

10.3.94

# LIVERPOOL CATHOLIC RAMBLERS ASSOCIATION



## NEWSLETTER

6th Series  
Issue 2  
March 1994

Stretch your legs  
and get to know  
the coast this

# WINTER WALKABOUT

winter with Merseytravel's free  
walkabout booklet.

The twelve page colourful guide features five popular and easy walks on the coast, all of which start and finish at Railway Stations. Each walk introduces you to a different aspect of the coast from the pinewoods and squirrels at Freshfield, the open dunes at Ravenmeols or the Promenade at Crosby. Whichever walk you choose have fun! Plans are also underway to produce a full guide to the Sefion coastal footpath which runs from Waterloo Railway Station to the Plough roundabout at Crossens, a distance of over

20 miles. Most of the route is already open and the section from Hall Road Station to Birkdale Station is waymarked. If any organisation is interested in using the coastal footpath for sponsored walks, of any length, and for any number of people please contact the Ranger Service.

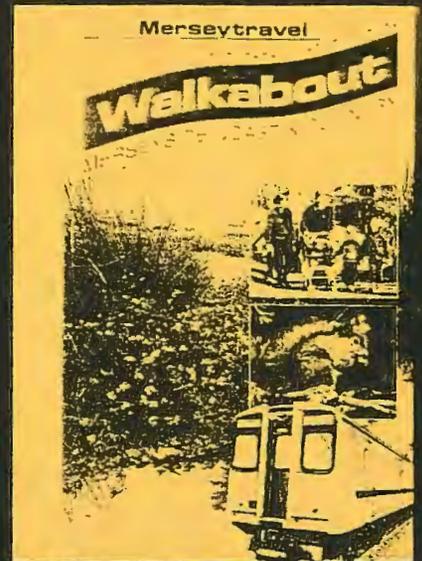
**Ian Drummond, Chief Publicity Officer at Merseytravel said...**

*"Leisure travel is becoming increasingly important and on the Merseyrail Northern line there is a good level of service every day, so you can travel easily, almost on impulse. The booklet has been well received by the public so we'll be considering other areas to expand the series in the future".*

For a free copy of Merseytravel's Sefion Coast Walkabout booklet phone the



"Hi" RAMBLER'S  
Have you  
contributed  
yet!!



Merseytravel line on 051-236 7676

If you have any difficulty telephone the Rangers on 051-934-2962 to ask for a copy.

Britain  
needs  
trees



Please plant one today

FRONT COVER

Looking North from the top of "Pike of Stickle"  
Lake District

## NEW FROM

### RED ALERT!

The Forest Authority in the north west is spear-heading a campaign to safeguard the present populations of red squirrels. The two main areas are Cumbria and West Lancashire/Sefion.

The Formby population of red squirrels is now regarded as one of the healthiest in the country and every effort should be made to protect the coastal population from the growing population of grey squirrels. A strategy for the north west will be launched in November with a series of recommen-

dations. Locally it will encourage more survey work and research, will advise on the best forms of woodland management and techniques for keeping grey squirrels out of the area. It is important that grey squirrels do not gain a foothold in the Sefion area; once established in numbers they can out-compete red squirrels. If you see a grey squirrel anywhere near the Sefion coast (i.e. from Crosby to Southport and out to Ormskirk, please ring the National Trust on 0704 878591).

*Martyn Garbett, Head Warden, The National Trust.*

Plans are well underway for the building of a toilet block near the squirrel reserve at Freshfield. The innovative design will actually bury the final structure in an artificial dune with only the actual entrance visible. If the project gets the go-ahead from Planners and the funds can be raised work should start by the end of the year.

Toilets at Formby Point have been requested by visitors for many years and the new facilities will be welcomed especially by visiting school groups.

Provision for disabled access and baby changing facilities are to be incorporated into the design.

**The National Trusts' new Careership appointment is Melissa Taylor.**

Twenty-one year old 'Mel' who lives in Formby has worked with the Trust at Formby for four years. She has been a volunteer and a member of the Employment Training team. This experience should stand her in good stead for the three years formal training period which sees her alternate between work at Formby and study at Bictan College, Devon.



## **EDITOR'S EDIFICATIONS**

"A great improvement, but there's so many pages I haven't had time to read it all yet" was a typical comment on the last revamped edition, or: "It was good to get a Social Chat page instead of just a few dates of social events" were encouraging words to hear. And so, with the wisdom of making this editorial as short as possible in order to catch your attention, all I have to say is keep writing all your articles or letters..... but try keeping them brief. So keep on smiling and rambling, but start writing NOW, not next week!

*Dave Newns*, Editor.



7 Abbots Way, Billinge, Wigan WN5 7SB.

## **LOOKING FORWARD TO THE PAST**

Most of the following was purloined from past Newsletters.

### **25 YEARS AGO.**

We had weekly Country Dance sessions at the clubrooms on a Wednesday night when 50, 60 or even 70 members attended.

In the Summertime we enjoyed outdoor events such as Pitch and Put and Tennis at our own Tennis Courts at Wavertree. With such an active club it was, surprisingly, often a struggle to get the required numbers [at least eighteen] before a coach could be booked for the ensuing Sunday Ramble and cars were used on many occasions instead.

### **20 YEARS AGO.**

Regular fortnightly coach rambles were on the agenda now.

Dave Newns [who's he?] moved a bit nearer to us from Warrington to Billinge.

### **17 YEARS AGO.**

From June 1977 the price of admission to the Thursday night socials was increased by 10p to 30p in order to subsidise our rambles.

We needed 33 people at £1.70 to break even and we were averaging only 26 per ramble.

This was to be the start of our successful coach fund suggested by Brian Keller.

### **15 YEARS AGO.**

Fifty-one members enjoyed the October Keswick Weekend at Lakeside House, with Chris Dobbins our acting unpaid Wine Waiter, Meanwhile Paul Healy, Peter Kennedy and one or two others skipped the ramble on the Sunday by sailing into the sunset on Derwentwater. Weekly rambles were re-introduced with the start of the Winter programme.

### **12 YEARS AGO.**

Mick Maple, our regular coach driver then, announced that the Llanarmon Hot-Pot ramble would be his last trip with us as he was winding up his coach business.

He did, however, take us to Keswick for the March Weekend in a borrowed coach.

