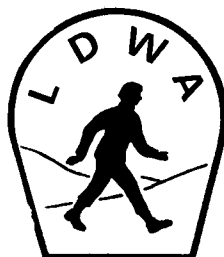


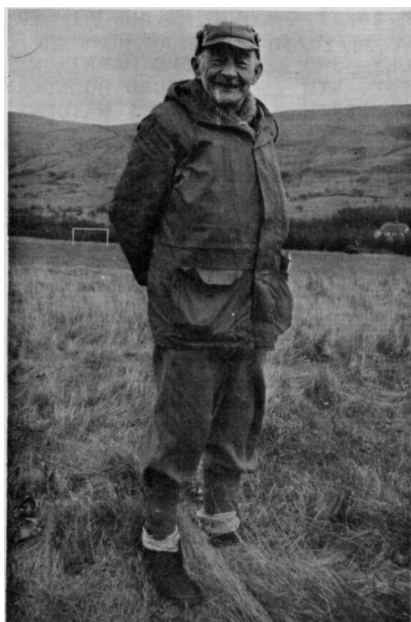
# Long Distance Walkers Association



# Newsletter

## CONTENTS

1	CALENDAR
2	EDITORIAL
3 4	HATHERSAGE '76
5	THE ESTABLISHMENT
6 7 8 9	GROUP NEWS
10 11	SHORTS & BRIEFS
12 13 14	FUTURE EVENTS
15	PINCHGUT & RAWBONES
16 TO 23	"HILL TRACKS THROUGH THE HEATHER"
24	BOOKS
25 TO 31	PAST EVENTS
32	LONDON COUNTRYWAY
33 34 35	LETTERS
36	GEN. VINE
37 38	PEAK BAGGING
39 40	NEW MEMBERS
41	CROSSWORD



# CALENDAR OF FUTURE EVENTS

THIS FEATURE IS UPDATED AT EACH ISSUE OF THE NEWSLETTER AS INFORMATION IS RECEIVED. WHERE THE EVENT IS IN CAPITALS IT IS CONFIRMED. THE MAIN DETAILS OF EVENTS DURING THE NEXT FEW MONTHS ARE CONTAINED IN THE BODY OF THE NEWSLETTER. MEMBERS ARE INVITED TO SEND DETAILS OF ANY WALK THAT THEY THINK SHOULD BE INCLUDED HERE.

DATE	EVENT	DIST. APPROX.	AREA
AUG. 29TH	DORSET DODDLE	30	DORSET
SEPT. 4TH/5TH	BULLOCK SMITHY	56	DERBYSHIRE
" 4TH	ONE-DAY INTERNATIONAL	12½/18½/25	BERKSHIRE
" 11TH	KENDAL GATHERING WALK	37	CUMBRIA
" 18TH	EAST MARDEN TROPHY	18	HAMPSHIRE
" 19TH	CHILTERN MARATHON	25	BUCKS
OCT. 2/3	LONG MYND HIKE	50	SHROPSHIRE
OCT. 2/3	Across Wales	46	Wales
OCT. 16TH	VECTIS MARATHON	30	I.O.W.
" 23RD	BURLEY MARATHON	30	HAMPSHIRE
" 23/24	KARRIMOR 2-DAY INTERNATIONAL	25-40	GALLOWAY
" 30TH	HALLOWEEN HAPPENING	12-25	LANCASHIRE
NOV. 6TH	BLACKWATER MARATHON	25	ESSEX
<u>1977</u>			
JAN. 3RD	SURREY INNS KANTER	12-20	SURREY
Jan.	Reservoir Roundabout	22	Mid-Wales
Jan.	Winter Tanners	30	Surrey
MAR. 4/5TH	HIGH PEAK MARATHON	40	DERBYSHIRE
" 26/27	A.G.M. AND DINNER, LLANGOLLEN		WALES
MAY 28/29/30	DOWNSMAN HUNDRED	100	NORTH DOWNS
JULY 3RD	TANNERS MARATHON	30	SURREY
SEPT. 4TH	GUILDFORD BOUNDARY WALK	22	SURREY
OCT. 17TH	MASTERS & MAIDENS MARATHON	26.385	SURREY

## NEW WALKS FOR 1977

Several new walks have been proposed for 1977 and it is hoped that they will find their way into the Calendar at the next Newsletter. The walks include the following:

SURREY SUMMITS LOOK (63 miles). A tough event.

