

# Ramblers Gems



A Spring Vale Rambling Class Publication

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

## INSIDE THIS ISSUE

- 1 **Stay Cool**
- 2 **Just Saying / Long Walks**
- 3 **Walking Caledonian Forests**
- 4 **Two Toms Trail**
- 5 **The Brindle Steeplechases**

### Stay Cool

The weather is now warming up so here are some tips for you to observe and stay safe.

It wasn't that long ago that we were all wrapped up warm with a thick coat pulled in tight and a scarf to keep out the biting wind.

O!! how things quickly change. These sunny days are most welcome, but we all need to take precautions if we venture out over these next few hot days. Even on the days where the cloud is extensive, those harmful UVA rays can still get through and do the damage.

- SLIP on a t-shirt
- SLOP on SPF 30+ broad spectrum UVA sunscreen
- SLAP on a broad brimmed hat
- SLIDE on quality sunglasses
- SHADE from the sun whenever possible

**Don't forget to keep drinking lots of fluids.**

### Heat Stroke

#### What to look out for

High Body temperature (103° F)	<b>What to do</b> Call 999 right away heat stroke is a medical emergency  Move the person to a cooler place  Help lower the persons temperature with a cool cloth soaked in water  Do not give the person anything to drink
Hot, red, dry or damp skin	
Fast Strong Pulse	
Headache	
Dizziness, Nausea	
Confusion	
Losing Consciousness (passing out)	

### Heat Exhaustion

#### What to look out for

Heavy Sweating Dizziness	<b>What to Do</b> Move to a cool place  Loosen Clothes  Put cool wet fabric on your body  Sip water
Cold, pale and clammy skin, Headache	
Fast, weak pulse Nausea or vomiting	
Muscle Cramps Fainting (passing out)	
Tiredness or weakness	

Glenda B

## Just Saying

"I may not have gone where I intended to go, but I think I've ended up where I needed to be"

**Douglas Adams.**

"If you seek creative ideas go walking.  
Angel's whisper to a man when he goes for a walk."

**Raymond I. OD Myers**

"Because the earth is walking in the space, even when we sit on the earth, we are still walking!"

**Mehmet Murat ildan**

"I love walking because it clears your mind, enriches the soul, takes away stress, and opens up your eyes on a whole new world."

**Claudette Dudley.**

"When you see someone putting on his Big Boots, you can be pretty sure that an Adventure is going to happen."

**A.A. Milne.**

"The sum of the whole is this: walk and be happy;  
walk and be healthy"

**Charles Dickens**

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend."

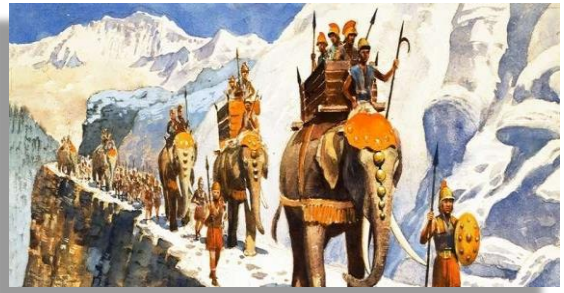
**Albert Camus**



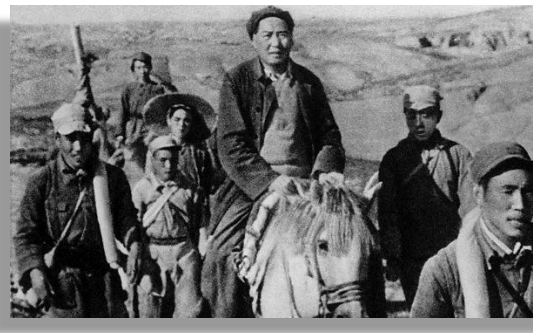
Submitted by Jane C

## Long Walks

Hannibal was a Cartaginian general and leader of a famous march across the Alps. When the Second Punic War between Rome and Cartage broke out in 218BC, Hannibal set off from Cartage in Spain and marched with thousands of soldiers and even elephants. The 40,000 soldiers marched across the Pyrenees and then later across the Alps but the trip had a devastating effect on the group and it was thought that 26,000 soldiers were lost through exposure, desertion, accidents and resistance from mountain tribes, and most of the elephants died. However, the crossing marked the first crossing of the Alps by a coordinated army and was an astonishing distance covered by a huge group of men.



Recent research is now suggesting that Chairman Mao Zedong's famous Long March across China was a lot shorter than has previously been claimed by the Chinese Communist Party. The trek was undertaken in 1934 by the Red Army and has traditionally been fixed at 7,500 miles, taking a year to complete. 100,000 soldiers and party leaders walked through 11 provinces, 18 mountain ranges and 24 rivers and as a result Mao gained unchallenged command of the Communist Party. Only 28,000 marchers reached the end. However recent retracing of the route, by just two men, has found that the journey was actually about 2,500 miles shorter than the traditional claims.