Our new company would have Lennie as our regular driver. No increase in the £3. coach fare was envisaged. Attendance on the Malham ramble was unusually high one with 42 members out!

Brian Keller arrived back from his long stay in Canada and it was noted that the coach fare was only £2 when he left the country a year ago.

Another successful caravan weekend was to be held at Glan Gwna Holiday Park, near Caernarvon at Easter. There were to be no rambling functions on the Spring Bank Holiday weekend because of the visit to Liverpool by the Pope. We couldn't argue with him could we!

### **10 YEARS AGO.**

In the February Newsletter of that year I wrote: "Our Hebden Bridge" ramble was a non-starter with the coach breaking down...meanwhile eight of us were away at the time on a Winter-Sports Holiday in Italy 'practising' for the Sarajevo Winter Olympics. "Little" did we suspect of the future turmoil which was to hit that City Ten Years on!!

More bits from the Archives in the next edition, contributions welcome.

*Dave Newns.*

# RAMBLERITE

Well, we finally got to Hartington on an incident - free day. It was however, very cold. We saw a wide variety of birds and I was especially pleased to see some Coal Tits and a Nuthatch. We visited Thor's Cave in the Manifold Valley and fed Chaffinches at Milldale, then strolled purposely through Wolfscote Dale and Beresford Dale. The village of Hartington is a lovely place, complete with duck pond, an assortment of cafe's and ale houses.

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In March we have another set of exciting Venues:

6th March Llangollen. The "A" Walk will be led by Mr Chris Grice, our youngest full member, I had to enlist the help of a couple of my henchmen to prise the subs from him.

13th March Hawkshead. A novel idea in Beatrix Potter Country from our Editor - in - Chief, Squirrel Newnkin. Iv'e no doubt Jemima Puddleduck and friends will be coming along for the ride.

18th- 20th March Keswick Weekend. N.B. Deliberate mistake in the programme dates, Tom Reilly is threatening another attempt at the Shamrock Terrace and Pillar. This remote and ruggedly - exciting place has to be top of any fell walker's hit parade.

27th March Torver. Another first, and yours truly has another wonderful walk planned. Our publisher will be leading the "C" walk and invites prospective Leaders on a Map - Reading exercise in this remote part of the Lake District.

Then on Monday 28th March. We have a special programme meeting at *Birch House at 8pm.* When the August to January rambles will be planned. All are invited and priority will be given to new ideas and variations on our old favourites.

*Ray McIntosh.*



## "BON VOYAGE TO ANGELA"

Nice to see young people still look over the other side of the hill to see if the grass is greener.



Angela Clisset has just done that, after six years of brightening up our walks. Angela has now taken up a position with Orkney Council and has now got herself a new home in Kirkwall.

A keen Bird Watcher and lover of Coastal Areas, Angela will have plenty of opportunity to engage in her favourite outdoor activities. An outdoor girl of proven ability to shrug off cold and wet weather, I've no doubt she will take on the sometime hostile and severe conditions that can prevail in that region.

As Angela has adopted Liverpool as her home I'm sure we all look forward, as to when she returns.

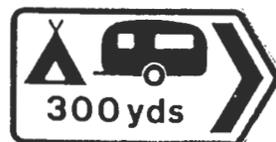
Good luck and good fortune Angela.

Liverpool Catholic Ramblers Association.

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# BANK HOLIDAY CAMPING WEEKEND

[May 27 - 30]



Last year, reflecting on the completion of the Snowdonia 14 Peaks Weekend, apart from the obvious high spots [excuse the pun!] what stood out in my mind was the Saturday night camp at the foot of Tryfan, without which would have made the walk excruciatingly much harder for all who participated.

A personal appreciation from me to the gang that set the camp up and fed us with dinner and breakfast, the participants we met at Nant Peris, and those who waited for us 8.30pm on Tryfan, especially to "Sherpa" Brian Easson who single handedly carried six rucksacks down Tryfan in heavy rain and pitch darkness. Thanks mate!

The camp itself, when we arrived from the mountain tops in late evening, had all been set up. There appeared to be a good deal of Bonhomie and Camaraderie which just may have been assisted by a few cans of the amber nectar. It was this happy team spirit amongst us all the laughing and the joking that went on that I can remember so well from that energy-sapped Saturday night.

It was with this in mind that I suggested the camping weekend at a recent planning meeting.

The camp will be at Hawes, a village up in Wensleydale, which is part of the Yorkshire Dales National Park.

The area consists of beautiful rolling hills that appear to fold in on each other, with hidden brooks and leas running down from the tops of the hills.

At the end of May, the hills should be full not only of colour, but also of new born lambs which can only enhance the natural beauty of the Yorkshire Dales.

The walks will be geared to the people who decide to go. Hopefully we will have a few quizzes on the local history and geography concerning Hawes and district.

For those wishing to find the right answers there's a local visitors centre that will no doubt be very helpful.

Members wishing to come on this adventurous weekend should be prepared to provide or share cars, tents, food and camping equipment. We will probably have a communal kitchen for the cooking, depending upon the numbers that wish to go.

Contact me for further details [737-1041]

*Tom Reilly.*

## WOLFSCOTE DALE

13 February 1994.

Wolfscote Dale second time around today, but thankfully without any of the previous DISASTERS of coach breaking down, getting stuck in blizzard conditions, crashing into a ditch or even heralding the arrival of Jeremy Beadle emerging out of a hedge somewhere sporting an inane grin, clutching a microphone and telling fifty or more poor unsuspecting ramblers that they had been framed! On the contrary.....

An excellent "C" Walk beginning in the picturesque village of Hartington with its sandstone church, village greens, and water pump bearing a lions head commemorating the coronation of King Edward VII in 1902.

Once the site of a market place, the green is surrounded by limestone houses, cottages, a duck pond and village cheese 'shoppe'.

From there the walk opened out into the beautiful hills, dales [and plenty of mud!] of the peak district, passing Charles Cotten's house on the bank high above the river. He being a poet, translator and keen fisherman [and not the husband of Dot in Eastenders!]

First right turn at the next sheep took us past Narrowdale Hill, Now Narrowdale, Gratton Hill and Dunge Bottom [a name given, I may point out, to an area of countryside and not to some fatal Rambler's complaint!], then back through Wolfscote Dale along the banks of the River Dove returning to Hartington and our coach. Many thanks to Ken Clark for a very pleasant, scenic and thoroughly enjoyable walk.

