



NEWSLETTER July 2022

[lancasterramblers.org.uk/information/
group/newsletter](http://lancasterramblers.org.uk/information/group/newsletter)

contributions to Gareth Thomas
newsletter@lancasterramblers.org.uk

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Arrangements for Walks

We're trying to gradually return to a semblance of normality following the Covid pandemic. However, we'll all want to decide for ourselves what we feel safe with. No-one need feel under pressure to car share but some are ready to.

These are the current arrangements.

Tuesday evening walks. No need to book. Just turn up at the start of the walk ready to start walking at 7pm.

Wednesday walks. Booking required. Meet at Lidl ready to leave at 9.30 to allow car sharing. Walkers going straight to the start of the walk are asked to let the leader know.

Saturday walks. Booking required. Meet at start of the walk. Leader will try to arrange lifts if asked.

These arrangements are for a trial period during June and July and will be reviewed at the August committee meeting.

Please let us know what you think.

Jean Walker

Bridlington Holiday

There will be a Ramblers group holiday with Alfa Travel staying at Bridlington from 20th to 24th March 2023. Contact Gill Gale to express an interest. Further details will be available later.

Gill Gale

South Lancaster

Lancaster City is planned to expand southwards. This would include the Bailrigg Garden Village and may extend to a holiday village at Ellel Grange. The overall Master Plan is slowly developing and the general approach seems to include a very open landscape with green spaces and corridors with groups of trees and space for walking and cycling.

The main new infrastructure proposed is to improve the links towards the city with dedicated bus and non-vehicular routes. To relieve Galgate a new major road link from the M6 at Hampson Green (J33) to the University area is planned. The agreed route is from J33 northwards just to the west along the M6 to just south of the University, where there will be new on and off ramps, then west across the A6 and railway to a new route northwards.

The Lancaster Group has checked out the proposed construction area for the new road which naturally includes several footpaths. We have asked to be kept on the consultation list and emphasised the need for footpaths for both recreation and transport for the present and expanded population and the need to keep all the existing routes but with improvements where possible.

Brian Jones

Lost Ways – User Evidence

Priest Hutton

As you are aware the Lancaster RA group has a Lost Ways Group investigating paths and bridleways that are not on the Definitive map but should be. The Ramblers Don't Lose Your Way project (same as our Lost Ways) recently discovered over potentially 49,000 miles of paths that could be added to the Rights of Way. The British Horse Society are also very active in this field and the RA and BHS work with each other. Although the deadline for submissions based on historical evidence (01/01/2026) is now in the process of being repealed, both organisations are continuing to search for lost ways and to produce the legal evidence to be successful.

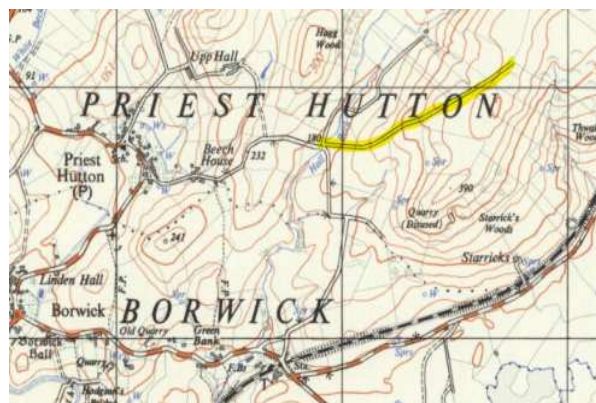
We (and the BHS) have concentrated on historical evidence so far but, in Lancashire at least, it has been made aware to us that the addition of User Evidence can be very beneficial. Very rarely does one find cast-iron evidence and it often relies on a balance of probabilities to prove public rights.

The group would therefore like to ask members, on a regular basis, if they have walked on the paths mentioned and if they would be prepared to complete a Public Right of Way User Evidence Statement form, if required. If you would like to assist or receive more information, with no commitments, please contact Neil Herbert (footpaths@lancasterramblers.org.uk). We will only e-mail again to those who have shown an interest. Non-member friends of members are also very welcome to assist. Thank you to those who replied to the earlier, direct e-mail.

A path in question is shown at the top of the next column, highlighted in yellow. It is in Priest Hutton and connects the dead-end footpath 1-26-FP12 at its northern end (SD 5475 7410) to Back Lane (SD 5391 7376).

