

# Ramblers Gems



A Spring Vale Rambling Class Publication

Volume 2 Issue 36

4<sup>th</sup> September 2021

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## When out walking

Gentlemen walking with a lady will give her the inner path, unless the outer part of the walk is safer. This move will be made without remark and the lady will assume whenever the gentleman changes his position that there is a sufficient reason for moving from one side to the other.

A lady in the street or park may not be saluted by a gentleman unless he has first received a slight bow from the lady. He may then raise his hat with the hand farthest from the lady, bow respectfully and pass on, not stopping to speak under any circumstance, unless the lady pauses in her promenade.

When gentlemen unaccompanied by ladies meet, each will raise his hat very slightly, if they are on such terms as to warrant recognition. They will bow only if the person saluted commands special respect, by reason of advanced years, social rank or attainment, or having taken holy orders. In every such case a gentleman will raise his hat, but the head need not be completely uncovered.

When a gentleman is escorting a lady in a public place, it is his duty to insist on carrying any article she may have in her hand, except her parasol when it is being used as a sunshade.

When gentlemen pause to speak to each other on the street, they will, as a matter of course, shake hands and bow, lifting the hat with the left hand at the moment of clasping the right.

Gentlemen will never smoke when walking with a lady, as although there is no intentional disrespect in smoking, the act may suggest to other persons a lesser regard for the lady.

Gentlemen walking together may use any pace not actually violent or ungraceful, but when accompanying ladies, aged persons or the weak, they will accommodate themselves to their companions.

Gentlemen will not swing their arms, nor sway their bodies in an ungainly fashion when walking. Ladies are never guilty of any such ungraceful actions and need no counsel in that respect.

Ladies sometimes, though very rarely, walk too quickly on the street. That should be avoided: a message by telephone will generally obviate the necessity for speed at the expense of grace.

Ladies walking on the street are not expected to recognise gentlemen or friends on the other side of the road. To do so would necessitate habits of observation inconsistent with ladylike repose.

*This article was taken from an 19<sup>th</sup> book on Etiquette under a section entitled 'When out walking'*

Look at what we have lost in the name of liberation!

**Glenda B**

## Walkers Law

- There are no short cuts to any place worth going.
- Licensing hours are the times of day when no pub is in sight.
- Any stone in your boot always travels to exactly the point of most pressure.
- The weight of your rucksack increases in proportion to the amount of food you consume from it.
- The horizon remains constant as soon as darkness begins to fall.
- The number of stones in your boot correlates to the number of hours you have been walking.
- The hardest waymarkers to find are the most important.
- Look before you leap but remember that he who hesitates is lost.
- The nett weight of your boots is proportional to the cube of the number of hours you have been on your walk.
- Youth Hostels are always full on arrival. Yet when you phone ahead, there is no-one to answer.
- When you take your boots off, they become two sizes smaller.
- Socks come to life when the foot is booted.

## Ramblers Riddle

I was walking down Milking Lane,  
I met a man doing the same.  
He tipped his hat and drew his cane,  
And in this rhyme I said his name.

What was the man's name?                      *Answer next week*

**Michael C**

## The Moon Upon the Spire

by Hannah Flagg Gould

The full-orbed moon has reached no higher,  
Than yon old church's mossy spire;  
And seems, as gliding up the air,  
She saw the lane; and, pausing there,  
Would worship, in the tranquil night,  
The Prince of peace—the Source of light,  
Where man for God prepared the place,  
And God to man unveils his face.

Her tribute all around is seen,  
She bends, and worships like a queen!  
Her robe of light and beaming crown,  
In silence, she is casting down;  
And, as a creature of the earth,  
She feels her lowliness of birth—  
Her weakness and inconstancy  
Before unchanging purity!

Pale traveller, on thy lonely way,  
'T is well thine homage thus to pay;  
To reverence that ancient pile,  
And spread thy silver o'er the aisle,  
Which many a pious foot has trod,  
That now is dust beneath the sod;  
Where many a sacred tear was wept,  
From eyes that long in death have slept!

The temple's builders - where are they?  
The worshippers? - all passed away,  
Who came the first, to offer there  
The song of praise, the heart of prayer!  
Man's generation passes soon;  
It wanes and changes like the moon.  
He rears the perishable wall;  
But, ere it crumbles, he must fall!

And does he sink to rise no more?  
Has he no part to triumph o'er  
The pallid king? - no spark, to save  
From darkness, ashes and the grave?  
Thou holy place, the answer, wrought  
In thy firm structure, bars the thought!  
The spirit that established thee,  
Nor death, nor darkness e'er shall see!

**Submitted by Pesto Cenorr**

## Monastic Houses in Lancashire (Part 4)

**Lancaster Priory**, formally the Priory Church of St Mary, is the Church of England parish church of the city of Lancaster. St Mary's parish church is located in the middle of the city, close to the castle. The site dates back to Roman times 200 CE but became a Christian enclave in the 7th century.