*Paula Larkin.*

## INFORMATION FROM JOE ROURKE

With Spring on the wing, once again my heart responds to the siren call of the Hob Nailed Boot. After being awarded a lot of Gold Stars and Points for being a goody two shoes I have been granted leave of absence for two weeks in May.

For me all roads lead to the Island of Roses, to sail along old sea lanes and six days walking the Mountains of Rhodes. Can't wait, but it is not my holiday I wish to talk about. I have in mind our gallant "C" Walkers who have followed behind me for the last four years through thick and thin without complaint.

Indeed, some have actually bought me a glass of Red Eye in appreciation of a fine walk.

Recently, I picked up a number of walks in the Tourist Information Office at the Charnock Richard M6 refreshment and services. An Alladins Cave of 'free bees' of Lancashire Walks including the recently completed Cumbria Coastal Way. A journey of contrast and a delight to the eye and mind.

A distance of 124 Miles, starting from Barrow in Furness to Carlisle.

You can choose to walk 60 Miles in four days or saunter along at ten miles a day for as long as you like [hop till you drop] There is a combination and variety of walking days, for instance walk three days at ten miles a day then get the local Train or Bus to some section that appeals to you.

No great heights to challenge or isolated moor tops to get lost in, the whole length of the Cumbria Coastal Way is marked and signposted.

Starting in Barrow you simply walk in a Northerly direction with the wind and the sun on your back. With plenty of Bed and Breakfast along the route, it is simple a case of organising yourselves Two's or Four's. Get your shorts on and you could do this relaxing and rewarding walk in track shoes. You do not need a car, simply get the train to Lancaster, change trains for the Coastal track and proceed to any point you wish to start from.

How do you get home, a fair question deserving a fair answer, simply reverse the procedure and get the train or bus back to Lancaster and so to Liverpool.

As most of this route is along recently acquired permissive paths you will be walking where Ramblers and Hikers in the main have not walked.

Only opened up last year it is a whole new world for you to explore and savour, you will marvel at St Bees Head, the coast line of Furness, the attraction of Millom and Raven Glass, the bird life of the River Duddon, the old sea port of Mary Port, Whitehaven and Silloth where I used to sail into many years ago and the solitude and haunting beauty of the Solway Coast will live with you for ever.

So come on now our "C" gang, you have three or four months to get it wrapped up and off the launching pad, you don't want me to lead you by the hand all the time do you ?

*Joe Rourke.*

### MAP AND COMPASS

27 March 1994 Lake District.

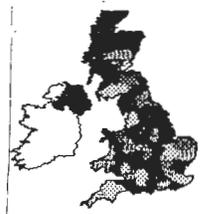
The Club's "C" Walk to TORVER will be a point to point.

I would like all members of the Map and Compass course, that has been running for the past few weeks and all present Leaders, to join me on this walk to enable all to brush up on their Map and Compass skills.

The walk will start at Spark Bridge and continue to Torver over virtually non-existent footpaths on the ground and should prove a challenge to all present Leaders and new Leaders.

It will also be a very good "C" Walk for our club members.

*Joe Rourke.*



# SPECIAL FEATURE



## "PROFILE OF A UP-AND COMING YOUNG MAN."

On March 6th we shall be visiting Llangollen. Chris Grice will be leading the "A" walk to Worlds End! [would you follow him!!] To introduce this leader and promote a sense of security and well-being, Ray McIntosh was asked by our Editorial staff to do an indepth profile of Chris.

What follows is most of the interview:-

However, my first task was to inveigle him from the attentions of Tony [man of letters] who was avidly extolling the multifarious virtues of Goretex Jackets and Doc Marten boots, having carried out long and exhausting tests on Fairfield's footpaths.

Ray: "Well Chris, now you're 18 you'll be able to get the ale in at the pub stops"

Chris: "er, yes - remind me when we're next at the Stag"

Ray: "I believe you'll have to give some of our walks a miss as you're doing your 'A' levels. Which subjects are you studying?"

Chris: "Four subjects - English, Map Reading and Mathematics. I wanna read maps like wot Tommy can do"

Ray: "But doesn't Tommy get lost frequently?"

Chris: "Only when he's leading!!"

Ray: "Would I be right in saying Tommy is your mentor?"

Chris: "Not Reilly"

Ray: "I'd heard that he's taught you everything he knows"

Chris: "that was on a short butty break last week"

Ray: "What about Ted, surely you look up to a sager of such high-standing?"

Chris: "He's not that big"

Ray: "What's your favourite music Chris? Surely Ted's classical tastes have influenced you in some way"

Chris: "Oh yes, I like the Smiths"

Ray: "OK Chris I believe you are ambitious and seek high office, in the form of being a hard working committee member, like what I am"

Chris: "No, I want to be Chairman, like what Bernie is"

Ray: "Why not Treasurer? Wouldn't you like to get your hands on all that dosh?"

Chris: "Yes, but Brian has got that job all sewn up - just like his wallet"

Ray: "I hadn't noticed. Perhaps we should talk about rambling; I know you are an accomplished walker, having recently completed the 14 Peaks. Did you encounter any difficulties on this magnificent enterprise?"

Chris: "The Train fare up Snowdon was quite steep. It cost me a tenner!"

Ray: "Didn't it give you a sense of achievement?"

Chris: "Oh yes, I got a two- week advance on my pocket money"

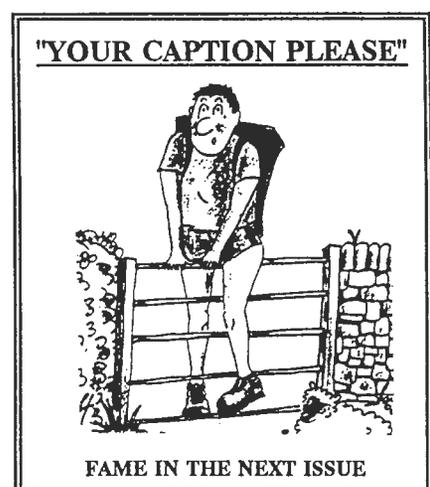
Ray: "We missed you on our Christmas walk, Chris. Was the start a little to early for you?"

Chris: "ZZZZZZ ZZZZZZ . . ."