If you have walked this route, please let us know at the e-mail address above. We look forward to hearing from you.

Neil Herbert



Lost way in Priest Hutton

OS map 1961 (out of copyright)
Contact footpaths@lancasterramblers.org.uk
to see the path on an up-to-date OS map

Lancaster–Quernmore Boundary

Another path we would like to know if you have used in the past is that (highlighted in yellow below) which leaves Quernmore Road in Lancaster and follows the city boundary northwards.



Lost way on Lancaster/Quernmore boundary

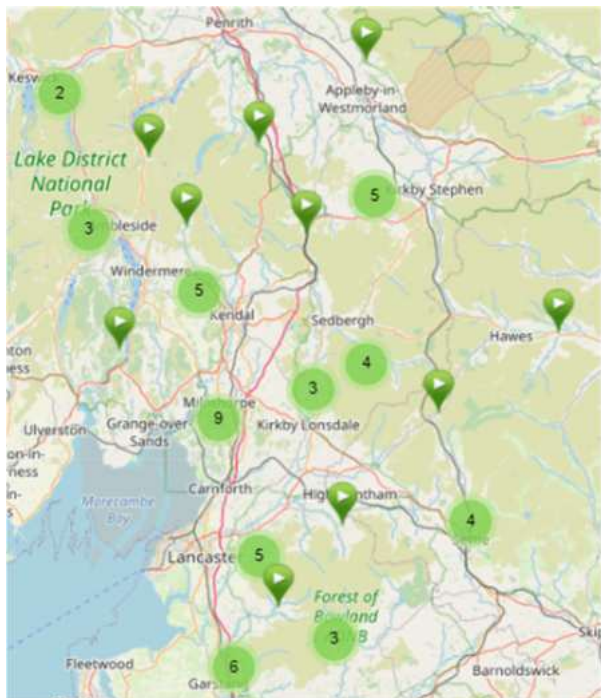
OS map 1963 (out of copyright)
Contact footpaths@lancasterramblers.org.uk
to see the path on an up-to-date OS map

Before the building of the motorway it might have been possible to follow the boundary to reach the bridleway which now runs alongside the prison.

Joy Greenwood

Walk Archive

The Lancaster Ramblers walk archive is at lancasterramblers.org.uk/walks/walk-archive.html. It now contains about 60 walks throughout the areas we walk in, as shown on the map below. You can download the gpx file for a walk, view and print the route on an Ordnance Survey map, or just take notes about the route.



Walks currently in the archive

For information about using the archive, contact me at newsletter@lancasterramblers.org.uk.

Most of the walks in the archive are more than 9 miles long and from Saturday walks. Many people will be interested in shorter walks, so it would be good if people on Wednesday, Tuesday evening, and shorter Saturday walks could supply walk routes to go into the archive. The ideal format is a gpx file, but tcx and fit files are also OK. A suitable file should be able to be downloaded from most route planning and recording apps and devices. Even a photograph of the route drawn on an OS map would be OK. Send walk files or routes for the archive to me at newsletter@lancasterramblers.org.uk.

Gareth Thomas

Events at Tatham Fells

Waller Simon Morphet and stone-carver Chris Duckett will be crafting a new landmark stone seat to be enjoyed by walkers who use the public footpath through Lower Lythe. They'll be building it over four weekends, and walkers passing through on Saturday 23rd July and Saturday 13th August will be welcome to watch and help, and to enjoy some refreshments, available 11am to 3pm.

On Saturday afternoon 20th August, a community walk (2 miles each way) will be led by local historian John Wilson, from Tatham Fells Church to Lower Lythe, for refreshments and a talk/workshop by Settle shoe-maker Daniel Nelson on the history of shoes used in the Fells. Daniel is a seventh-generation Settle-based shoe-maker and an expert on historical footwear. Daniel will demonstrate his skills using the same tools and techniques that his great-grandfather used and passed down to him. He will also talk about the history of shoes with a focus on what footwear people would have worn before wellies, how they would have been cared for and repaired, here in the fells. And how shoes developed over time.



Photo from Tatham Fells events leaflet

The events and developments are supported by the Forest of Bowland AONB as part of the DEFRA Farming in Protected Landscapes scheme.

More details are given in a leaflet available in the web version of the newsletter.