Michael C

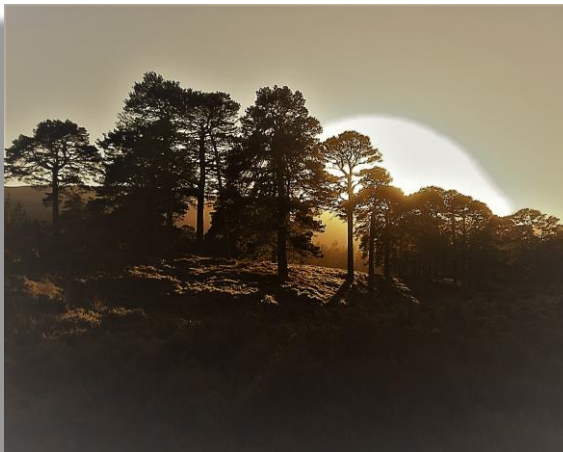
## Walking Caledonian Forests

There is nothing as bewitching as to visit a Highland hillside and to wander through a pine-wood that smells of juniper and birch. You could be mistaken for thinking that you had entered into a gin distillery and all for free! But where has it all come from? Surely it hasn't all been planted? Or has it?

20,000 years ago much of Britain was just a white wasteland. A very, very cold white wasteland just coming out of the last of a series of ice ages and covered the land with an ice sheet that stretched down as far as London and was three miles thick according to the British Geological Survey.

However, in the far south east of the land there were pockets of woodland that had managed to survive, and when the temperatures eventually started to climb and the land started to defrost, green trees started to follow the retreating ice north. At first it was just willow and birch but soon the Scots pine was to follow.

As the temperatures warmed even further, more broadleaf species decided to get in on the act to expand their numbers and they crowded together in the south leaving the pioneering pine forests solely north of the border which was in the land that the Romans called Caledonia, better known to us as Scotland. The Scot's pine became the keystone or the backbone of the Caledonian forests, but in the west of this area, Rowan, oak and ash mingled and gave it its characteristics. As you walk beneath the airy canopy of blue-green needles you will find heather, bilberries lying on tussocky heaps like soft pillows intermingling with the juniper bushes. Mosses pile up and to complete the setting, fronds of glittering wood moss add to the magic.



Like many of Britain's woodlands these areas continue to be plundered but we still have huge tracts on some of the steep slopes of our highest mountains where it can still grow up the hillside to 2,000feet. These areas fall into three types. In certain areas ambitious replanting is taking place as part of the Trees for Life campaign and looks quite regimented. The old growth is usually a mix of russet trunked trees including deadwood. There are also stand-alone specimens known as 'granny pines' and these give away the true story of where the original forests once stood.

Just so that you are aware it's not just humans who have threatened this beautiful habitat over the years. The deer population graze it faster than it can grow. Although tall, deer fencing does help, if lynx and wolves are reintroduced as planned, we will need to keep an eye on how this is managed. Other rare creatures such as the Capercaillie use such grounds for their mating display. A sight not to be missed. This mating ritual known as "The Lek" begins with gurgling, wheezing and the noise of a cork popping, display flights then wing battering confrontation that can end in death. Pine martens, and wild cats all add to the magic.



Next week we will try to find out the true stories behind woods, forests, fairy tales and ancient spirits. How much of it is true or were they just exaggerated facts told to try to make us be good children? Let's see if there is any truth in it!!

**Glenda B**



## Two Toms Trail

Two local countryside heroes were recognised last week with the establishing of a walking trail that links the two North West towns. The towns of Whalley and Colne are linked by the Two Toms Trail. The Toms in question are Tom Stephenson who was brought up in Whalley and Tom Leonard who worked as a pastor in the industrial town of Colne. The trail links Tom Stephenson, the creator of the Pennine Way with Tom Leonard, who provided cheap outdoor holidays for working class people.

Tom Stephenson wrote *“that on the first Saturday after starting work I climbed Pendle Hill and from the summit, 1,831 feet above sea level, I beheld a new world. Across the valley were the Bowland Fells; and away to the north Ingleborough, Pen-y-ghent and other Pennine heights, all snow covered stood out sharp and clear in the frosty air. That vision started me rambling...”*

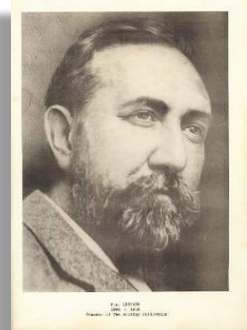
Tom was a lifelong, vigorous campaigner for footpaths and access to the outdoors. Whilst writing for the Daily Herald in 1935 he wrote, ‘Wanted. A Long Green Trail.’ This was his rallying cry for the creation of the Pennine Way, Britain’s first long distance footpath. He wrote the first official guide for the Pennine Way shortly after it was opened on the 24th of April 1965. Tom was the first Secretary of the Ramblers Association. Tom was working in the Ministry of Town & Country as a press officer, when the Labour Party was elected to government in 1945. He was instrumental in promoting the idea of National Parks to the new minister, Lewis Silkin, an Independent Labour Party member as was Stephenson.