Ray: "I guess we've exceeded your concentration span, Chris. I'm sure our readers will be suitably impresses"

### Note from the Editor:

The characters mentioned in this assassination, assignation, are fictitious and no portrayal of any actual person or persons, alive or dead, is intended. Brief references to public figures, past and present, are included solely for the purpose of gross ridicule, and no credence should be given to references to incompetence, mismanagement or plain stupidity, except where they are pertinent.



CARLOS

## COUNTRYSIDE RECREATION FORUM

I was invited to attend a meeting at Bootle Town Hall on the 2<sup>nd</sup> February 1994.

With a view to becoming the representative for the L.C.R.A.

The Recreation Forum, meets every 2 months to discuss the environmental problems of Sefton Council.

The main issue arising at this meeting was about Beach Management in Sefton.

Dave McAleavy, Sefton Coastal Ranger Service gave a very good and enlightening presentation.

Over the last eighteen months a great deal has been achieved at Ainsdale and Freshfield, the introduction of barriers on the beach has stopped cars and motorcycles speeding up and down the beach. You can now take a walk, without fear of being knocked down.

The bird population has now started to return to the beaches and sand dunes.

If you look carefully in the sand dunes at Ainsdale and Freshfield you can see some of the nesting birds - Stonechat, The Yellowhammer, The Whitethroat, The Willow warbler, The Sedge Warbler and the Linnet, all can be seen if you take your time, stand as still as possible and be quiet. (Please do not disturb birds just to get glimpses of them).

Better cleaning devices are now being used to remove the debris that gets wash up at each tide. Do not be too quick to criticise the council as the cleaning of beaches is a monumental task.

The 'Friends' of The Sefton Coast have recently completed a New Boardwalk at Ainsdale for disabled visitors for easier access to the beaches. The 'Friends' have won a prestigious award for their hard work. [well done]

Another report that was available to me was the Mersey Estuary Management Plan, their Area Issue Report on the Outer Estuary. Had a few interesting things in it for Ramblers,

**No1** ● Access Points. Practically all of the North Wirral Coast is accessible, and this is continued by the promenade through the urban Narrows from New Brighton down as far as Seacombe.

This stretch, with its rocks and beaches, is used extensively by local people for walking, bird watching, etc.. Access around Birkenhead and towards New Ferry is limited, though the MDC has plans for improving the situation.

On the other side of the River, there is access at Otterspool Promenade and several points along the Riverside Walk southwards from the Pier Head. South of Waterloo, in the Port of Liverpool, there is very little public access, and it is restricted between Hightown and Crosby; but in general there is access on foot to most coastal areas.

**No2** ● Footpath and Cycle Routes. Public footpaths run from Freshfield past Formby Point down to Hightown, though access is restricted nearest the sea by the firing ranges. There is no continuation of the path inland of the dunes between there and Crosby. The MDC's Riverside Walk is interrupted at present a short distance from Albert Dock, but there are plans to extend it to meet the north end of Otterspool Promenade, thus producing a continuous route through most of the narrows. This route has potential for shared use as a cycle path.

**No3** ● North Wirral Country Park, there is access along the coast from New Brighton to Meols, passing Mockbegger Wharf. Seacombe Promenade continues this route southwards until it is interrupted at Birkenhead Docks. The MDC plans to join Seacombe and Woodside with a footpath, and if possible incorporate extensions southward along the Narrows into new development proposals for, e.g., the former Cammell Laird site.

Although the Riverside Walk on the east bank and Seacombe Promenade in particular are already used by cyclists, there is little active encouragement of such use, and indeed the former has been designed in such a way that it is hazardous both for cyclists and other users [lack of visibility; narrow right-angled bends; obstructive street furniture].

There are a variety of projects going on at the moment to do with the environment, when I know more about them I shall report back to you.

If any member of The Liverpool Catholic Ramblers has a question they would like raised at one of the Forum Meetings, please give it to me and I will gladly raise the question on your behalf.

*Ken Clark.*

# THE WEST HIGHLAND WAY

Last May Beryl and I went haggis hunting in the Highlands by walking the 95 mile long West Highland Way from Milngarvie to Fort William. We didn't catch any haggis but did have a very enjoyable walking holiday. The way was officially opened by the Earl of Mansfield, Secretary of State for Scotland, in October 1980, so I suppose we could consider ourselves as 'Delayed Pioneers'. There follows a few of the highlights of the walk.

## Day 1 Milngarvie to Drymen

After the obligatory photo stop at the starting oberlisk where a fellow walker was co-opted to take our photograph including the backpacks which were nearly as big as we were, the day passed uneventfully over generally flattish ground. We camped overnight at Drymer, our first mistake as the only camp site was a field with grass at least 2ft high with minimal washing and sanitation facilities.

## Day 2 Drymer to Rowardennan

A very hot sunny day our route took us through Garadhman Forest, the end of the forest track is marked by a stile which is about 20ft high. The traverse of this obstacle could be likened to a mini 'A' Walk. After the stile and about a mile of open country the path ascends Conic Hill. From the summit we had our first night of Loch Lomond before dropping to Balmaha on its banks. The 7 miles on to Rowardennan were along the banks of the loch through heavily wooded terrain with frequent ups and downs, tree roots and boulders to tackle. Two very tired walkers were glad to reach Rowardennan Y.H. and later visit the local hostelry for supper and a few scoops. It was on this section that we met a party of mountain bikers cut and bruised, one of whom said "what a holiday I carried a bike from Glasgow to Fort William", strange folk these bikers.

## Day 3 Rowardennan to Inversnid

This was a very gentle stroll of 7 miles along a bridleway on the banks of Loch Lomond with fine views of Ben Lomond, the loch and the mountains beyond often referred to as Scotland's Alps.

During the course of this stroll we saw two wild mountain goats grazing in the woods only a few yards from us. We wonder if they had chased

away the elusive haggis we sought! We stayed overnight in the luxury of the Inversnaid Hotel and after 3 days walking in glorious sunshine we were certainly rosy cheeked going down to dinner that evening.

## Day 4 Inversnaid to Crianlarich.

Next morning we continued northwards to the head of the loch still enjoying the hot sunshine and spectacular loch and mountains views. We visited Rob Roys cave on the loch bank. When the loch finally narrows to a smallish river the way turns North East through Glen Falloch following the river through the glen with views of the Crianlarich Hills [7 Munros amongst them] ahead .

Afternoon tea was taken on the banks of Falloch using river water which was as clear as any I've seen from a tap. The tea was excellent, if there were any dead sheep upstream they did not detract from its flavour!

