

Ramblers Gems



A Spring Vale Rambling Class Publication

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Walk for you

In these strange times of lockdowns and restrictions, it is all too easy to become depressed and anxious about the future and how and when it will all end. So now more than ever we all need to go for a walk. Walking improves your self-perception and self-esteem, also your mood and the quality of your sleep.

Walking with a partner or one other friend is good for your emotional wellbeing. Talking things through with one another will help to reduce your anxiety. Take time to look at all different delights that are all around you, observe the things you haven't noticed before. The results out there will astound you.

The darker and colder days are not conducive or inspire us to get out for exercise but when we do, we feel all the better for it.

Wrap up warm and go out in the fresh air, take in several deep breaths to really fill the lungs with oxygen.

We may not be able to all walk together, but that doesn't mean we cannot get out and exercise and just walk for ourselves.

Cheetham Close

One of our regular rambles commences from the car park at Batridge near to the Entwistle Reservoir and walks along the track to the southern end of Cheetham Close. Now for the section that usually is greeted with a small groan, the uphill bit. The climb is rewarded halfway to the top by the panoramic views over Bolton and the city skyline of Salford and Manchester with the Peak District hills on the far horizon.

The route continues on to the top of Cheetham Close, this large expansive moorland contains several prehistoric monuments from the Early Bronze Age, including the stone circle and a ring-bank cairn on a plateau just below the summit. The stone circle is now registered a Scheduled Ancient Monument and was in good condition in the 1870s. At some time before 1893 a tenant farmer smashed some of the stones of the "Druidical" circle to discourage trespassers. These stone are now scattered from their original position and buried amongst the moorland vegetation, but the basic outline can be realised by encouraging members of the party to stand adjacent to each of the stones. As this is a Scheduled Ancient Monument care must be taken not to disturb or move any of the stones. The Early Bronze Age, dates to the period between 2100 and 1500 BC and discoveries of querns and arrowheads during authorised excavations suggest that settlers using this site were a pastoral community who supplemented their diet by hunting. After our exploration of the site we make our way back down the hill to the car park.

If you undertake this walk in an evening you can be rewarded with spectacular skies as the sun sets behind Winter Hill.

Michael C

Three men in a bog - Part 2

This article is the continuation of my journey along the Pennine Way and recalls my memories of this adventure from 1978. I embarked on this epic long walk adventure with my brother Phil and a friend Dave. I resume this watery tale after our night's stay at the Mankinholes Youth Hostel near to Todmorden.

The day was another one when it rained continually and that night we were staying at a farm in Lothersdale. The farmer's wife had taken pity on some campers, so instead of 6 booked in, it became 10. No chance of drying out here and we had to eat in two shifts at the kitchen table, with a 8-30 and 9-30 sitting. We, of course were in the later group. The farmer's son, Nigel came in and put the TV on, it was the film Holocaust with people being shot and pushed into lime pits. This was not ideal meal-time viewing. In the morning breakfast was delayed as Nigel had overslept and he didn't want anyone joining him at the table. We got away at 09.30, so Dave again set a cracking early pace on another damp, misty day.

At Malham YH campers had hung their tents up in the drying room, so no clothing could be dried. There were special sock washing sinks, but the peat is so ingrained that even after several rinses, the water still runs brown. Next day we climbed the rocks at Gordale Scar with the tumultuous waterfall for company. Horton-in-Ribblesdale and Hawes provided excellent B&Bs and two good weather days.



Photo's of me climbing Gordale Scar and on the trail at Malham

The longest single days walking followed, 22 miles, and of course it rained all day. We felt but did not see Great Shunner Fell and after 14 miles we finally arrived at Tan Hill Inn for a welcome break. Unfortunately, the time was 3-30 and the Inn had closed 15 mins ago, a bitter disappointment on another wet day. We were to finally arrive at Bowes in the dark, the B&B lady was out (at a cinema in Darlington 22 miles away), the overcooked meal had been left in the oven and hot water ran out after 2 showers. Guess who would have had the third one?

From Bowes to Langdon Beck YH (full 'non-drying' room), B&B in Dufton and then over Cross Fell to Alston YH, things got progressively worse. The bad weather never let up. The Pennine Way was mainly glutinous boggy areas so wide the distance walked could have been nearly doubled by looking for solid ground.



Dave had started with lower back pain; he had been using an ex-military framed rucksack and was now suffering from the consequences. My brother Dave had gastrointestinal problems with frequent urgent diversions from the path. My feet, especially the toes on my left foot were wrapped in plasters and the limp was developing. This band of once merry men had been worn down by the relentless bad weather and the mud.