Tom Stephenson at his desk

Tom Leonard worked as a pastor in the Victorian town of Colne and took mill workers from the town on an outdoor holiday to the Lake District in 1891. From this humble beginning he went on to create the Co-operative Holidays Association (CHA) and the Holiday Fellowship (HF) and was a founder member of the Youth Hostels Association. He was the godfather of the adventure holiday. By 1913 the CHA had 13 holiday centres, catering for around 13,000 guests. Leonard was the association secretary, organising trips to centres in Switzerland, France, Germany, Norway and Denmark. Before the First World War, he had also arranged exchange visits for students in Germany and Britain to encourage transnational friendships.

Tom Leonard  
1864- 1948



The new trail is a 25 mile walk which can be broken into two sections, Whalley to Clarion House at Roughlee and then on a second day, Roughlee to Colne. The Pendle Radicals project are behind the trail and funded by Mid Pennine Arts are celebrating the launch of the Two Toms Trail. Work on creating the trail has been going on since early 2019, a launch event was organised for last weekend when walkers led by Nick Burton, had the opportunity to walk the established trail, with transport laid on for a return to Whalley. A description of the route can be found at [Two Toms Trail](#). Let’s hope that a small route booklet can be published at a later date.

These two champions of the outdoors dedicated their lives to protecting our open spaces and help open up the countryside for us all to enjoy.

Michael C



## The Brindle Steeplechases

The undulating countryside behind the St James Church was once the scene of the Brindle Steeplechases. The paddock was behind the Brindle Rectory and the circuit went over towards the Leeds Liverpool Canal at Wheelton. When the races were held, which was usually in April, all the lanes leading to Brindle were thronged.

An account of the event in 1905 states that there was an attendance of nearly 20,000. "Constant streams of vehicles of which motors of various shapes and sizes formed a large proportion together with many cyclists, passed through Chorley and all the roads converging on Brindle were thronged with traffic. The number of pedestrians were considerable".

"Although betting was not encouraged by the promoters of races the bookmakers were much in evidence with all their paraphernalia, and they apparently found ample scope for their operations amongst the sporting instincts of the crowd."

"A capital course was marked out in the field near Brindle Church. It was similar to that traversed last year, but slightly shorter and embraced about 3 miles. There were plenty of fences and other natural obstacles to negotiate. In consequence of the undulations of the ground, the riders were at intervals lost to view from a paddock but came into full view at the critical periods.

"The paddock which was fenced off was lined with conveyances from which members of the hunt and guests of the master witnessed the progress of the events. The vicinity of the starting post presented a lively scene as the betting men plied their calling and the crowd in the interval of the races devoted themselves to the provided refreshments. The needs of the crowd were well catered for in this respect as the local publicans had marquees and stalls in the crowd which were solid and liquid refreshments were obtainable."



The report states that the point to point races were promoted by members of Mr. Gerrard's Hounds together with the Aspull and Holcombe Hunts. Lord Gerard and the Hon RJ Gerard, Sir James de Hoghton, Mr Carleton Cross, Mr M Hardcastle and Mr Marcus Rea, Colonel Priestly, Mr CT Street, Mr. W.J. Thom, Mr Joe Whittaker and Mr. C. Garrett were stewards, and the Judge was Mr J. P. T Jackson.

Although they had lost the manor in the reign of Queen Elizabeth I, the Gerard family continued to show an interest in Brindle. This was also the case in April in 1888, when the stewards were Lord Gerard, the Hon R Gerard and Messrs A.R Gladstone, A.T. Cook and C.H. Shaw. On this occasion it was the Garswood Hunt who held the steeplechases. Even though no motor cars were mentioned it was still a day out in the countryside.

The Stewards had selected the course across the very rough country about three miles in length and up and down the hill, which had Gorse thickly studded in some parts. Gentlemen riders had to be fully equipped in hunting costume with tall hat and cap, and no rider was to use a road for more than 100 yards. The winning post was in a field near to Quarry Hill.

This occasion was marred somewhat by a mishap in which a groom was knocked out by one of the horses he had trained. He was carried unconscious to the Cross Keys Inn in Brindle where he remained unconscious for two days before being taken home in a cab. The gentry thought a lot of their servants in those days. The building that was once the Cross Keys is now a private house but stands out tall and white across from the old post office, the only memorial to the once famed Brindle races.

**Eleanor**