At one point the path crosses the main road and railway.

The road crossing is easy but to cross the rail one goes under a tunnel with head room of about 3'6" which with a full pack is no easy passage.

We arrived at Crianlarich Youth Hostel in late afternoon and prepared and ate a well deserved meal.

## Day 5 .

A rest day to catch up on washing etc. We also had time to catch the post bus to Callander.

This trip reminded me of Postman Pat as Ian the postie took Scotty his little dog with him, in conversation we learned that he had been born in Birkenhead and moved to Scotland about 20 years ago. Although hailing from Merseyside all trace of our local accent had been replaced by broad Scots.

## Day 6 Crianlarich to Bridge of Orchy.

Before leaving Crianlarich we phoned the Bridge of Orchy Hotel to be told that only bunk house accommodation was available which we booked. The walk follows Strath Fillan passing the ruins of St Fillans Chapel to Tyndrum which although only a small village settlement has two mainline railway stations, maybe an entry in the Guinness Book of Records is called for, we lunched at Tyndrum before buying provisions for the next

few days as the country becomes wilder and more remote onwards.

We proceeded onwards to Bridge of Orchy and the bunk house. This was our first experience of Scottish bunk house accommodation and we hope it is the last.

The "room" could only be described as a walk-in cupboard the charge of £11.00 each Bed and Breakfast with a surcharge for bed linen and a slot meter for a hot shower could only be described as a "Celtic Rip Off".

We did however get our own back to a small extent by ordering extra toast at breakfast and taking same for butties later on. We also replenished our sugar stocks from the table. Imagine our anguish when we discovered next day that had we walked a further 2½ miles we could have stayed at the Inveroran Hotel. The only solace to be gained from this episode is the statement attributed to Henry Ford "The Man who never makes a mistake never makes Anything"

#### Day 7 Bridge of Orchy to Kingshouse.

Our first wet day, clad in waterproofs we trekked over a small rise to Inveroran and after morning coffee continued northwards passing Loch Tulla and skirting Rannoch Moor. The way here was originally the main Glencoe road but is little more than a bridleway now. It passes the Black Mount a favourite haunt of Ian Fleming [He of James Bond Fame] before dropping down to the start of Glencoe and Kingshouse Hotel. We camped 50 yds from the pub door near the river on a fine and dry evening.

#### Day 8 Kingshouse to Kinlochleven.

Another waterproof day, after sneaking into the hotel for the luxury of a hot wash and pot of tea we took off down Glencoe and the ascent of the Devils' Staircase having been told by fellow walkers that with our heavy packs we would not make it. At the top we had to admit that it was steep but no harder than many we had climbed in Cumbria or Wales.

After a long gradual descent we arrived in Kinlochleven ahead of those who were sure we couldn't make it and camped on a site adjacent to a pub just outside the town. This site was very cheap and we found out why during the night when the Midges arrived for a feast. Whilst we understood that these creatures have to eat why did they choose Beryl and myself. We were bitten incessantly all night and finally broke camp at 6am, to continue our walk to Fort William in dry overcast weather.

#### Day 9 Kinlochleven to Fort William.

An early start as described above, we walked for about an hour up a wooded hill and stopped for tea when the midge population had thinned out to about 1 million per square inch. I thought pipe smoke kept them at bay but it was useless against the Kinlochleven strain.

The route now went through a high level pass overlooked by high mountains in excess of 3,000ft unfortunately completely shrouded in mist finally dropping down to Glen Nevis and the Youth Hostel where we stayed two nights. The time was spent buying West Highland Way T shirts, Amber Nectar, and The Haggis we had been unable to find during the course of the walk.

To sum up an excellent walk which we would recommend to anyone. We look forward to doing it all again, without staying at Kinlochleven or Bridge of Orchy!.

*The Laird.*

### BERYL'S BRIEFS

Welcome to the following New Members:-  
Adrian Edwards, Carol Hooson,  
Colin and Linda Stout, Roy and Joan  
Smith,  
Caroline Read, Peter Conner and Ann  
Howard.

\*\*\*\*\*

### FAMILY SECTION

Childrens Walk  March 13th

Garswood Railway Station 12 Noon.  
Contact Ian Freeman 639 2057 for trains  
from Lime St Station to Garswood.

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We are looking for new Ideas for Social  
Events, so please let me know if you can  
help with any suitable suggestions.

*Beryl Baker.*  
*Social Chairlady.*

# POST BAG



Dear Editor,

As has been usual for the past 21 years, we booked for the Annual Yule-tide Walk to Rivington.

However, this year we were told "No hotpot - it's chicken and chips this year" No matter, we thought, it will be a change. What a change! Everyone sat down at different times, we had to queue to serve ourselves [not that we minded that], but the worst of it was that the hall was not cleared of the Craft Fair, which meant people were still present in the barn while we were eating. All of our party agreed that the hotpot is much preferable to the chicken and chips.

We do hope that this year will see the return of the hotpot, but even if this is not to be we shall still be attending the Yule-tide Walk.

We would not miss our yearly visit to Rivington for anything!!

The Finnegan Family.

Editor,

I agree that the biggest problem was the Craft Fair. We weren't told that they were booked upto 5.15pm - much later than their previous ones.

More feedback from members on the Yule-tide Walk is welcome so that we can improve on next year's event. Your letters please.

\*\*\*\*\*

Dear Editor,

After last-year's watered-down hotpot at Rivington Barn it was a pleasant change to have chicken and chips. However, I did miss the usual mince pies and cup of tea/coffee. The three hours of barn- dancing was most enjoyable.

Ken Tuckifide.

Editor,

Mince pies or a sweet, plus tea/coffee were available as an optional extra at £1.70 per head. If we had included these in the cost a typical family of four may well have stayed away with a total of almost £7 more to pay.

\*\*\*\*\*

Dear Editor,

It has been brought to my attention that the club has won £50 on a Premium Bond.

Can you assure me firstly, that our Chairlady's jaunt to the Himalayas is not on the strength of this, and secondly, that she will not be doing a recce "C" walk in Katmandu and presenting the club with an inordinately - high claim for expenses. I feel that this windfall could be better utilised.

Gerome Fisher.

Editor,

As far as I am aware, the money was ploughed back into Premium Bonds for our Cottage Fund, but like the recent £40,000 snow-hole in Scotland, I will be looking into it.

