



NEWSLETTER April 2025

www.lancasterramblers.org.uk

contributions to Gareth Thomas
newsletter@lancasterramblers.org.uk

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Registered office: The Ramblers, 1 Clink Street, 3rd Floor, London SE1 9DG.

2024 AGM

The Lancaster Ramblers 2024 AGM was held on 14 November 2024 at the Friends Meeting House in Lancaster. The minutes, accounts, and various reports are available at lancasterramblers.org.uk/information/group/agm-documents.html.

After the meeting, a presentation by Kate Conto, Ramblers' Policy and Public Affairs Manager, was shown. The content of the presentation is summarised at lancasterramblers.org.uk/information/group/agm-documents.html#presentation.

Ramblers Win Legal Case

Recently, the Ramblers won a legal case preventing an offshore company from permanently stopping the public using paths in Hayton Woods near Brampton, Cumbria.

Information about the case can be found at ramblers.org.uk/news/ramblers-win-landmark-high-court-appeal-save-paths-historic-hayton-woods.

New Press Officer

I recently took on the role of press and publicity officer for Lancaster Ramblers. As part of my role I produce a monthly walks programme poster that is displayed on the public notice boards in Lancaster, Morecambe, Heysham and Carnforth libraries. These posters will hopefully encourage people to be inspired to try out some of the walks and even join the Ramblers.

Another role is to encourage members to write reports of walks they have found particularly enjoyable. These reports will be sent to the Lancaster Guardian to be published in the social news section. Some may even be put in the walks section on the Ramblers website.

If you feel inspired to write a report please send it to me, Catherine Corless, at publicity@lancasterramblers.org.uk.

A walk report template should be on the Lancaster Ramblers website in the near future.

I would like to thank Joy Greenwood, the previous press officer, for helping and supporting me in my new role.

Catherine Corless

The newsletter is available at www.lancasterramblers.org.uk/information/group/newsletters.

Please 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)

Walk Leaders' Day 2025

On Saturday 8 March, 21 leaders attended a Leaders' Day at Overton Memorial Hall. The theme of the day was Leading a Successful Walk.

The group started off by defining a successful walk and decided it included:

- points of interest and variety of scenery
- route and pace suitable for the group
- everyone feeling included
- everyone getting back safely.

We then looked at advertising the walks. Judy talked about the walk input document. Jean asked leaders to send photos from recces to her to put onto our Facebook page and to send photos from actual Ramblers walks to Maureen, also to put onto the Facebook page. Catherine finished this section by asking walk leaders to encourage people on their walks to write brief reports to send to the Lancaster Guardian. She gave out a template to help people with this.

We then moved on to the main focus of the day – things that can spoil a successful walk. The scenarios we looked at were:

- going through a field of cattle
- going through a farmyard with loose dogs
- accidents
- obstacles (awkward stiles, swollen water courses, locked gates, fallen trees)
- dealing with someone who experiences vertigo
- dealing with someone unable to maintain the group's pace.

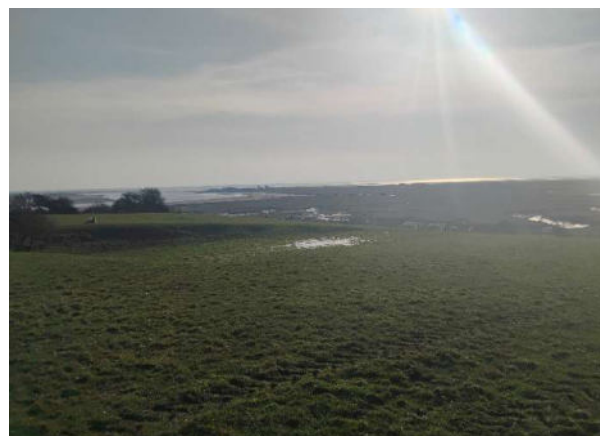
Finally, Jean led a discussion on assistance dogs on walks and Judy reminded leaders that there are useful training modules on the Ramblers website ramblers.org.uk.

Then we all enjoyed a delicious lunch and a walk to Sunderland Point in the afternoon.

