

Ramblers Gems



A Spring Vale Rambling Class Publication

Volume 2 Issue 37

10th September 2021

For further information or to submit a contribution email: svrcramblers@gmail.com Web Site <http://www.springvaleramblers.co.uk/>

INSIDE THIS ISSUE

- 1 **Walking Nut / Measure for pleasure**
- 2 **Nature in September**
- 3 **The Dragonfly / Blisters**
- 4 **Will you come o' Sunday Morning**
- 5 **King Henry's Well**

Walking Nut

You know you're a walking nut when you can claim the following:

1. You have seven pairs of walking socks of which two are in bright red.
2. You can prepare a cheese and tomato sandwich with just one hand, while filling the flask with the other.
3. You wear a bobble hat, but not as a fashion statement.
4. You tie plastic bags around your boots when you enter a pub.
5. You swap blister stories like an army veteran.
6. You don't just know that dock leaves cures nettle stings but know what dock leaves look like.
7. Your map collection and walking guides fill your entire bookcase.

Glenda B

Measure for pleasure

All you ever wanted to know about pedometers but couldn't be bothered to ask.

Pedometers measure the distance walked or run between two points by counting the number of steps taken, so you have to know your average stride length to calculate the distance covered. Although mainly used now as a walking or running tool, pedometers have been used in the past as an aid to cartographers. Although they have been around for many years the modern invention is credited to Thomas Jefferson (1743 – 1826).

The principle behind the pedometer is a pendulum mechanism that moves with each detected gravity shock to the mechanism, in other words every time a step is taken. Then, the mechanism counts these pulses and turns a pointer around to a pre-marked dial to read the walked distance. Modern electronic versions are now available that multiplies the count by the pre-programmed step length.

For a pedometer to work accurately, every step must be firm enough to be felt and must be close to the programmed side length.

The modern smart watch works on a similar principle but use an accelerometer or built-in motion sensor to record the number of steps taken.



Michael C

Pocket Pedometer owned by Mr J T Fielding

Nature in September

One thing you can do in September is start a compost heap by recycling kitchen waste to provide a habitat for a range of small species, a hibernating space for many animals and to produce rich compost material for gardening. You can also explore the wild world with Spring Vale Rambling Class this month.

Did you know that on average, there are 10,000 million insects per square kilometre of habitable land - that's 10,000 per square metre?



September is a fruitful month as plants and animals feast on nuts and berries and prepare for lean times ahead. Look out for berries of elder, woody nightshade, hawthorn, sloe and blackberry. Keep an eye out too for acorns and conkers. Wood mice gnaw hazelnuts, carving deep grooves in them, and fill up nest-boxes with crab-apples!

In grassy areas brightly coloured waxcap mushrooms are making an appearance, their red and yellow colours standing out against the grass. Ivy is a valuable source of nectar and attracts droneflies and other hoverflies, late bumblebees, and red admiral butterflies.

Devil's-bit scabious is also very popular with insects in woodland rides and clearings. On trees and shrubs look out for the striking colours of the pale tussock moth caterpillar. Many dragonflies are still on the wing including the migrant hawk and common darter.



Devil's Bit Scabious

In some rivers, salmon are travelling upstream to breed. Visit a local river and watch them leap. Yarrow County Park and Stainforth Foss are places where SVRC walkers have seen the salmon leaping.



The Ribble Rivers Trust has made improvements on the Ribble, Hodder, Calder, Darwen and Douglas and all the rivers, streams, and becks that flow into them creating many fish passes to allow the migration of salmon. They restore and protect rivers and sub catchments to make sure that current and future generations can enjoy the beauty and diversity of the local wildlife and fauna.



Fish Pass on the Darwen at Hoghton Bottoms

On lakes and reservoirs, drake mallards and other ducks begin moulting into their bright winter feathers.

If you visit the seashore the growth of seaweeds is at its height at this time of year. The water is at its warmest and many marine organisms are busy. Look in rock pools for crabs, shrimps, periwinkles, limpets and sea anemone.



Limpets on a rock

Jean G

The Dragonfly

by Alfred, Lord Tennyson

Today I saw the dragonfly

Come from the wells where he did lie.

An inner impulse rent the veil

Of his old husk: from head to tail

Came out clear plates of sapphire mail.

He dried his wings: like gauze they grew;

Thro' crofts and pastures wet with dew

A living flash of light he flew.



Pesto Cenorr

Dragonflies are born without wings, the nymphs hatch from an egg and undergo a series of moults whereby they shed their skin until they finally reach adulthood when they emerge from a former skin to reveal a new, winged body.

The "*inner impulse*" which initiates this process speaks to the creature's basic instinct, just like the natural impulses of *The Very Hungry Caterpillar* drove it to eat vast amounts in preparation. To emerge then from "*his old husk*" is not so much a rebirth in any biblical sense of the word, but just a biological stage of the creature's development.

Ed

The answer to last week's riddle. His name was **Andrew** (.....and drew his cane)

Blisters

Blisters are simply the result of friction, but they can make a walk a miserable experience. Here are a few tips to help you prevent blisters occurring.