## FAMILY SECTION.



Rivington Barn.

Yuletide Walk.

Did'nt we do well, 4 Family Walks and we eventually caught up with each other at the Barn , for our meal of Chicken and Chips, which went down very well, followed by a very enjoyable evening of Musical chairs for our children and barn dancing for the Moms and Dads.

\*\*\*\*\*

## DATES FOR YOUR DIARY.

As the better weather is on the way, I look forward to seeing a good attendance for future walks!

10 APRIL 94. APPLEY BRIDGE.

Meet at Railway Station at 12pm.

Bernard Foley 0257-254276.

\*\*\*\*\*

8 MAY 94. ARROW PARK, WIRRAL.

Meet at Golf Club Car Park 12pm.

opposite Landican Cemetery.

Anthony Brockwaite 608-0427.

If you have a favourite walk or fancy leading a walk please let me know.

If you have not been out before, please come along, all are welcome.

*Anthony Brockwaite.*

# "MERSEYSIDE RECIPES"



## DERWENTWATER DUCKLING

1. Good Size Duckling.
4. Cloves.
4. Small Onions.
2. Tablespoons of Brandy.
4. Tablespoons of Cumberland Sauce.
1. Level Tablespoon Cornflour.
- 1/4. Pint of Stock made from Giblets.  
Salt and Pepper.

### CUMBERLAND SAUCE

- Juice and rind of two Oranges and Lemons.
4. Tablespoons of Port or Elderberry Wine.
  4. Tablespoons Red Currant Jelly.

Wipe bird, sprinkle inside and out with salt and pepper, put clove into each onion and place in cavity.

Place duckling on rack in roasting tin in fairly hot oven for approximately 1½ hours basting only once.

Dish up duck whole onto hot serving plate or cut up into four pieces, keep hot. Pour off fat from pan juices, shake in corn flour and brown.

Stir in hot stock and blend well, add Brandy and Cumberland sauce and simmer for 5 minutes. Pour some sauce over duckling, serve rest from gravy boat.

CUMBERLAND SAUCE, heat juices and add rind from oranges and lemons and simmer gently, add jelly and stir until dissolved, stir in port wine.

*Joe Rouke.*

## BACKPACKER'S SUPPER.

This recipe is a favourite for those who dislike washing up.

You will need :-

1 or 2 Pot Noodles [Always found at the bottom of your rucksack although you packed same at the top]

Water. And means of boiling same.

A Spade.

Plastic spoon [stolen from Motorway Services]

Method.

Having filled Bille with water from stream, place on fire or stove to boil, using thumb and forefinger of right hand [left hand if kak handed] carefully remove foil lid of Pot Noodle. Add boiling water, stir well and add more water if required, salt and pepper, sauce and curry powder are optional.

Using spoon shovel contents of pot into mouth, if still hungry when pot is empty repeat operation.

If still hungry after seconds. Plan B.

Go to pub for a slap up meal. You may be wondering what the Spade is for I

At end of meal dig small hole in which to bury pot and spoon.

So as to make the meal "ENVIRONMENTALLY FRIENDLY"

Submitted by the well known leader of walks.

*T.B.A.*

## THE KESWICK KERFUFFLE.

Hurry, there's still a few vacancies for this stupendous weekend!  
Coach makes its exodus from St John's Lane at 6.30pm Friday, March 18.  
Last-minute bookings or further information gained by giving Tom Reilly a tinkle  
on 737-1041 or by grabbing Ray McIntosh with a Widnesian rugby tackle.



Your cell is on one of three floors with all mod cons including two breakfasts and two evening meals, but not on the same day. There's a packed lunch to be picked up personally on Saturday for the morning's mass escape.

Packed lunches on Sunday can be ordered at a extra cost. Any vegetarians please state when booking, so that mad cows, etc, can be extracted, otherwise Tom will make mincemeat of you!

Cabaret in the basement later on Saturday night will feature 'The Real McCoy' or simply 'Limbo Mo' to her friends. There is a drying room opposite where you can dry out on coathangers provided. In the field will be Tom, myself and other leaders. Once out of that field we'll ferret out some opposite hill walks, or boats to row [on Derwentwater].

Departure from Keswick [Lakeside House] is after your Sunday evening repast anticipating touch down in Liverpool at around 9.30. [that's pm not am!]

The damage to your pocket will be £50 inclusive of coach. Cash will be extorted by Tom with a £10 non-returnable deposit [unless you pass away].

Full dosh must be coughed-up before the weekend trip.

### The Billinge Bounder.

\*\*\*\*\*

#### COMPETITION WINNER.

Captions for Joke Sketch were as follows:-

The Winner was Chris Grice with  
"Now we know where the yellow Rain is coming from"

The funniest of the runners-up where:-

"This is not a official toilet stop"  
"And the wind should change direction -now!"  
"I'll be down there as soon as I've 'whipped-in' this  
slowcoach"  
"Leave me here and I'll get £40,000"  
"This is an "A" walk not a "P" walk"  
"And to think I paid £4. to get wet"  
"Ray can you see the pub from up there"?

Bill Edwards.  
Ray McIntosh.  
Dave Newns.  
Paul Healy.  
Paul Healy.  
Paul Healy.  
Paul Healy.



#### GRAVE SITUATION.

As I was coming out of a cemetery I met a friend who enquired:  
"Who's dead?" bewildered, I told him: "All of them, I hope"

#### STONED!!

Two drunken rambles taking a short-cut through a graveyard in the dark to a main road, when one of them stumbles across what appears to be a headstone. "What does it say?" the other enquired. "It's someone called Miles, from London. He had a good innings - It's got 110 engraved Here!"

THIS PUZZLE first appeared in one of our Newsletters in the November issue number 109 - 1982

it was sent in then by a young lady of 14

CATHERINE MACKRELL

I wonder if she is still around somewhere ?

When I think of Ramblers I think of.....