MINI DOWNSMAN. An informal walk over the first quarter of the Downsmen Hundred route, for intending entrants and officials.

PREHISTORIC PLOD. A walk along an ancient route linking Stonehenge and Avebury stone circles plus a section to Old Sarum to give about 30 miles.

DARTMOOR TORS. Our own equivalent of the "Ten Tors Expedition" but without the overnight camp. Distance over 30 miles.

ICKNIELD MARATHON. A walk between Ivinghoe and Streatley Youth Hostels along the recently opened Ridgpath. Distance just over 35 miles. This is the route taken by the walkers on the Icknield Eighty 1974.

COVER PICTURE: Jack Spackman (104) at Edale after the AGM walk.

*Picture by Alan Blatchford.*

# EDITORIAL

LONG DISTANCE WALKERS ASSOCIATION  
PRESIDENT: Col R.Crawshaw, OBE, TD, DL, MP

Since our previous Newsletter, way back in March, several events have taken place as reported on other pages. The most important of these were our fourth Annual General Meeting which was followed by a very successful dinner; and the Cleveland Hundred Challenge Walk organised by members from the north. The latter event proved to be a very tough test with well under half of the two hundred starters reaching the finish. It was certainly a memorable occasion and those who took part will be talking about their experience for a long time yet.

Apparently it is not just fishermen who exaggerate their exploits but also certain long distance walkers, although to be fair these are generally the long retired walker or the one who fancied himself somewhat of a superman but never actually put himself to the test. The purported feats usually start "when I was in the army" or "when I was at school" etc. Probably there is some grain of truth in the story but, being so far in the past the truth is grossly distorted. School claims range from three miles in a quarter of an hour to ten miles over rough country in the hour. The "army tales" take some beating. One ex-soldier maintained that he and about a hundred others marched in full kit, with rifle and 80lbs pack 125 miles in one day. On another occasion they covered twenty miles similarly kitted out in three hours. An office colleague assures me that he accomplished similar feats and often wore no socks in his boots. After leaving the army he walked the length and breadth of Europe carrying an 80lbs pack averaging about thirty miles a day. Other claims to long distance treks come from some tribes of South American Indians who cover well over a hundred miles in the course of a town-to-town ball kicking game. Probably the most incredulous performances are attributed to the Ninja warriors of Japan who were reputed to cover 350 miles on foot in three days over rough terrain. They were also supposed to be able to run sideways at great speed and to remain motionless for hours on end. Whether these stories are real or imaginary we may never know but it would be interesting to hear from members who know of authentic long distance walking feats. One such feat was recorded by member Tom Benson who, in March of this year, set a new non-stop walking record of 309 miles.

There is still a steady, encouraging trickle of new members subscribing to the Association but, with over six hundred people not renewing their membership, the total is still only a little over the four figure mark. Number 1700 was issued in June. Checking down the list of non-renewals it appears that several are a result of forgetfulness because many of them are still active walkers seen at our events.

Most of us have our eccentricities, some of which are accepted and others which are, to coin a phrase, way out. Certainly, many people regard walking, long or short distances rather peculiar. Most people are somewhat tactful about their thoughts, but one recent writer to me addressed my envelope Alan Blatchford, Long Distance Walking Ass!

Coach trips to walks are going down very well. So far the southern groups have led the way in this field with trips to the Lyke Wake, Three Peaks and the Wansdyke. A northern member has suggested an exchange between members from the north and south, utilising coaches. If feasible, more information will be given in the next Newsletter.

