

# Ramblers Gems



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## Milestone Anniversary

In 1931, the National Council of Ramblers' Federations was formed because walkers felt that a national body to represent their interests was needed. Northeast Lancashire Area of the Ramblers was one of the founding members of the federation. On the 2<sup>nd</sup> October 2021 the NE Lancashire Area will be celebrating its 90<sup>th</sup> Anniversary so the coach ramble trip to Arnside on the 3<sup>rd</sup> October will mark a 'milestone' occasion. The Coach Rambles are a little younger and are currently enjoying its 56<sup>th</sup> year of organising led walks around Cumbria, the Lake District, North Yorkshire, the Yorkshire Dales, Derbyshire, Cheshire and North Wales.

In 1981 the NE Lancs Area was planning to celebrate its 50th Golden Jubilee Anniversary with a dinner at the New Drop Inn, Ribchester on Friday, 2nd October. They were looking forward to good food and dancing and the ticket price of £8.50 included coach transport. For some reason the event was cancelled.

**Barbara S**

## Not Footwear

Here are 10 Heel Phrases that aren't about Heels or footwear.

Come to heel

*to obey or submit*

Well-heeled

*well paid, well-armed*

Down at heel

*shabbily dressed*

Kick up one's heels

*have a lovely time*

Lay by the heel

*to arrest or subdue someone*

Follow on the heels of

*to follow close behind*

Show a clean pair of heels

*to make a quick exit*

Turn on one's heel

*turn round abruptly*

Cool one's heel

*to wait a long time*

Dig one's heels in

*to be stubborn or resist a request.*

**Eleanor**

## Akamas - A truly wild area

You may gather from this and my recent article that I am still enjoying the sunnier climate of Cyprus but the high temperatures of 28 degrees and a humidity of 70 % humidity is sapping my energy, even just typing (I can sense that I am not getting any sympathy for this situation). On one of the slightly cooler days and with the car air conditioning on at full blast I have ventured out to explore the Akamas region of Cyprus.

The Akamas is a promontory and cape at the north-west extremity of Cyprus. It extends over 230 sq.km, and is bounded on both sides by rocky shores, and consists of thickly wooded headlands, rising to a central ridge of hills. It is named after Akamas, a son of Theseus who was a Hero of the Trojan War. Due to its extremely mountainous nature, there are no paved roads running through the area, merely a web of rough tracks linking the few small villages, or what remains of villages.



Akamas has protected status for all its animals, plants, and birds. Plant examples would be cyclamen, buttercups, tulip, yellow gorse, white rock rose, and many species of orchid. The animals that can be found include fruit bats, shrews, hedgehogs, foxes, snakes, lizards, The large body of the Griffon vultures can be seen soaring effortlessly overhead as they catch the rising thermal air currents. They prowl the skies on the lookout for any carrion that has succumbed to the searing heat, for these are the scavengers of the land.



Another bird that is resident to this area is the Scops Owl. This owl is one of the smallest owls and has a heavily streaked plumage, but it can vary in colours from grey, to brown and rufous according to individuals.

Down on the coast at Lara Bay is a turtle hatchery, where beach and eggs are protected. The Lara bay turtles conservation station is run by the state department of Forests and Fishery. In this area are simple, wooden constructions and water tanks containing the very small turtles that have just come out of their eggs. This is their first station before returning to the oceans. The Turtles come ashore at night and lay their eggs in the warm sand to hatch. This event occurs from the middle of May to the middle of August. Their nests are protected with iron cages and warning signs.

Sir David Attenborough has filmed in Akamas -his film was shown at Venice Film Festival back in 2006.



According to Greek mythology, it is around the area of Akamas that Aphrodite met her lover Adonis and many of the natural landmarks have an association with these fables. A good example of this is a spring, Fontana Amorosa (Love Spring) near to Polis for it is said that it is Aphrodites Fountain of Love, and anyone drinking from here is said to be overcome with youthful desire. (I have never partaken).

There are rocky gorges on both sides of the Akamas, most famous of these are the Androlikou and Avakas gorge. The latter is a real walking challenge having high overhead cliffs meeting in a tunnel formation with a stream running through the centre.

When walking in Akamas, there are tracks linking the small villages such as Fasli, Drouseia and Arodes. There are many abandoned villages which can also be seen while exploring the area, yet there are herds of goats with their shepherds and dogs still finding rough grazing on the brown parched slopes.

My time in this fascinating area was limited and eventually the heat did get the better of me, but I intend to return on future trips to explore this captivating landscape.

**Alan R**

*As we herald in the new month of October, we say fond farewell to September. The harvest is gathered, and the first signs of Autumn are now appearing. As if we were not aware of this important move in the calendar, this week has certainly seen Zeus the Greek god of weather who used his minor gods the Anemoi to control conditions for him. The country has seen high winds, rain thunder, and all interspersed with blue sky. Forecasts for the weekend ahead promises no respite in conditions so wrap up warm for your next venture out.*

## **September**

**by Helen Hunt Jackson**

O golden month! How high thy gold is heaped!  
The yellow birch-leaves shine like bright coins strung  
On wands; the chestnut's yellow pennons tongue  
To every wind its harvest challenge. Steeped  
In yellow, still lie fields where wheat was reaped;  
And yellow still the corn sheaves, stacked among  
The yellow gourds, which from the earth have wrung  
Her utmost gold. To highest boughs have leaped  
The purple grape, - last thing to ripen, late  
By very reason of its precious cost.