S	T	I	F	F	L	E	G	S
H	Y	N	A	P	M	O	C	R
C	E	S	I	C	R	E	X	E
T	D	E	T	M	V	P	B	T
A	W	I	F	O	I	S	H	S
H	L	T	S	U	O	T	C	I
D	J	T	G	C	L	B	P	L
N	E	U	C	A	O	E	B	B
A	A	B	E	H	V	S	M	L
H	N	H	F	I	W	D	S	A
C	S	B	D	E	K	G	B	U
T	O	W	I	N	D	C	U	G
A	B	V	M	V	R	F	P	H
M	D	F	R	I	E	N	D	S

- BLISTERS
- BOOTS
- BUTTIES
- COMPANY
- DISCOS
- EXERCISE
- FRIENDS
- HEALTH
- LAUGHS
- MATCH AND HATCH
- PUBS
- STIFFLEGS
- VIEWS
- WIND

The words are diagonally and horizontally positioned, backwards and forwards. Letters can be used more than once.



\*\*\*\*\*



**WHAT DO YOU CALL A MAN, WHO HAS LOST HIS CAR ?.**  
ANSWER IS IN THIS NEWSLETTER

**"NAME THAT TOWN"**

Trailing round-----is a popular pastime for visitors

The history of-----goes back to neolithic times

In 1276 Edward 1 granted the town of-----it's  
market charter.

The scenic beauty of the surrounding fell country is the  
main attraction of-----?

**"NAME THAT TOWN"**

## SENIORS' SECTION.

Civic Mass and Lunch at the Maritime Museum - 13 February 1994.



Some thirty members attended the Civic Mass at the Metropolitan Cathedral. Archbishop Worlock was the principal celebrant and there were readings by the Lord Mayor councillor Michael Black,

and His Honour Judge John Morgan. The Archbishop's erudite homily, on the subject of Central and Local Government relationships, was not without moments of topical humour which were received by the large representation of Mayors, Councillors and Officers from the Merseyside District Councils.

The Archbishop's theme of co-operation being a sign of wisdom and strength must have been of comfort to Councillor Harry Rimmer who has led the City Council away from the strife of earlier years.

The Mass was an inspiring occasion and one felt proud of the performances of the Cathedral Orchestra and Choir. There was also the bonus of well selected musical pieces by Bach, Mozart, and Tallis.

The final Organ Voluntary was Richard Wagner's Overture to "The Mastersingers."

After Mass we then made our way to the Merseyside Maritime Museum at the Albert Dock. It was a day of grand events and venues. The Restaurant, which is on the top floor of the Museum, had set two large party tables for our visit. There was a varied menu but the 'Sunday Roast' was the favoured meal.

It was a good [and different] way to spend time with fellow ramblers.

After the meal, the descent was through the Museum in which there was an exhibition on the LUSITANIA and her sister ships.

The facts about the competing British, French, German and American ocean liners were fascinating.

The "Mauritania" sister ship of the ill fated "Lusitania," held for 23 years the blue ribbon for transatlantic speed. A 'modern' great liner record was created in 1952 by the "United States" which took only three days, ten hours and forty minutes to cross the Atlantic. This average speed of 35knots [41mph] can now be compared with Concorde's more than 1000mph. but I digress from our ramblers' 4mph on a good day.

A special thanks is due to Patricia Pearson who organised the Mass and Lunch and who provides an interesting selection of social events throughout the year.

*Tony Thompson.*

\*\*\*\*\*

### PROGRAMME DATES

13 March Elwy Valley.  
George Skillcorn 0744-892823.

27 March Bickerstaffe.  
Rosemary Rollerson 526-1724.

10 April  
Leo Pearson 489-0746.

24 April Aldford  
Gerry McDonald 526-6775.

# SENIORS' SECTION

## CHESTER 6th FEBRUARY.

This ramble had its origins in a number of events which might be described as being serendipitous.

That is a word I've often wished to use but not being a serendipitous have not until now had the opportunity. Incidentally, the meaning of this felicitous word may be found on page 1343 of Chambers English Dictionary.

The facts are that we did not programme a Chester ramble in Autumn'93, Gerry McDonald was to lead this February ramble but made a very unhappy discovery, Leo stepped into the breach, fell sick and cried off. Enter Pat, to lead her first and very successful ramble.

There was a reasonable turn-out at the Roodee Car Park in grey but dry weather. We made our way past the would-be-art vendors-are they the same pictures every year? and a long the river bank to the obligatory stop at you know where - originally a serendipitous stop.

We crossed the river and walked the other bank, dodging the occasional muddy patch until we found our usual tree trunk for lunch. Some of the less adventurous insisted on eating their own food despite the fact that the bark in this case was better than the bite!

On to Eccleston Village where the only people who move on a Sunday seem to be Catholic Ramblers! we eventually came to Eaton where the locals do move and, clad in designer gear and everyday footwear, must have eyed our mountain boots, leggings and 25 litre haversacks with wry amusement.

We soon arrived back in urban sideroads and then at the riverside.

The world and his wife and his car disported themselves hereabouts, we pressed on past the same pictures and so back to the car.

Thankyou, Pat, a true serendipitist and a very good leader of a most pleasant walk

*Ge[ Fa* couldn't make it!]

## PARBOLD

Twenty one hardy souls arrived at Parbold station and squeezed their various sized vehicles into the tiny "Park N' Ride" car park.

One little old lady resident of the adjoining apartment block swapped her Train Spotters book to record the car registration numbers of all our cars.

After some delay we set off at 12.45pm through the village led by Peter Atherton.

We turned left on to a footpath which led us up a steady incline to the top of Parbold Hill.

We gazed back over the Wiggin Tree pub and the Lancashire plain beyond, we had a clear view for miles even though the weather forecast was for wind, rain and even worse.

In fact the day was perfect for this muddy but very enjoyable walk.

We had only one butty stop when Peter halted us in a muddy glade only 25-30 yards from a picnic area. Most of us moved on to the area and two photos were taken. These snaps will bear witness to the many varied and colourful forms of headgear sported that day.

All in all a very pleasant and sociable time was had by all .

Thanks Pete.

p.s. Everyone was overjoyed to hear the news that George and Freda are now the Proud Grandparents of a new Baby Boy  
[William John]



Congratulations and Deo Gratias.

*Frank and May.*

# BOOTS

## A GUIDE TO HELP YOU UNDERSTAND BOOT JARGON

### A ---- Anfibio Leather.

A bit like amphibious because these boots are happy on land or in water thanks to the top quality tanned leather with built-in water resistance.

### B ---- Blake sewn.

Where the bottom edge of the upper is turned inwards and stitched and bonded to the sole for extra water-tightness.

### C ---- Calf Leather

Softer than most.

### Cambrelle.

Synthetic lining material which is durable, breathable and holds its shape.