Instead of heading off to Once Brewed YH, we changed our route and made for Greenhead YH, which was somewhat nearer. It was here that we all agreed that we had had enough and it was time to throw in the towel (if we had a dry one). The hostel at Greenhead had been refurbished and not due to reopen until the Saturday, but the new young warden was keen for us to stay. There are showers, new beds, carpets and curtains and a super Drying Room! The warden makes us a lovely meal and then HE washes up. Unheard of.

Next day, minus our packs we made a visit to Hadrian's Wall and Vindolanda spending the time exploring and recovering. On Friday 15th September we take a bus to Carlisle, then board the train for home. We say our farewells to Dave at Lancaster, while Phil and I leave the train at Pleasington and walk the last three miles home, finishing with a couple of pints at the Black Bull near Tockholes.

In 2010 Dave and myself decided to complete the rest of the Pennine Way from Hadrian's Wall to Kirk Yetholm, but that is another story.

Alan R

Trails Quiz

Following on from the Photograph Quiz and the Wordsearch I have 'borrowed' a quiz from The Guardian.

Here are the ten questions. Answers in the next issue.

- 1 Which of these walks reaches the highest altitude?
 - o Annapurna Circuit
 - o Inca Trail
 - o Tour du Mont Blanc
 - o Kala Patthar trek nr Everest base camp

- 2 Which long-distance trail features in Bill Bryson's book (and the 2015 film) A Walk in the Woods?
 - a. Continental Divide Trail, USA
 - b. The Appalachian Trail, USA
 - c. The Grand Enchantment Trail, USA
 - d. Rideau Trail, Canada

- 3 The Camino de Santiago network of pilgrims' routes comes together in which city?
 - a. Santiago de Compostela, Spain
 - b. Santiago, Chile
 - c. Santiago de los Caballeros, Dominican Republic
 - d. Santiago de Cuba, Cuba

- 4 George Meegan wrote The Longest Walk (1988) describing his journey on foot from Ushuaia, Argentina, to Prudhoe Bay, Alaska. How many days did it take him to walk the 19,019-mile route?
 - a. 549
 - b. 11,456
 - c. 8,242
 - d. 2,426

- 5 The Coast to Coast walk across the north of England, between St Bees and Robin Hood's Bay, was first described by which famous walker and writer?
 - a. Alfred Wainwright
 - b. Ffyon Campbell
 - c. Nan Shepherd
 - d. Robert Macfarlane

- 6 What is the highest point on the Pennine Way in the UK?
 - o Scafell Pike
 - o Leith Hill
 - o Cross Fell
 - o Kinder Scout

- 7 Where is the 211-mile John Muir Trail?
 - a. The Highlands of Scotland
 - b. Patagonia
 - c. British Columbia
 - d. California

- 8 Which US trail did Cheryl Strayed walk, as portrayed by Reese Witherspoon in the film Wild?
 - a. Continental Divide
 - b. Grand Enchantment
 - c. Pacific Crest
 - d. Ozark Highlands