Lancaster Priory St Mary's Parish Church

Most of the magnificent interior is medieval, but there are traces of a Saxon church thought to have stood on the site from the sixth or seventh century. The oak choirstalls with their rich woodcarving and carved misericords date from 1340 and are the third oldest in England.

In 1912 excavations revealed a wall beneath the present chancel area which may be from Roman times, and a small Saxon doorway has been exposed in the west wall of the present nave.

It also believed that a monastery had been established here prior to 1066. Roger de Poitou, son of Roger of Montgomery, 1st Earl of Shrewsbury, founded the Benedictine priory, dedicated to St Mary, in 1094 as a cell of the Abbey of Saint Martin of Sées in Normandy.

In 1539 this Catholic monastic institution was abolished by Henry VIII and the following year the priory became a parish church.

In 1807 a runic cross was found while digging in the churchyard. The cross is 3 feet in length, and 1 foot 9 inches across. This has a runic inscription carved upon it and other Saxon, possibly Northumbrian decoration. The Anglo-Saxon Runic inscription translates to "Pray ye for Cynibald Cuthburuc". Following a meeting of the British Archaeological Association in Lancaster, the cross was moved to the British Museum in 1868.

Looking like the real thing, the priory church now houses an exceptional replica of the Anglo-Saxon cross near the southwest door of the priory. It is unfortunately missing one arm. The runic alphabet originating from Scandinavia; recalls one Cynibald, son of Cuthbert, and is dated to the 7th century CE. However, we do not know who Cynibald was, though the thinking is he was a king or prince of Northumbria.



Replica Anglo-Saxon Cross

The carved Jacobean style pulpit dates to 1619. The stained glass in the east window was designed by Edward Paley. The church plate includes four flagons, a chalice and two bread-holders dated 1678–79, a small chalice presented in 1728 and a cup dated 1757.

There are numerous religious artefacts including Viking ornaments and crusaders coffins and architectural remains of Dark Age origin. The church also contains the Kings Own Memorial Chapel, built in the twentieth century, from which hang probably the largest collection of surviving regimental colours and battle honours.

Lancaster Roman Fort, also known as Wery Wall, Galacum or Calunium, is the modern name given to the ruined former Roman fort atop Castle Hill in Lancaster. Traces of Roman fortifications around the church have been discovered during building works and archaeological digs and some of these have been left exposed in the field to the north of the church. The field is reached by the footpath which leads from the Priory down to St. George's Quay on the River Lune.

The city of Lancaster is well worth a day's visit and there is a self-guided walk around the city of Lancaster, 'From Water to Wealth'. It is 3 miles long and includes the banks of the River Lune and the canal but can be shortened to 2 miles if you only visit the 1-20 points of interest. [COPY of the ROUTE and MAPS](#)

**Barbara S**

## The Lost World of the Welsh

Spring Vale Rambling Class went to the Kendal area for their latest ramble in the county of Cumbria. The name Cumbria comes from the same root as Cymry, the Welsh word meaning "fellow-countrymen" (The land of the Welsh). It cannot have escaped anyone's notice that the names Cumbria and Cymru as well as Cumbrian and Cambrian mountains are too similar to be coincidental. Both areas are also in the West of Britain.

When the Romans arrived on the island that they would name Britain, they found it populated by many Celtic tribes speaking one common language. After nearly 400 years the Romans left, only for the vacuum to be filled by the incoming Anglo Saxons, who had been raiding the South Coast for many years.



Although there is little direct evidence of colossal battles between native Celts and incoming Saxons, there is no doubt that during the next 300 years the dominant culture in the east of Britain became Saxon, which would inevitably evolve into the England nation. In the West the Celtic culture survived for quite some time. The Saxons called these Celts in the West who spoke a different language 'the Welsh' which translates as foreigners. Although the Saxons would eventually come to dominate the South and East of Britain, they originally called the area currently occupied by Cornwall, Devon, Somerset and Gloucestershire -West Wales. In fact, the Welsh / Celtic region at the time would have stretched north from the Southwest peninsula, up through present day Wales, through Cheshire and Lancashire on through the Lake District and into Scotland.

The geographic division of Britain today, would have been very different if the Celts in the West had had a better sense of unity instead of warring amongst themselves. Celtic place names still survive in even the most eastern parts of Britain and the Celtic language of Cornwall survived until comparatively recent times.

**Tony C**

## THE Walking Guides

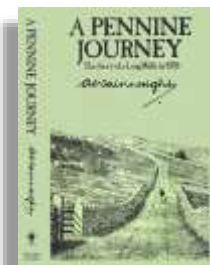
The son of a stonemason; born and bred in the face of poverty in Blackburn, a school leaver at 13. A man of such modest means could never have guessed that his wanderings through the countryside and mountains would turn into a career that would make him one of the most famous writers of the outdoors of all time.