Anne Wilson

Ramblers' Holiday in Criccieth

Monday 28th March - Friday 1st April 2022

After many delays in previous years due to Covid19, 35 of us set off to Criccieth in good spirits and blessed with sunshine. Unfortunately, 9 people cancelled at the last minute due to illness. As it was a short journey we stopped at Conway on the way down to North Wales and many of us enjoyed the stunning views of the pretty town by walking along the city walls. We arrived in good time to explore and wander along the beach.

The following day the coach dropped us at Abererch near Pwllheli, and we followed the shoreline along the coastal path back to Criccieth. Fluffy clouds of blackthorn blossom and the sweet honey perfume of sunshine yellow gorse accompanied our walk above bright blue secluded coves.



Abererch near Pwllheli

Wednesday's walk was a circular one from the hotel. We explored the town's nature reserve admiring the bright yellow marsh marigolds, then followed the coastal path which took us to the river to visit Lloyd George's Memorial and grave at Llanystumdwy. After a coffee stop we strolled on through beautiful woodland smothered with violets, wild daffodils and wood anemones and followed the cascading river before following a beautiful track.

Cutting through a caravan park we joined the river banks again before crossing some fields to arrive at an amazing prehistoric burial chamber. We then strolled downhill to Criccieth whilst feasting our eyes on the spectacular views of Criccieth Castle.



Criccieth

The final day's walking saw us leave the coach at Porthmadog and walk uphill alongside Portmeirion. The weather had certainly cooled down and the splendid mountains of Snowdonia were covered with snow contrasting with the clear blue skies. We then crossed over the windy causeway by the station for the little steam train. The coastal path took us up onto the cliffs amongst more wild flowers before taking us down onto the huge sandy bay where people had driven their cars. An icy wind blew the sand around as we approached Criccieth beach.

Many thanks to Gill and David Todd for organising such varied walks. Gill kept us entertained with lots of interesting quizzes to complete on the coach as well as every evening after dinner. David Johnson, with backing from Helen and Mary, provided a musical tribute to Gill on the last night. Thank you to everyone who put in such hard work to ensure that the holiday was such a success. Sadly 12 of us developed Covid after arriving home but I have to say the wonderful walks made it worthwhile.

Nina Brindle

The Friend's Way

A guide to a new long distance path

On Saturday 21st May a new walking guide, The Friend's Way (Part 1) (rucsacs.com/book/friends-way-1/), was launched at an event in Sedbergh. The Friend's Way is a newly devised walk from Pendle Hill to Ulverston. It visits many places George Fox visited on his journey in 1652 which led to the creation of the Society of Friends

The Lancaster Ramblers were invited to participate in this event along with the Kendal Ramblers and the Penrith Ramblers. The event was going to be a walk to start the day, followed by afternoon tea and the book launch itself.

The Lancaster group were invited to walk with one of the authors, Martin Budgett. We met Martin in the morning and he led us around the Quaker Trail giving lots of information about George Fox and the Quakers as we went around. We visited Briggflats, Fox's Pulpit and Drawell Cottage where Fox was staying when he preached on Firbank Fell in June 1652.

Martin also told us about a spring on the top of Pendle Hill that Fox drank from after he had his vision. The spring has now been turned into a well complete with goblet for thirsty walkers to drink from. But it's well hidden! It's off the path at grid reference SD 80490 42002. I led a U3A

walk two days later on Pendle Hill and we were successful in finding it!



Fox's Well on Pendle

The day finished with us having a delicious afternoon tea and the book launch itself. Some of us also bought copies of the guide which will be very useful in planning circular walks for the Ramblers as well as maybe following the linear long distance walk itself.

Martin Budgett will be the speaker at the Lancaster Ramblers AGM in November.

Judy Steele



Lancaster Ramblers and Martin Budgett at Drawell Cottage

Macmillan Mighty Hike Malham

Many of you already know that last year I had breast cancer and lung cancer. So when the opportunity arose for me to help raise money for Macmillan Cancer Support I jumped at the chance. I'm certain that walking has played an enormous part in my recovery. So walking a half marathon through my favourite area, the Yorkshire Dales, seemed an excellent way to help raise money!

Today, 3rd July, I completed the Macmillan Mighty Hike which was a half marathon from Malham to Hebdon. I started my day with breakfast on the decking of my camping pod at Malham YHA before heading off to the starting line where we were told that the half marathon had been stretched to 14.5 miles because that was the nearest field they could find to set up the finish line. Add a mile of walking to the starting point and my walk was 15.5 miles.