Thanks to:

- Jean and Judy for organising the activities
- Catherine for her contribution
- Sue Pope for taking notes to circulate to leaders and organising the hall and caterers
- Jean for leading a lovely walk
- All the leaders who shared their experiences and contributed to the discussions.

Judy Steele



Sefton Road Rambling Club

The Sefton Road Ramblers are affiliated to the Ramblers and wanted this from their start in 1934. They are associated with the Sefton Road United Reformed Church in Morecambe but have members from other churches.

We were offered a photographic album by a descendant of a former member of this club. The album shows the club from 1953 to 1967. These pictures give a fascinating account of their activities and destinations. Significantly, this is before the widespread use of cars, so they used buses and trains, and the improvements in clothing and equipment which have been developed for walking after this time are apparent.



On the March
Yealand Manor March 1st 1939

We offered to look after the album and deposit it in the County Archives. To expand the content we contacted the present club who offered to add items from their club archives with a detailed history, press cuttings and photographs of past activities. This history and the photographic album are now on the Lancaster group website and are well worth a look (lancasterramblers.org.uk/links/sefton-road-ramblers.html).

This rambling club is affiliated to the Ramblers and is based in Morecambe, so is affiliated to the Lancaster Group. When it was formed it wanted to be part of the Ramblers and is thus our oldest set of members.

It is part of the Men's Fellowship group of the Sefton Road United Reformed Church and was formed to provide a social activity for the church members. It was formed on New Year's Day 1934.

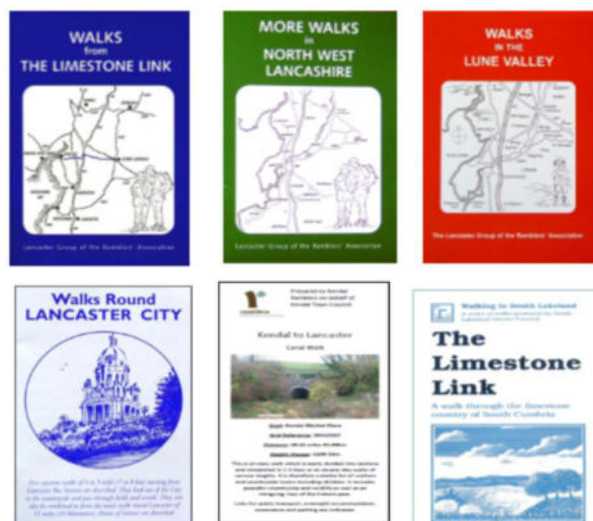
The walks were on Wednesdays using public transport in the early days but later by car. They took their own lunches but dropped in to farms on their route who offered 'jugs of tea'. The necessity of public transport meant that their destinations and routes were somewhat different from those that we use at the present day.

Brian Jones

Ramblers Books of Walks

Newer members may not be aware that Lancaster Ramblers has published a series of interesting books containing established walks of various lengths. When I first became a Ramblers leader these books provided useful ideas for developing frameworks for walks, and particularly good parking areas to start walks from. The first time planning a walk when looking at an Ordnance Survey map can be overwhelming because of the vast number of possibilities. Consulting these books can make selecting and planning a walk much easier. These useful and interesting books can be obtained from Sheila Jones (through secretary@lancasterramblers.org.uk or see lancasterramblers.org.uk/publications/books-leaflets.html).

Alan Jones



Group Holiday 17–21 March

Our group holiday this year was in Llandudno in North Wales, overlooked by the Great Orme and close to Conwy and the Snowdonia mountain range – a lovely area for us to explore.

The weather was wonderful, far better than we could have hoped for. We had blue skies and bright sunny days, with an occasional coolish breeze.

