

Ramblers Gems



A Spring Vale Rambling Class Publication

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

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Walking by Water

Summer is upon us, and we are all exploring our local areas a bit more due to lockdown. Research has shown that getting out in nature improves our mental and physical health; and walking by or near to water can make you happier, healthier.

Spending time walking along a riverbank makes me feel more relaxed and refreshed. As well as the calming sounds of a babbling brook, a waterfall has a natural soothing melody. While listening to the soothing noises of water I always feel more relaxed. Furthermore, research shows that by spending time by water it will not only lower the stress in your life but help to boost your immune system. For me, a walk along a river bank or canal towpath is a real treat to the senses and the amount of natural history is stunning if you take the time to stand for a moment and observe.

Top Water Safety Advice

When walking next to open water, stay well clear of bank edges. They are often unstable, and this can create slips, trips and falls. When walking along canal towpaths look out for those hidden obstacles, like mooring rings or fishing rods.

Try to always walk with a friend for safety reasons.

Know how to perform basic survival skills.

If you fall into the water. Stay calm, float on your back and call for help.

Bystander rescue saves lives and whilst walking you could play a critical role in saving somebody else.

Always raise an alarm with the emergency services and bystanders before you attempt to help.

Never enter the water to rescue - Your personal safety, in any situation is the number one priority. 43% of people would jump into the water to save somebody. A completely natural instinct, but an instinct that without the correct knowledge and training is often risky and life-threatening.

Never go into the water to rescue a dog, in nearly all cases dogs will be able to get out, don't put yourself at risk.

Take a mobile phone with you, if you see somebody in trouble in the water - call 999. Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast.

Know how to perform CPR and learn some basic lifesaving skills.

Glenda B

Coach Ramblers Return

We are pleased to let our friends at SVRC know that the Ramblers North East Lancashire Area 'Coach Rambles' are starting up again in August.

The first trip is to **Grasmere on Sunday, 1st August** and the next on **Sunday 5th September** which will be to **Llandudno** exploring the Little and Great Orme.

The coaches will pick up passengers at various locations throughout North East Lancashire including Darwen, Blackburn and several location within Hyndburn and the Ribble Valley. A separate coach collects walkers in the Burnley, Nelson and Colne area. See the website for exact details www.coach-ramblers.org.uk. Coach Rambles are open to everyone, and we always like to encourage new walkers. You can walk with us on three rambles without being a Ramblers member but after that we would like you to join.

A number of you will have booked and paid for the cancelled coach rambles to Ashbourne and/or Grasmere back in April and May 2020. If you have prepaid, contact Christine Tormey on 01254 236068 on Monday to Friday from 9am to 9pm for priority booking. Please try to avoid weekends when making your bookings.

We will be putting all the booking information on the Coach Ramblers website and Facebook in July (Grasmere) and August (Llandudno). If you did not book for a trip in 2020 we must give priority to those who have money on account with us.

New bookings for the Grasmere trip will commence from 21st June. Bookings for the Llandudno trip will commence on Monday 19th July. We are staggering the bookings to help Christine in her role as Booking Secretary. Ring Christine on 01254 236068 Monday to Friday from 9am to 9pm to book a place Cost £15.00

We are pleased that we can offer three walks each month. The D walk is approx. 6 miles, C walk is approx. 8 miles, and the B walk is approx. 10 miles. For the ascents, terrain and number of stiles etc. we use easy, moderate and strenuous to indicate the level of difficulty of a walk.

Later in the year we will be off to Arnside, Pateley Bridge and then Yorkshire for our Christmas Walk.

Barbara S

On the Tracks

The East Lancashire Line

This is the tenth in a series of articles on the once thriving railway routes throughout Lancashire that later would become redundant. This line has a happy ending, as it survived the Beeching cuts and is still in operation as a preserved line.

It was in 1844 that the Manchester, Bury and Rossendale Railway promoted the north-south route, leaving the Manchester to Bolton line at Clifton Junction and running via Radcliffe before reaching Bury, some 6 miles to the north. The line continued north along the Irwell Valley, passing through the villages of Summerseat and Ramsbottom before entering Rossendale and reaching Rawtenstall via Ewood Bridge. Before it had even opened in 1846 the line had become part of the original East Lancashire Railway from which today's heritage railway gets its name. Passenger service between Bury and Rawtenstall was withdrawn in 1972 but coal services to Rawtenstall continued until 1980 with the formal closure in 1982. The East Lancashire Railway Trust reopened the line on 25 July 1987 with an initial service operated between Bury and Ramsbottom, via Summerseat. In 1991, the service was extended northwards from Ramsbottom to reach Rawtenstall, via Irwell Vale.