I completed the first 3 miles in an hour which wasn't bad going because it was all uphill. A well deserved coffee at the top before 5 easy miles of downhill. I was making good time arriving at the 8 mile pit stop by 12pm. A sandwich and numerous snacks provided by Macmillan and I was on my way again. Just 6.5 miles to go. Arriving at Lindon, I stopped to admire the falls. Then to finish there was 3 miles along the beautiful River Wharfe. I reached the finish point at 2.45pm and was greeted by a medal and glass of prosecco. Then a delicious buffet in the sunshine.

Looking around the field I was struck by how many young people in their twenties were doing this hike. Having talked to a few of them along the way I knew that many were walking because a father, mother, aunt or uncle has cancer or has died from cancer. It made me realise just how many lives have been touched or changed by this awful disease.

It was a day of sunshine and showers, an on off day in terms of weather. However, the most important thing was that over 1,600 people completed the Yorkshire Dales Mighty Hike and have raised £500,000 by doing so. Half a million in one day. Half a million raised to help people

with cancer and their relatives. Half a million raised because 1,600 people stood up and walked! Not forgetting goodness knows how many people who supported them with donations.

So I want to say a huge thank you to everyone who has supported me with donations. Today has shown me just how big a difference your help will make. For anyone who I missed but would still like to donate, my JustGiving page (justgiving.com/fundraising/judysteele) is still active. So far I've raised £440. I'd love to see that hit £500!



I'm really glad I decided to walk the half marathon. That was enough. So I'd like to wish Rachel Fisher the best of luck as she has opted to do the full marathon in 2 weeks time. Go for it Rachel!

Judy Steele

Rachel might write about her 26 miles Mighty Hike in Northumberland later in July. Check the Lancaster Ramblers newsletter webpage for updates.

Gareth

What's that Flower?

Walking often gives us the opportunity to see a variety of plants and flowers, but even the most knowledgeable of us sometimes cannot identify an unusual specimen. Many use a mobile app called Plantnet which can help identify a plant. But Plantnet is more than this – it is also a massive international repository of flora which is constantly being updated by its community of users around the world. It is owned by a number of non-commercial French research and educational institutions and is free to use.

Basic use

The first step is to install the Plantnet app on your Android phone or iPhone. The app is ready to go – no need to sign up to anything (unless you wish to provide updates to the database). When you want to identify a plant, press the camera icon, and you can choose to use the phone's camera to take a photo of the plant or select from the gallery of previously taken photos (useful if there was no mobile reception at the plant site). Tell the app whether the photo is of a leaf, flower, fruit or bark. The app will then use its algorithms to consult the database and return suggestions and a confidence level. The results can be further refined if required by selecting the area where the plant is situated – Western Europe, Africa or the World, for example.

Going further

If you know what a plant is, you can confirm the identification from the suggestions or specify the species if required. You will need to set up a profile and sign in to do this, but your input will influence the confidence level of suggestions for other users and help maintain the accuracy of the database.

Lots more information at plantnet.org.

Happy spotting!

David Johnson

Wildflowers in the Dales

On a recent walk in the Yorkshire Dales from Bainbridge we saw a lot of wildflowers – June is always a good month for this. We walked up the Cam High Road for several miles and I saw what I thought were water avens, but it was very dry along the stony track and I doubted myself, so I checked it out on PlantNet and this confirmed it was indeed water avens. I have this plant in my pond at home, it is very much a wetland plant usually found in shady damp areas so it was a real surprise to see it in such a dry location! On Drumaldrace on a rocky outcrop we saw a good patch of (rough?) saxifrage and lower down as we got closer to Semer Water in the fields and hedgerows we saw meadow and wood cranesbill, chervil and finally orchids (not sure which one!) and more water avens near the shore of the lake. And the whole walk we were serenaded by the calls of curlew and the songs of skylarks – magical!

Caroline Cattermole



Water Avens



Saxifrage



Meadow Cranesbill



Wood Cranesbill



Chervil



Orchid

Send walk and trek reports, path news, personal news, and any other contributions (with photographs if possible) for the next newsletter to Gareth (newsletter@lancasterramblers.org.uk)