ALAN BLATCHFORD (LDWA 2)

# Hathersage 76

## A SHORT REPORT ON THE A.G.M. AND DINNER

Our fourth A.G.M., held at Hathersage, Derbyshire, proved to be an outstanding success. The venue of the Scotchman's Pack was very popular both for the business meeting and the excellent dinner later in the evening. For the first time the President was able to attend and meet many members. These factors had the effect of nearly doubling the previous best A.G.M. attendance. The Sunday walk was also well supported and no fewer than 60 people met for this.

At the afternoon meeting a capacity crowd heard an opening address by President Dick Crawshaw in which he praised the work of the officials of the Association, and spoke of the merits of walking and the need to encourage youngsters and others to meet the challenge. The main officers then gave their annual reports and the treasurer presented his statement of accounts. This year there were no motions concerning the constitution and so the meeting turned to the main item on the agenda, the election of officials and committee.

After three years in the office of Chairman, Haydn Morris had to step down, constitutionally, and three members were offered for this position. The resulting ballot gave Keith Chesterton a majority over Geoff. Wood, with Sven Neal third. The retiring Gen. Secretary, Membership Secretary and Editor were re-elected without opposition. Chris Barton was unanimously elected to take care of the accounts, but there was an unprecedented number of nominations for committee positions. A quick check on their domiciles revealed that an almost southerly based committee might result. However, the secret ballot showed that no permanently based southern member had been chosen. G.Wood, A.Hoare, A.Cresswell, H.Morris, and Miss G. Burgess, gained more support than S.Neal, D.Page, J.Probert, A.Lewsley, Miss A. Sayer, M.Brown, and M.Powell Davies. The retiring treasurer, T.Harding, was appointed auditor.

As last year, the motion "that an Events Secretary be appointed" was put to the meeting and discussed at some length. Opinion was fairly divided but finally A.Hoare agreed to take the responsibility. Under Any Other Business several topics were discussed. A few members looked about them to see whether Jack Spackman was there to raise the "Centipedes" question but it was discovered that he was not able to be present as usual.

At the evening dinner another capacity gathering enjoyed a grand meal followed by a lively speech by guest speaker Phil.Bennell, the Assistant Director of the Peak Park Planning Board. On behalf of the Association, the President replied with an equally entertaining speech.

The next day most of those present on Saturday travelled the few miles to Edale to walk on Kinder Scout. The large party soon split up into several smaller groups with the faster ones reaching the Snake Inn for lunch. Others visited Kinder Downfall and some circled back via Mam Tor and Hollins Cross.

The weekend activities were arranged by Haydn Morris who must be congratulated on the success. The dinner proved so popular that places were spoken for well before the day and a waiting list had to be made. With the obvious demand it is hoped to make it an annual event to follow the A.G.M.

ALAN BLATCHFORD (LDWA 2)



# ***saturday night and ..***



LEFT: PRESIDENT & MRS CRAWSHAW

ABOVE: GUEST SPEAKER PHIL BENNELL



# ***sunday morning***

ABOVE & RIGHT: "SNAKE INN"



PICTURES BY A. BLATCHFORD  
AND A. HOARE.



# ***The Establishment - - - -***

<u>CHAIRMAN</u>	Keith Chesterton (81)
<u>SECRETARY</u>	Alan Blatchford (2)
<u>TREASURER</u>	Christopher Barton (695)
<u>EDITOR</u>	Chris Steer (1)
<u>PUBLICITY</u>	Peter Rickards (176)
<u>MEMBERSHIP SECRETARY</u>	John Feist (638)
<u>COMMITTEE</u>	Geoffrey Wood, Haydn Morris, Alan Hoare, Tony Cresswell, Geraldine Burgess.
<u>COMMITTEE CHANGE</u>	Elected member Alan Hoare has tendered his resignation and Ann Sayer has been co-opted in his place.