Yet Alfred Wainwright ended his days with almost 50 publications to his name on walking, the pleasures of walking, and walking discoveries.

AW as he liked to be called had for many years been fond of taking long walks in the Pennine countryside near to his Blackburn home. He walked on Darwen Moors, Pendle Hill, the Ribble Valley and other local areas. He wrote a book "A Pennine Journey" that relates to a long Pennine walk he undertook in 1938, three years before he moved to the Lake District. It was written at the time when he was only 31 but the book was only published (without changes) half a century later.

It was at the age of 23, when he took a week's holiday to the Lake District, that his interest turned into a devotion. "I was utterly enslaved by all I saw", he later wrote in one of his greatest works, his self-confessed 'love letter', *The Pictorial Guides to the Lakeland Fells*, which spanned seven volumes and took 13 years to write.

It was in 1948 that he developed the idea of mapping and drawing the routes of his Lakeland walks so as to compile them into printed volumes, publishing his first Pictorial Guide to the Lakeland Fells in 1955. He never expected them to take off as they did, but by the time the last of the seven main guides was published in 1966 he was a household name and "Wainwright's Guides" had become a must for any ramblers planning their Lake District walking routes.



**Eleanor**

## King Cotton Walk

The cotton industry is indelibly associated with Lancashire during the Industrial Revolution and the Helmshore Textile Museum offers a fascinating insight into the heyday of 'King Cotton'

Until the 18<sup>th</sup> century the main industries in Lancashire were wool, farming and quarrying. The boom times for cotton was from 1850 to the outbreak of World War 1. Lancashire had no competition at this time and totally dominated the world market. The statistics tell their own story. In 1911 the cotton industry employed 1.5 million people, most of them were women who outnumbered the men three to two. Over 10% of the workforce consisted of children working on the machines carrying out cleaning work to keep the looms and spinning operating. The museum shows in great detail the workings of a cotton mill and is spread over two mills. The Higher Mill is a woolen fulling mill built in 1789 and driven by a water wheel. The second, Whitaker's Mill was built in the mid-19<sup>th</sup> century and is a specialised cotton spinning mill, starting from waste recycled cotton and finishing with mule spun yarn. There are other significant exhibits including a full-size Hargreaves Spinning Jenny and a portrait of Sir Richard Arkwright.



A walk associated with this area will take you across open moorland within the Forest of Rossendale. Although surrounded by industries, large towns and some busy road, these moors retain their largely wild and unspoilt atmosphere. You will get glimpse of other industries that the area is famous for, the large stone quarries, vast reservoirs and old farmsteads that once housed the original hand loom weavers.

### The Walk

This 5 mile walk starts from the car park attached to the Helmshore Textile Museum, turn left out of the car park and continue along the main road for a couple of hundred yards passing the row of cottages on the left. Look out for a footpath sign on the left, just after the cottages and follow this track running behind these houses.

The path continues to climb steadily uphill and bend right to a stile. Climb it and continue along a rough track and after the next stile turn right, first along an enclosed track and then along a walled path. Several more stiles are climbed as the route heads up toward an embankment, which eventually joins with a further track. At the right-hand bend keep ahead to the gate and continue on and at the fork take the righthand track which takes you on through the disused quarry to a further stile.

Just in front of a small, ruined stone building, take a sharp left onto a path which passes between the spoil heaps of the quarry to a stone stile. After climbing it you are now on the Rossendale Way. This route is now followed across open moorland, continuing along the side of the valley, crossing streams, ruined farms and over several stiles. The path curves around left passing the head of the valley. After crossing the small stream, there is a definite left turn, and you now continue along the other side of the valley.

The path bends to the left between a wall on the right and a wire fence on the left to a kissing gate. After this gate and climbing two stiles in quick succession, turn right along the right hand edge of the field. After 50 yards bear left and walk across the field to a gate. Once through the gate keep ahead along the track, passing to the left of a small copse, keeping to the wall on the right to a kissing gate. The route down the concrete farm track is now followed.

When the gate is reached bear left here, leaving the Rossendale Way to walk along a grassy path by a wall on the right. Climb the stone stile and continue on by the wall on your right to eventually reach a stile in the field corner. Climb this stile and then turn right along the righthand edge of the next field to yet another stile. Keep ahead here, to a further stile, then the route continues along a track, bending to the left.

When the track bends to the right keep straight ahead, over the stone stile and then along the right-hand edge of the next field to a stile and continue to follow the right-hand edge of the field. When you see the museum building below in the valley, bear slightly left away from the field towards the building. A steep descent now leads to a stile and then turn right and follow the walled track downhill to a tarmac drive and finally onto the road. Now turn left and continue along this road to the start point.

*The museum is open Fri-Sunday 12.00 until 16.00.*

**Michael C**