The **East Lancashire Railway** is now a 12^{1/2} Mile (20 km) heritage railway line run by volunteers from the East Lancashire Railway Preservation Society (ELRPS). The railway is well known for its collection of steam and diesel locomotives as well as visiting engines like the Flying Scotsman which is due a visit this year. A steam hauled service operates on many days, visit their website for full details.

www.eastlancsrailway.org.uk

Prior to closure the line ran all the way to Bacup (See Vol 2 Issue 21) and as a separate line to Accrington (see Vol 2 Issue 18)

There are many walking routes that leave the stations along this railway line and Spring Vale Ramblers have caught the train out of Rawtenstall to Summerseat and walked back along the Irwell Sculpture Trail.

Eleanor

Monastic Houses (Part 3)

Whalley Abbey featured as one of the 2013 Seasonal Walks from my Great Harwood programme. This year I amended my usual route via Whalley Banks to avoid both the bridleway and footpath over the Nab because both have deteriorated so much. I went down into Whalley to explore the remains of the Abbey.

Whalley Abbey

Whalley Abbey, second richest of Lancashire's monasteries (Furness Abbey was the wealthiest), was founded in 1296, when the Cistercian monks of Stanlaw moved there from their flood-prone site on the Cheshire shore of the River Mersey near Ellesmere Port.

The abbey prospered by exploiting its considerable resources – stone, coal, iron, sheep and cattle pastures, fisheries, woollen mills and arable land. The last abbot, John Paslew, 'not only lived like a lord, but also travelled like one'. But this wealth and status could not save the abbey, or Paslew.

In 1536, during the early stages of Henry VIII's Suppression of the Monasteries, Whalley was caught up in the Pilgrimage of Grace, the northern rebellion against the king. Paslew did not participate but he did refuse to take the compulsory oath of allegiance and was executed, with two of his fellow monks, at Lancaster in March 1537.

The abbey was seized by the Crown and in 1553 was bought by Richard Assheton of Lever, near Bolton. Its buildings (apart from the church, of which very little remains) were converted into a large and imposing private house, much of which is now used as a retreat and conference centre.

At Whalley, as at other monasteries, there was a steady stream of beggars and poor travellers seeking food or help, which the monks could not readily deny. Thus, the gatehouse was also the place where alms were dispensed; and food and drink given to the poor. There is an excellent café on site for weary hikers!



Barbara S

Tips for Ramblers 1

What should I put in my lunch pack for today's SVRC walk? I know, radishes.

Radishes are a quick and delicious snack – perfect for lunchboxes! Why do radishes make such a great snack, you ask? As a high fibre, low calorie, and low glycaemic index (GI) food they are excellent to include as part of a healthy diet.

Fibre makes you feel fuller for longer and low GI means that it won't spike your blood sugar, leading to energy dips such as the post lunch slump and cravings for sugar or refined carbs. Radishes contain potassium which has been shown to help lower blood pressure. Radishes are mostly composed of water, and they are a crunchy way to keep your body hydrated.

Radishes have anti-itching properties and can be used as a treatment for insect bites and bee stings. The radish juices reduce pain and swelling soothing the affected area.

So next time you are going hiking, think radish for snacks and emergency first aid!

Jean G

The Kingfisher

by William Henry Davies

It was the Rainbow gave thee birth,
And left thee all her lovely hues;
And, as her mother's name was Tears,
So runs it in my blood to choose
For haunts the lonely pools, and keep
In company with trees that weep.
Go you and, with such glorious hues,
Live with proud peacocks in green parks;
On lawns as smooth as shining glass,
Let every feather show its marks;
Get thee on boughs and clap thy wings
Before the windows of proud kings.
Nay, lovely Bird, thou art not vain;
Thou hast no proud, ambitious mind;
I also love a quiet place
That's green, away from all mankind;
A lonely pool, and let a tree
Sigh with her bosom over me.

Pesto Cenorr

The Sense of Sound - Moors

This is the second in my series of articles based on typical walks as undertaken by members of the Spring Vale Rambling class but will not just be based upon the sense of sight but mainly on the sense of hearing and will highlight those members of the countryside who follow us on our journeys. The well-known members of the bird world.

A typical ramble where we might see this group of birds would be on a moorland walk such as that from Bury Fold Lane, Darwen, up Duckshaw Road onto Darwen Moors with its majestic Jubilee Tower keeping a watchful eye over its charge, before returning down into Darwen via Bold Venture Park.

GROUSE

When coming onto the first section of our walk, keep yourself in readiness to spot and listen for our first type of the Galliformes family. No it's not a chicken or a Capercaillie but a Grouse. This member of the bird fraternity is very sociable, and they spend most of their time on the ground until you go near them usually by mistake. When startled (that's them not you) they will take off in a noisy flurry going into a long low glide before coming to rest just a little further along the moor side. Living off vegetation, buds, leaves, twigs and catkins they have very long intestines as they have to eat grit to digest the cellulose in the plants which forms 95% of their diet. Hatchlings eat mostly insects at first but eventually the balance to plant-based foods eventually revert to be the same as the parent bird. But let's leave the Grouse to shout **quick, quick quick** or **go back, go back, go back** before he settles back in the heather.