*The new committee outside the "Scotchman's Pack", Hathersage.*

## LEFT TO RIGHT

Rear: Peter Rickards  
John Feist  
Chris Barton  
Keith Chesterton  
Haydn Morris

Front: Chris Steer  
Alan Hoare  
Geraldine Burgess  
Tony Cresswell  
Alan Blatchford  
Geoff Wood absent

## REGIONAL REPRESENTATIVES

SOUTH EAST Ted Perry

SOUTH WEST Robin (1504) and Pam (1505) Lambert

NORTH Mike Smith (336)

MIDLANDS Ewen Hogben (744)

SCOTLAND This post still vacant - Any volunteers?



## GROUP NEWS -

*~ or whats going on ~*

IS THERE A GROUP IN YOUR AREA ? IF SO MAKE  
CONTACT -- YOU WILL BE VERY WELCOME -- --  
IF NOT WHY NOT START ONE ? YOUR REGION-  
AL REP' WILL HELP YOU ALL HE CAN -- -- --

## ESSEX + HERTS

Our Yorkshire Three Peaks trip in April was very successful though it was a pity that there was not enough space on the coach for all the members and friends who wished to come.

SUNDAY, 22nd AUGUST - NORTH ESSEX RAMBLE. Start at Castle Hedingham Church (GR 785355) at 9.30 a.m. for a walk of about 20 miles. There is a Youth Hostel almost next to the church.

SUNDAY, 10th OCTOBER - EPPING FOREST. Meet at Wanstead Station Booking Office (Central Line) at 9.30 a.m. for a 24 mile walk.

SATURDAY, 6th NOVEMBER - BLACKWATER MARATHON. Challenge walk along the fascinating Essex Coast (with return inland). See Future Events for full details.

This year's A.G.M. will be at 8.0 p.m., Tuesday, 23rd November,

Thoughts  
on our future calendar include an evening social event in January, and another Kanter in the Chilterns next March.

Secretary: Mike Powell Davies

## Westmorland + North Lancs

(PREVIOUSLY KNOWN AS THE LAKELAND GROUP. WE HAVE DECIDED TO CHANGE THE NAME TO GIVE A BETTER INDICATION OF THE AREA COVERED.)

The new group is now well underway with a regular turnout for the Sunday walks. Keith Daly (690) also led a group along the 48 mile Roman Way,

SUNDAY, 22nd AUGUST - Yorkshire Three Peaks. Meet Horton-in-Ribblesdale  
Cafe 8.45 a.m.

SUNDAY, 10th OCTOBER - Back of Skiddaw. Meet Mungrisdale Church 9.0 a.m.

SUNDAY, 28th NOVEMBER - Howgill Fells. Meet Tebay-junction at GR 618045  
9.0 a.m.

SUNDAY, 2nd JANUARY - Langdale Horseshoe. Meet New Dungeon Ghyll Car  
Park 9.30 a.m.

Secretary: Sue Rayner

# KENT

Dave Page

After a successful start to the year the group has been dogged by a series of unfortunate accidents which curtailed some of its planned evening walks.

The last one of the series is on September 1st at Bexley Station (Kent), starting at 7 p.m.

Other plans include evening walk/barbecue/walk, in the Sevenoaks area on Saturday 6th/7th November; and a cross Surrey - cross Kent (130 miles) in October or November. If any members are interested would they please contact me. We envisage the walk taking place over two week-ends.

Group members will also be supporting the main 'events' in the walking calendar; a camping weekend at the Long Mynd Hike is also planned.

Nijmegen Marches 1976. The 61st Four Days Marches are on the 19th-22nd July, 1977. How about forming a LDWA group to go? If we fill a mini-bus the cost comes down. Interested members contact the Kent Group now for the experience of a life time.

