Brighton, Grantham to Caernarvon — all because I wrote about the absence of earthquakes!

I hope and pray that our esteemed Editor will exercise his journalistic licence and protect my identity — otherwise I doubt whether my meagre pension is sufficient to cover the flood of claims for injuries and damages that would ensue.

After that disclaimer — back to the ramble in hand — or should I say foot? The car park is alongside, but, rather worryingly, below the water level of the reservoir (earthquakes in mind!). Crossing the reservoir via a path on a retaining wall, our first obstacle was a narrow gap in the wall guarded by a metal post which required a shimmy to get through, but with us all being svelte-like, we all passed the test.



The wind provided a symphonic score to the expanding vista of open rolling moors. The cold blustery conditions must have put most people off the higher tracks of the moors, making us feel like superior beings.

#### Royal residence?

Inevitably, we had to negotiate human habitation, but this time with a difference — the house in question was a traditional stone building, but with an unusual feature. Above the front door was a carving of the Royal Crest, which usually indicates a Royal residence, or that they had visited, which almost had the ladies curtsying and the men tugging their forelocks — or myself, being forelockless, tugging eyebrows!

Fortunately the owners, who were outside working, assured there was no royal connection, as the plaque was

put up by the previous owner, which is just as well, as I don't think that 'Ogden Regis' has the ring to it that 'Bognor Regis' has.

Descending now, an insidious discord was discernable in nature's harmonies, becoming more intrusive as we lost height, and eventually drowning out all other noises, including our conversations — the M62. Standing on the footbridge with the traffic thundering beneath us, it was as though lorries were akin to bears on a honey hunt, and cars, mosquitoes stampeding in a bloodfest quest! Luckily, we were well out of their reach.

As it was well past noon, a lunch stop was being anticipated, of which we partook at Hollingworth Lake, but not before we all dispersed to find our own shelter from the biting wind. The lunchtime entertainment was provided by windsurfers and dinghyers trying to remain in control of their crafts and, at the same time, their dignity. One poor soul, after repeated failures, had to be towed to calmer waters.

After lunch, above the lake a debate ensued as to the identity of a distant escarpment, which has a steep descent below an array of antennae. We thought, with one dissention, that it was Winter Hill. Alongside on a nearby hill was a wind farm with strangely stationary vanes, which in this wind should be pumping out megawatts of electricity — or can they only operate in more clement conditions?

As the afternoon progressed, the temperature dropped — the walk had reached its apogee. The path and surroundings still had the appeal of a wild and desolate moorland, and, though not being a fan of the mountain bike, I was impressed by a dad we came upon, with his son, aged about 10, on a tandem which had a baby not many months old, snugly cocooned in a carrier fastened to the rear pannier — a very hardy trio.

The final descent of the walk brought us to the car park, and at a booked table with a huge and hearty meal, we ended a day of kindly banter and warm companionship, thanking Harry for another lovely walk, and our companions who defied the prophets of doom forecast of wind, snow, sleet and ice. G.

## The world wouldn't be the same place without crackpots

— now read on:

### CHINA POT

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

For a full two years this went on daily, with the woman bringing home only one-and-a-half pots of water.

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it said to the woman one day by the stream:

"I am ashamed of myself, because this crack in my side causes water to leak all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

"That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

"For two years I have been able to pick these beautiful flowers to decorate the table."

Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

You've just got to take each person for what they are and look for the good in them.

And so, to all of my crackpot friends, have a great day and remember to smell the flowers on your side of the path.

## St Asaph April 13, 2008

We chose this ramble because it featured as one of the best 50 walks in England and we thought a change of scenery would be nice.

Nine ramblers met in the car park at St Asaph. The weather forecast was not encouraging – rain, sleet and snow (the pioneer walk a month earlier was extremely muddy underfoot), so we all were warned wellies might be needed.

Crossing the A55 the way ahead was through three fields where we found ourselves squelching in ankle-deep mud and stile No. 1 required some bridge building over the flooded ditch before we could continue. A notice board told us that this was the area which inspired Gerald Manley Hopkins to write his poetry. Poor instructions in our book plus a lack of way markers had previously caused us a problem on the pioneer.

However, we thought to have solved this, but unfortunately our corrected path led us to a tightly-tethered gate. – so no way ahead! In the next field the Clywdian way marker could be seen, so over lunch and with Marcia's skill at map reading (with grateful thanks), we retraced our steps for one field. Lo and behold! – an open gate led us to the correct path and we were on our way to a new footbridge over a stream (the intended place for our lunch)!

No, I hate walking, but the wife's mother is visiting today!



Answers to Thickers Quiz:  
1. Slovakia (see Zap page); 2. A squirrel; 3. Orange, of course.  
Congratulations if you got all three wrong. You are now  
one of the many confirmed Thickers!

The weather was now sunny and warm. Another stile caused a slight problem due to flooding, but was crossed successfully. From the top of a slope near Cwm, we had a wonderful view of the North Wales Coastline, The Clywdian Mountain Range, The Marble Church at Bodelwyddan, and the tiny Cathedral of St Asaph.

A farmyard nearby with a variety of breeds of cockerels and hens brought a dual comment "Just like the setting for a children's novel." The ramblers clambered to buy fresh eggs – but the box was empty!!

Having negotiated 16 high stiles throughout the walk we climbed the last stile after leaving a country lane. This led us past Waen Villa – a large house and a recently-built estate – again our route was blocked due to a legal enforcement by the council.

In the evening sunshine we strolled down a lane edged with Spring flowers. We (especially Sue) were saddened to see a solitary horse in its muddy field looking for company. We retraced our steps across a bridge over the A55 to St Asaph.

Our evening meal was at "The Plough". Everyone had enjoyed the ramble, especially the scenery and the weather (not a drop of rain all day) but as for our footwear? – it is still drying out!!! As to being one of the best 50 walks in England? – the jury are still considering their verdict.\*

Thank you to all who came on the ramble.

THE MUCKY PUPS

\*Note: St Asaph is in Wales. Case dismissed! - Editor