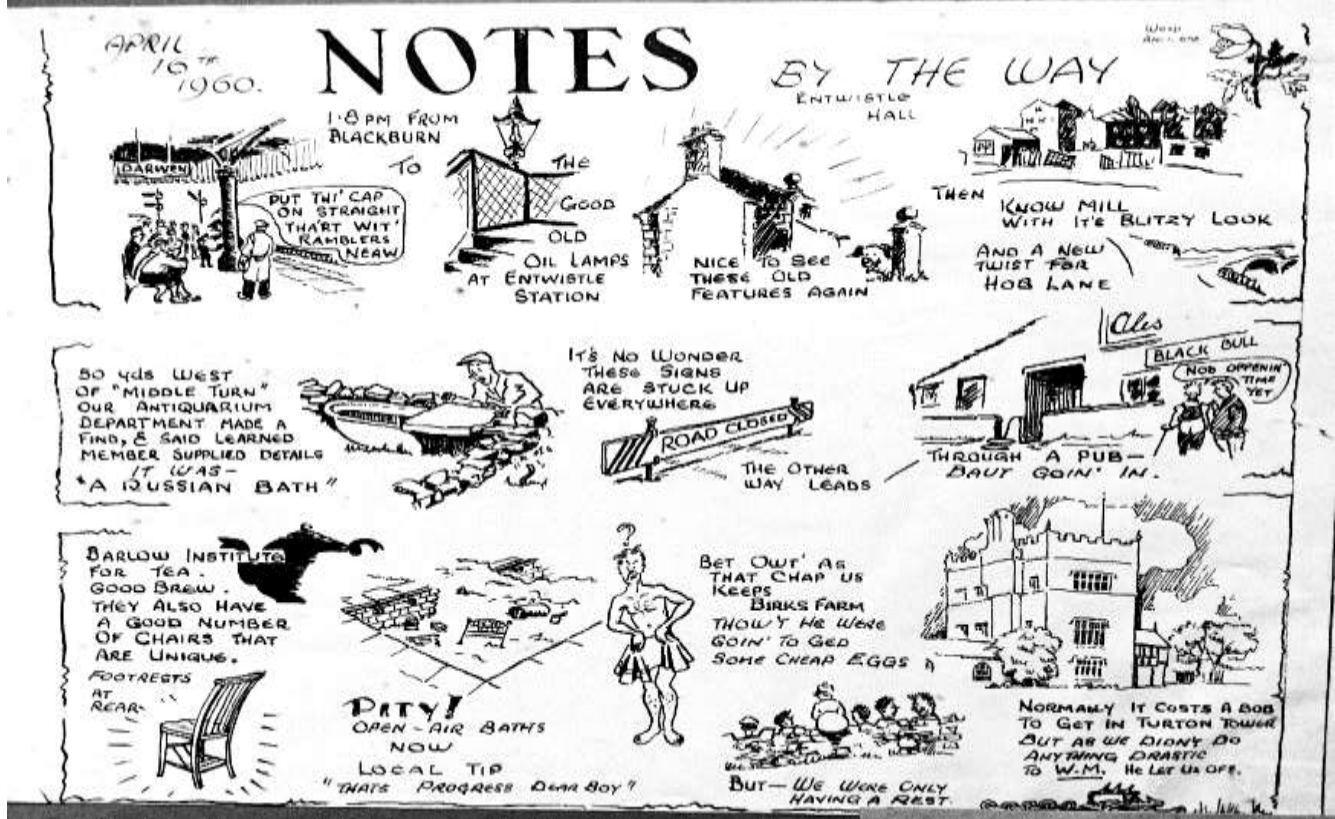
- 9 Where did performance artists Marina Abramović and Ulay trek from opposite ends of in 1988?
 - a. Kungsleden Trail (King's Way), Sweden
 - b. The Great Wall of China
 - c. Hadrian's Wall UK
 - d. Haute Randonnée Pyreneenne, Spain/France/Andorra

- 10 What is the UK's longest walking trail excluding the ENGLAND Coastal path?
 - a. Offa's Dyke path
 - b. Wales Coast Path
 - c. South West Path
 - d. West Highland Way



Barbara S

Notes by the Way



The above cartoon was used in an exhibition staged throughout June 1985 within the Information Centre Sunnyhurst Wood Darwen. The Class had organised numerous events throughout that year to celebrate its 90th year since formation. The image came to light as part of a school project prepared by Ann Lawrence, daughter of the late President Brian Lawrence. The cartoon was drawn by Mr H. Entwistle and reflects on a walk undertaken on Easter Saturday 16th April 1960. These are the details for that walk from the 1960 syllabus.

Entwistle to Bromley Cross (Easter Saturday) Visit to Turton Tower

Via Know Mill, Wayoh Reservoir, Edgworth Institute, Turton Bottoms, Jumbles, Turton Tower, Chapeltown Road, Bradshaw Brook, Turton Spa, Bromley Cross.
Walking Distance 8 miles

Train leaves Blackburn Station 1- 8 p.m. Train leaves Darwen Station 1-18 p.m. Book Bromley Cross return, alight at Entwistle Station. Return from Bromley Cross. Tea at Edgworth Institute.

Trig Points - An Icon

It is hard to think of walking in Britain without the use of a detailed OS map close to hand. A century ago, it was a different matter. The maps available then were based on sketchy measurements taken between 1783 and 1853. These maps were not very accurate and you could easily get lost. In 1935 the OS decided to rewrite the map of Britain and needed to resurvey the whole of the country. What was first needed though was a firm level base on which to set the surveyors theodolite. Hence the birth of the squat concrete pillars found on many of our higher grounds. Over 6500 were constructed weighing up to three quarters of a tonne, for they required a deep foundation to ensure they formed that firm stable platform. When you see some of the remote and isolated places that these structures appeared you cannot fail to appreciate the mammoth task this undertaking was.

These cement pillars are now obsolete having been superseded by a Global Satellite System with an increase in accuracy. The Trig point will always hold a special place in walkers' affections, as they are the perfect prop for that important "I've done it" photograph. **Michael C**

A Walk to Hardcastle Crag

These are some photographs from an 8 mile walk we undertook around the Wadsworth Moors and Hardcastle Crag areas near to Hebden Bridge on 9th October 2004. The starting point was from off the road near to Gorple Reservoirs. Our leaders were Andrew and Susan. A stunning moorland walk. **Michael C**