### Cordura.

Hardwearing nylon often used in fabric boots.

### D ---- Double welt sewn.

Where the bottom edge of the upper is turned outwards and stitched in two places.

### Dual Density.

A hardwearing outer sole combined with a softer shock absorbing layer.

### E ---- Eva.

Ethyl Vinyl Acetate, still no clearer? its a good shock absorbing material, often used as a midsole.

### Easy Trek.

Popular brand of sole.

### F ---- Full Grain Leather

High quality leather that's naturally durable and water resistant.

### H ---- Hydrobloc.

Tanning process used to increase water resistance, especially effective on thicker leather.

### N ---- Nubuck.

Full grain leather which has lost it's top surface and so has a suede look.  
More breathable than leather but less waterproof.

### P ---- PU Leather.

split leather which looks like grain leather and has a coating of polyurethane for waterproofing, found on budget boots.

### S ---- Skywalk.

A popular brand sole.

### Sorbothane.

Shock absorbing material often available as a footbed.

### Split leather.

The courser leather from the lower layer of a thick hide which has been split into two layers.

### V ---- Vibram.

Popular brand of sole and generally thought to be the most slip resistant.

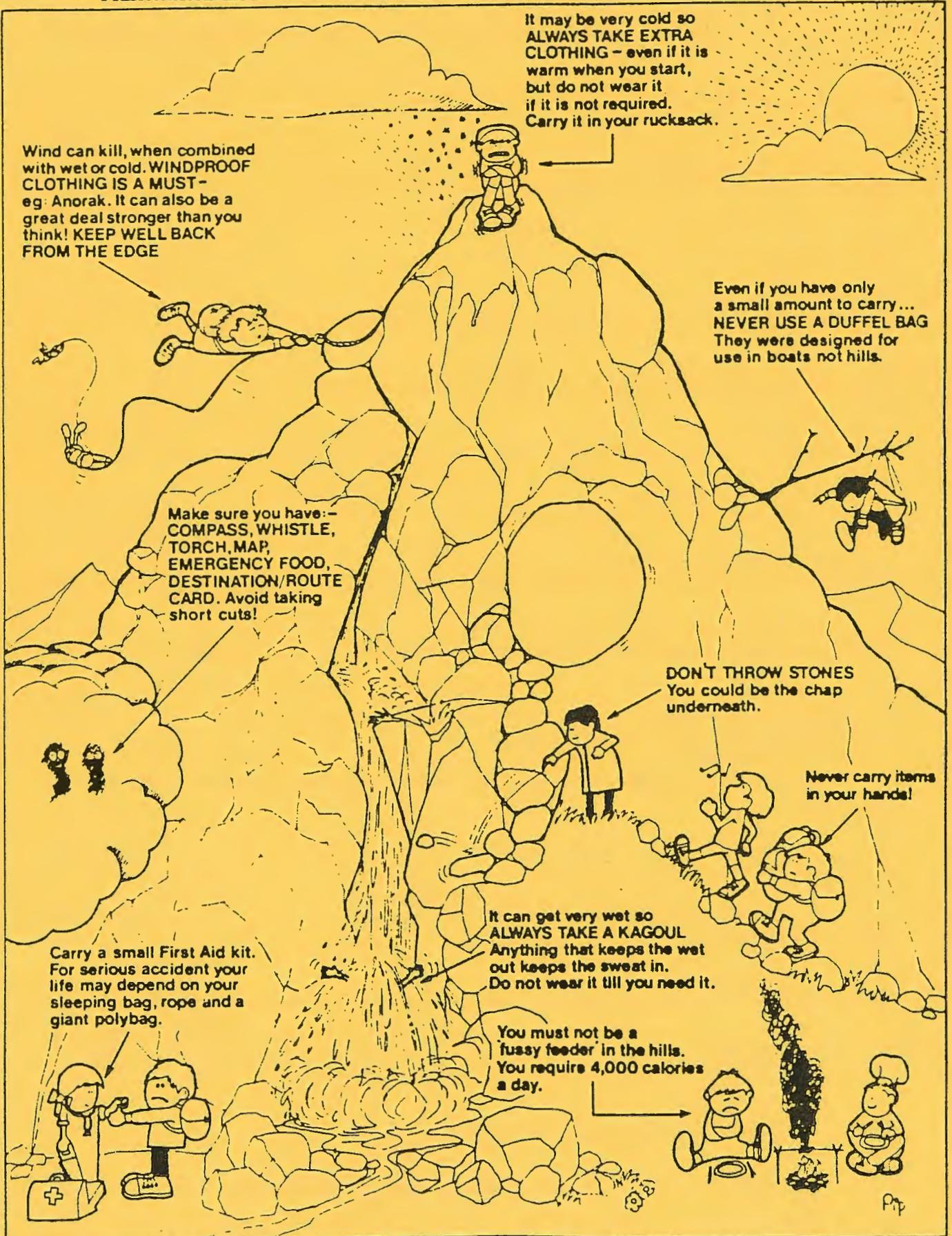
### W ---- Weatherall.

Tanning process to increase water resistance in leather.

..... Boots do cost the earth, so be choosey, after all it's your hard earned money.

# RUGGED COUNTRY RULES

REMEMBER! THERE'S TROUBLE IN THEM THERE HILLS!



It may be very cold so **ALWAYS TAKE EXTRA CLOTHING** - even if it is warm when you start, but do not wear it if it is not required. Carry it in your rucksack.

Wind can kill, when combined with wet or cold. **WINDPROOF CLOTHING IS A MUST** - eg: Anorak. It can also be a great deal stronger than you think! **KEEP WELL BACK FROM THE EDGE**

Even if you have only a small amount to carry... **NEVER USE A DUFFEL BAG** They were designed for use in boats not hills.

Make sure you have:- **COMPASS, WHISTLE, TORCH, MAP, EMERGENCY FOOD, DESTINATION/ROUTE CARD.** Avoid taking short cuts!

**DON'T THROW STONES** You could be the chap underneath.

Never carry items in your hands!

Carry a small First Aid kit. For serious accident your life may depend on your sleeping bag, rope and a giant polybag.

It can get very wet so **ALWAYS TAKE A KAGOUL** Anything that keeps the wet out keeps the sweat in. Do not wear it till you need it.

You must not be a fussy feeder in the hills. You require 4,000 calories a day.