CURLEW

When you are sat on a bench on top of the moorland and you are expecting total silence, apart from the very low hum of the motorway traffic in the very far distance, you are startled when you are disturbed to hear the very sad and melancholic sonnet of the curlew.

When you take into consideration his largish size and his incredibly long beak it's interesting to listen as to how he can manipulate the sounds erupting from his breast. His sad laments are instantly recognisable to walkers and fishermen alike. His high 5 note alarm call sounding like a **cur-lee** rising at the end with a slight stutter is unmistakable. And if the mist descends down onto the moor you could be forgiven if you were to ask yourself "is that the Hound of the Baskerville?" Or "Cathy looking for Heathcliffe?" No. It's just the curlew calling out. **Cur-lee, cur-lee.**



PEREGRINE FALCON

No walk around Darwen moorland would be complete without mentioning the Peregrine Falcon. Renowned through history as the prized bird kept only by kings and noblemen as the fastest bird in Britain, the fastest animal on the planet and the only sentient being that can break the sound barrier, its rasping **Kak, Kak, Kak** screech sounding like a death bell tolling for some unsuspecting pigeon as it was struck like a bolt of lightning from above. This majestic blue grey bird fell out of favour after the Middle Ages and was persecuted and poisoned to near extinction. But the numbers are now on the rise with their cry being heard in water towers, high-rise blocks or in the case of Darwen the India Mill chimney alike. It was also the inspiration for the woven copper piece of artwork in the centre of the Market square. Representing the town's core strength of weaving and reflecting the strong and resilient nature just like the people of Darwen the statue stands with its 5 metre wing span, like arms welcoming visitors to the town.



But, the time for reflection has passed. I must continue with my walk and slowly work my way off the moor.
Maggie A

A Walk in the Dales

I decided that a venture into the Yorkshire Dales was the order of the day, so a 6 mile walk without hill climbing was planned. The starting point was to be the Settle main car park in North Yorkshire and Alan and myself set off down the small ginnel in the rear corner which leads onto Kirkgate. Turning right and passing Booths Supermarket we then turned left down a lane with the fire station on our right. This route led us onto Kings Mill Lane where we walked alongside the listed Grade II building, a former cotton mill built in 1830, now converted into luxury flats. Crossing the River Ribble by the Giggleswick Memorial Foot Bridge we turned right to continue along the Riverside Walk. We noted recycling at its best. A 'squeeze' stile re-purposed as a seat and dedicated to Deirdre Cokell, the lady who was largely responsible for the development of this delightful riverside walk.

Crossing the road, we then followed the narrow, stony path that runs at the side of the swimming pool and around the large expanse of the football field. This is the Ribble Way, with the path on the ground being well trodden by thousands of walkers who have tramped their way from the Lancashire coast, enroute to Gayle Moor and its end point.

After several squeeze stiles and small gates, the path eventually reaches Stainforth Lane. We turned right and followed this road, bearing right to avoid going into Stackhouse. We turned right, down past the first house on the right, where we went through the gate and along the lane to reach the weir on the River Ribble.

This weir provided the head of water to the original cotton spinning mill at Langcliffe, a mill built between 1783–84 by brothers George and William Clayton who had installed an early version of the Arkwright spinning frame. The water flowing over the weir during our visit, was only a trickle of its usual torrent and showed how the early mills were very dependent upon a strong water supply to provide continuous production. After the weir we followed the distinctive riverside path, through more gates and stiles for a mile before we reached the waterfall known as Stainforth Force. An ideal time to visit this place is during the months of September and October when the river is in full flow and salmon can be seen leaping up the falls to their spawning grounds further up the river.

Using the stepped and dry rocks at the Force, we enjoyed our well-earned lunch stop, before heading through the gate onto the road at the arched packhorse bridge.



Stainforth Force

Turning right, we followed the road uphill to the T junction in Little Stainforth. The tearooms at Knight Stainforth Hall Caravan Park have a great reputation for fine food and cake, so it would be rude not to take advantage of this beckoning facility, so we called in for a hot cuppa.

After this welcome cup of tea and cake, we turned left at the T junction along Stainforth Lane where we headed back towards Settle. The next section provided us with sweeping vistas of the Attermire Scar range of fells. It was here at Victoria Cave on this Scar that the 120,000 years old bones of hippos and elephants were discovered on the day of Queen Victoria's Coronation in Westminster Abbey back in 1838.

We continued along the road for half a mile to a signpost pointing right across to a field path. This we followed to eventually pass behind the hamlet of Stackhouses. Here our track took us to the right, through a wooded area to arrive at the gate leading out onto the road. We continued along the footpath running parallel to the wall and after going through several gates we finally arrived at a treelined lane. Turning left we remained on this route to reach the large villas on The Mains at Giggleswick. We now followed this road to eventually reach the main road where our route took us left and on back into Settle.

Giggleswick is the renowned home of a leading independent boarding and day school and where Blackburn born Russell Harty taught English and Drama.

Michael C