As usual on an Alfa holiday, we had two trips out included for those who chose not to walk. These were on the Tuesday to Betwys y Coed and Conwy and on the Thursday to Caernarfon and Porthmadoc over the Llanberis Pass, and were enjoyed by a number of the group. The walkers were split into two groups with longer or shorter walks, and we took advantage of being so close to the coast by using coastal trails for our walks. The bus system in North Wales along the coast is very frequent and on our first day each group used local buses to reach their start points. The longer walk started at Llanfairfechan to pick up the coastal path over Conwy mountain and ended at Conwy, a beautiful path with lovely views. From Conwy some people returned to Llandudno by train and some by bus. The shorter walk started at Colwyn Bay, a short bus drive away, and followed the coast path along the promenade to reach the Little Orme, where the group saw a small colony of seals on an inaccessible beach. After exploring some of the paths over the Little Orme, the group returned to Llandudno on the coastal path.

As the coach driver had a free day on the Wednesday, both walking groups explored the paths over the Great Orme. This is the large imposing area of rocky land overlooking Llandudno. Each group explored different paths and surprisingly did not see each other all day, showing how big the area is. Unfortunately, the trams were not running at this time – some people might have enjoyed a tram trip up the Great Orme. There was, however, a bus up to the top if anyone had wanted to use it. Some of the group (shorter walk) went into the Bronze Age mines on the Great Orme for a self-guided tunnel tour. Copper has been mined here for centuries.

On the Thursday, both walking groups were able to be dropped off by the coach at the start of their walks. The longer walk started at Abergwyngregin for their walk through the village and up to Aber Falls. They returned back to the valley on the other side of the river and onto footpaths along the coast to Llanfairfechan, again returning to Llandudno some by bus and some by train. Everybody enjoyed this walk, again with lovely views of the coast and mountains.

The shorter walk started at Conwy and followed the coastal path back to the hotel, passing the memorial to the opening of the tunnel under the river that allows the A55 to bypass Conwy, a notorious bottle neck for vehicles before the tunnel. They also went up the hill to visit the site of Deganwy Castle, the original castle built before Conwy Castle, which was built by Edward I in 1283–1287. The views along the coast were also really nice, looking down the estuary and over the sea to Anglesey.

All too soon our holiday ended, and we left the next day stopping at Llangollen for a short break and returning in the mid-afternoon to Lancaster. A successful group holiday yet again.

Mary Garner



CRO Ingleborough Challenge

Enjoy a great day out for a good cause!

Fancy a great day out for a good cause? The CRO Ingleborough Challenge gives hillwalkers of all abilities a chance to enjoy the Three Peaks area of the Yorkshire Dales while providing vital support to the Cave Rescue Organisation (CRO).

The 2025 challenge takes place on Saturday 17 May 2025. Participants can choose to walk either a 12 mile or a 26 mile circuit. Both routes traverse the area around Ingleborough, the second highest of the Three Peaks. The routes pass through spectacular limestone countryside, and the 26 mile circuit goes over the summit of Ingleborough. The circuits are well-signed, with marshals at key checkpoints to assist participants with routefinding.

The challenge is put on by the CRO, the mountain and cave rescue team that covers the Three Peaks and the surrounding area. Celebrating its 90th anniversary this year, the all-volunteer team has assisted thousands of lost or injured walkers, runners, cavers, climbers and animals, responding to around 100 incidents annually. As CRO team member and event organiser Phil Nuttall explains “Like other mountain rescue teams, we rely on public support to cover our operating costs and allow us to provide a vital service 24 hours a day, 365 days a year. The pandemic has hit our fundraising efforts very hard. The CRO Ingleborough Challenge is our major fundraising event, and we’re delighted to welcome back some old friends and meet some new ones. And be sure to register early, as last year the event sold out.”

Potential participants can get a sense of the event at youtu.be/v4GGAOV509M, and can enter at www.cro.org.uk/challenge, where full information on the challenge can be found.



Walk Archive

The Lancaster Ramblers walk archive is at lancasterramblers.org.uk/walks/walk-archive.html. It now contains about 180 walks throughout the areas we walk in. 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.

Walk leaders, please consider sending your walk routes to newsletter@lancasterramblers.org.uk to go into the archive. The ideal format is a gpx file, but tcx and fit files are also OK. A suitable file can be downloaded from most route planning and recording apps and devices.

Gareth Thomas



A Rambler looking towards Back o'Skidda by Catherine Corless