- Wear comfortable, good fitting, worn in boots or shoes, especially if taking a long walk. Wear good walking socks in the right size, consider wearing two pairs.
- Keep your toenails trim and change your socks daily.
- Quickly remove any foreign bodies from your socks and boots.
- Ensure that the tongue and laces of your boots are arranged correctly and evenly.
- Check your feet carefully for any sign of rubbing and tenderness.
- Walk as much as possible in your boots so that hard skin develops at friction points.
- Act immediately you feel any friction or discomfort: blisters can form very quickly. If you feel a blister developing, stop walking, take your boots and socks off and examine your feet.
- Consider applying some material cushioning or a breathable waterproof plaster, or possibly some strips of surgical tape.
- There is some controversy over how to treat blisters when they do occur. Some walkers prefer to burst the blister carefully and then immediately apply a sterile dressing. Others argue that this runs the risk of infection and recommend keeping the area clean and protected instead.
- Chemists and outdoor shops now supply a wide range of foot care products, including blister kits with 'second skin' dressings providing cushioning from further friction. Use according to the manufacturer's instructions.

Eleanor

Will you come o' Sunday Morning

It was exactly 125 years to the day, Boltonians and walkers from near and far descended on Winter Hill to commemorate the anniversary of the Winter Hill Mass Trespass undertaken on Sunday 6th September 1896. It was on this day that the local community of Bolton numbering over 10,000 defied the local landowner and walked in an orderly manner across the moors. The demonstration is still the largest representing public support for access to the open countryside.

The landowner at the time was Colonel Richard Henry Ainsworth, from Smithills Hall, and he tried to prevent the public from walking across his land by erecting a gate across the track onto the Moors. Even though the police and gamekeepers were present, they were overwhelmed by the sheer numbers in attendance and the assembled crowd were able to continue across the land. The ring leaders were later fined for their trespass, and the land remained closed for access by the public for a further 30 years, until the land was bought by Bolton Corporation, but the spark to ignite a movement to gain access to open countryside had been lit.

Last Sunday, on a perfect day for walking, over a thousand walkers followed in the footsteps of those earlier demonstrators. The walk started from the original location on Halliwell Road, and after an opening address by the Mayor, continued up Smithills Dean Road, passing Smithills Hall and turning left onto Scout Road. We then turned right at Colliers Row to finally reached Coal Pit Road when we turned left and at the point where the road bends, we turned right onto the track leading over Winter Hill to the TV transmitters.



We paused here at the gate to hear an address by Kate Ashbrook from the Ramblers. Where 125 years ago the route had been barred, today's walkers continued unhindered along the path to the summit of Winter Hill. The masses paused at the top, to enjoy the well-earned drinks and refreshment we had carried, before heading off in the direction of Belmont. Buses were waiting to take those who required a free ride back into Bolton.

A memorial plaque has been erected by the gate, the access route, onto the moors back in 1996.



A folk song about the Mass Trespass by Allen Clarke has been reissued, sung and recorded by West Yorkshire musician Johnny Campbell. The opening verse of the song is:

*"Will you come o' Sunday mornin'
For a walk o'er Winter Hill?
Ten thousand went last Sunday
But there's room for thousands still"*

The fight for access onto open land for public use is not over and every effort is still needed to secure public access and a change in the law to allow this to happen.



Kate Ashbrook from the Ramblers addressing the walkers

Michael C

King Henry's Well

On the recent Spring Vale Ramblers walk around the village of Bolton by Bowland just lying within the Forest of Bowland AONB we walked past the site of Bolton Hall.

Bolton Hall was the home of the Pudsey family from the fourteenth century until the end of line in 1771. It was with Sir Ralph Pudsey with whom King Henry VI stayed after he lost the Battle of Hexham on the 15th May 1464. King Henry the 6th was a scholarly, pious King, who became a pawn in the Wars of the Roses (1455-1485).

The Lancastrian King Henry VI retreated from the Yorkist army during the Wars of the Roses after his defeat at the Battle of Hexham in 1464. He lived at Bolton Hall, sheltered from his enemies by the then Lord of the Manor and House of Lancaster adherent, Sir Ralph Pudsey. Henry lived at the Hall for a year, prior to his capture and eventual execution at the Tower of London in 1471.



Henry VI founded Eton College and King's College, Cambridge. Legend has it that he discovered a Spring at Bolton Hall and commissioned a stone wall to surround the well.

Now a Scheduled Ancient Monument, it features a bath-shaped receptacle built into the floor which makes it likely that it was used for bathing as well as drinking water.

King Henry's legendary divining skills are said to be responsible for his discovering a spring and founding a well at Bolton Hall, where he stayed with Sir Ralph Pudsey in 1464 after the Wars of the Roses. The well survives intact as a Listed Ancient Monument and has recently been sensitively restored.

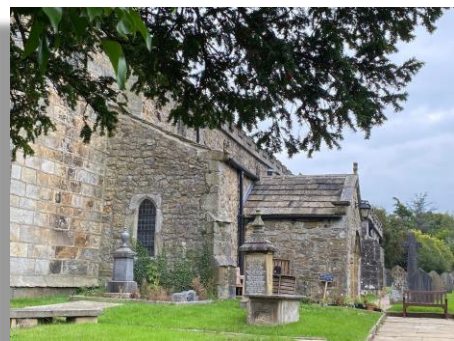


The Well House at Bolton Hall



Inside the Well House

The site of the old Hall and grounds are now called King Henry's Mews. These are now private and not open to the Public, although King Henry's Well and grounds can be seen from the public footpath, which we were able to observe while remaining on the public footpath.



The Parish Church Bolton by Bowland rebuilt by Sir Ralph Pudsey in 1466

Jane C