O Heart, remember, vintages are lost  
If grapes do not for freezing night-dews wait.  
Think, while thou sunniest thyself in Joy's estate,  
Mayhap thou canst not ripen without frost!

**Contribution by Pesto Cenorr**

## **October**

**By Robert Frost**

O hushed October morning mild,  
Thy leaves have ripened to the fall;  
Tomorrow's wind, if it be wild,  
Should waste them all.  
The crows above the forest call;  
Tomorrow they may form and go.  
O hushed October morning mild,  
Begin the hours of this day slow.  
Make the day seem to us less brief.  
Hearts not averse to being beguiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far away.  
Retard the sun with gentle mist;  
Enchant the land with amethyst.  
Slow, slow!  
For the grapes' sake, if they were all,  
Whose leaves already are burnt with frost,  
Whose clustered fruit must else be lost—  
For the grapes' sake along the wall.

**Contribution by Pesto Cenorr**



## Monastic Houses of Lancashire Part 5 -

### Burscough Priory and Lathom Chapel

Not many who pass through the elongated village of Burscough will realise the importance it once held as a seat of monastic enterprise.

SVRC has hosted the 8.5-mile War Horse Trail from Ormskirk. This trail includes the historic Lathom Chapel at Lathom Park and the Alms Houses, Burscough Priory (private land), Abbey Farm and close by some cottages is the site of the ancient Priory Cross. This is now a replica cross set on the original base.

Burscough Priory was administered by the Black Canons of the Augustinian order. The priory flourished to such an extent that the monks were able to claim the right and tolls from a weekly market held at nearby Ormskirk. Augustinians are members of Christian religious orders that follow the Rule of Saint Augustine, written in about 400 AD by Augustine of Hippo. Augustine of Hippo was a theologian, philosopher, and the bishop of Hippo Regius in Numidia, Roman North Africa. His writings influenced the development of Western philosophy and Western Christianity.



The Ruins of Burscough Priory

Founded in 1189, by Robert Fitz-Henry, Lord of Lathom (Robert de Latham), Burscough Priory was dissolved around 1536 when there were just four monks and a Prior there. Stonework was removed but some remains of the church survive though mainly visible over a wall. It's bells were rehoused in Ormskirk Church in a custom-built steeple. This church has both a spire and a tower.

Lathom Park Chapel's history goes back to 1500 when it was founded as a Chantry by Thomas Stanley, 1st Earl of Derby. It has notable windows and carvings that came from Burscough Priory, and there are bullet holes claimed to be from Roundhead muskets during the civil war. Lathom Park Chapel was dedicated to St John the Divine. Adjacent are the 'Alms Houses'. Lathom Park is a conservation area. Near the entrance is 'Cromwell's Stone' - the hollows in the stone were used for casting 'shot' used by his army in the siege of Lathom House 1644-1645.



Lathom Chapel

There is a shorter 5.5 mile walk that links Burscough Priory with Lathom Chapel. It is mainly on tracks and fields and almost completely flat and although the fields can be a little soggy in wet weather, there is usually little mud. Initially this walk visits the Lathom Park Chapel and later passes the ruins of Burscough Priory.



Alms houses attached to Lathom Chapel, Lathom Park, Lathom

**Barbara S**

## Where can I walk?

In England and Wales you can walk along the following routes so long as you stick to a line of path

- Public rights of way - the public have a legal right to use these: footpaths (for walking) bridleways (for walking cycling and horse riding) byways (although these are legally open to all traffic you may find motorbikes and off road vehicles on them, they are used primarily by people on foot horseback and pedal cycle and restricted byways (open to walkers cyclists horse riders and non-motorised vehicles such as horse drawn carts).
- Permissive paths the landowner has given permission for the public to use them but may also withdraw that permission at any time.
- Multiuser routes such as cycle paths and “greenways” and most canal towpaths (These are often suitable for wheelchairs if you don't mind bicycles whizzing past.
- Most public roads but take care.
- Named and signed “promoted routes” such as National Trails (these are, for the most part along public rights of way).

Most of these are shown on the Ordnance Survey Explorer and Landranger maps

In Scotland you can walk on nearly all paths, tracks and roads, rights of way core paths and promoted routes, and across nearly all land provided you do so responsibly, except for the curtilage of buildings and land use for railway, airfield, harbours, defence and similar uses.



## Your Right to Roam

The Countryside and Rights of Way Act 2000 (CROW Act) normally gives you the right of access to land mapped as ‘open country’ (mountain, moor, heath and down) or registered common land. These areas are known as ‘open access land’. You can find out if you have a right of access to land under the CROW Act using the [online maps](#) from Natural England

### You also free to roam across:

Public parks and other open spaces managed for free public recreation.

Most land owned by the National Trust, Forestry Commission and Woodland Trust as shown on Ordnance Survey Explorer maps.

Permissive access land, but permission may be withdrawn and land with a ‘de facto’ access such as most beaches and some areas of open country.

Land forming part of the England Coastal Path as shown on official access maps produced by Natural England.

### What you cannot do on Access Land:

- ride a horse or bicycle drive a vehicle (unless it is an invalid carriage)
- bring an animal, other than a dog.
- camp or play organised games.
- hang-glide or paraglide or use a metal detector.
- run commercial activities on the land such as: trade or sell.
- charge other visitors for things they do.
- film, photograph or make maps.
- remove, damage, or destroy any plant, shrub, tree or root with intent.
- light, cause or risk a fire or leave litter.
- damage hedges, fences, walls, crops or anything else on the land.
- disturb livestock, wildlife, or habitats with intent.
- post any notices or commit any criminal offence.

Michael C