# TYNE-TEES

This new group, proposed by Eric Grice and Tony Cresswell, is having great difficulty in getting launched, simply because very little support has come in from the members concerned.

In view of this, the projected new event of the north will have to be held over until next year. Please add your support and contact Tony NOW.

Tony Cresswell

# HIGH PEAK

Saturday/Sunday, 4th/5th September - Bullock Smithy. Anyone wanting accommodation, 'phone Brian Dowey

Saturday, 25th September - 20 miles in the Derbyshire Dales.

Meet at Hathersage, by the Little John Hotel, 8.30 a.m.

Leader: Tony Wimbush.

Sunday, 17th October - The Sandstone Trail, South Cheshire - 16 miles. Meet at Beeston Castle car park, 9.00 a.m.

Leader: Brian Dowey

Sunday, 7th November - The Holmfirth Countryway - an unrehearsed 20 miles around this South Pennine metropolis. Meet Flouch Inn at 8.30. Leader: Haydn Morris

Saturday, 27th November & Sunday, 28th November. Meet each day at Castleton main car park 8.30. Saturday - 20 miles in the High Peak, Sunday - 20 miles in the White Peak. Leader: Dick Chell

Haydn Morris

# SURREY

Some 20 - 60 people supported a variety of activities which included a Hot Lunch Ramble and two coach outings; one to The Purbeck Plod, the other The Wansdyke Walk, on both of which we enjoyed good weather, (another ten or so on each coach would have made these financially sound.) We combined with the Kent Group for a Youth Hostel weekend at Goudhurst: two exceptionally cold days with snow! In addition to one of our regular Kanter Series and the Punchbowl Marathon, a new Surrey Summits walk of 100Km pioneered by Jeff Ellingham and Alan Blatchford (helped by the Editor) traverses all of the West Surrey Hills. This walk can be done at any time; information and certificates from Jeff.

Twenty-two members turned up to our first Social and Planning Evening, so another one has been arranged in the coming programme.

August 15th	20 miles round Petersfield.
Sept. 11th	North/South Surrey Walk - 35-40 miles.
Sept. 21st	Social Evening - meet at Leg of Mutton and Cauliflower, The Street, Ashstead, Surrey.
Oct. 10th	Ashdown Forest.
Oct. 24th	Farnham Kanter.
Nov. 6th/7th	Truleigh Hill Hostel Weekend.
Jan. 3rd	Surrey Inns Kanter.

Keith Chesterton

# WESSEX

Wessex Group is half way through the 1976 programme. The monthly walks have been well supported. On 18th July, eleven members repeated the "Three Rivers" walk. In contrast to last November's outing, it was a perfect day with enough breeze on the downs to offset the heat. No records were broken but it was pleasant lazing outside the "Bell" at STEEPLE LANGFORD and watching the trout under GREAT WISHFORD BRIDGE. By the time these notes appear we will have been on Sue Cotes' outing on the South Downs. Remaining walks this year are listed below.

SUNDAY, 12th Sept. Cottingtons Hill - 25 miles - Kingsclere Car Park. SU 526587. 09.15 hours.

SUNDAY, 17th Oct. Avon-Ebble Roundabout - 21 miles - Breamore Village Green. SU159180. OS 1:50000 184 08.45 hrs.

SUNDAY, 21st Nov. Test Valley Circular - 22 miles - Romsey Car Park. SU 352212. OS 1:50000 185. 08.45 hrs.

SUNDAY, 12th Dec. 2nd Annual Pre-Christmas Canter - 20 miles. Lyndhurst Car Park. SU 299082. OS 1:50000 195/196 08.45 hours.

The Group is going ahead with plans for a 50-mile open event at the end of March 1977. The route will cover the downs west of Salisbury, starting and finishing near Salisbury.

It is hoped that details will be available in November. In the meantime members may like to send a S.A.E. to: Maurice Barker for information

as soon as it is available.

Wilf Lyman

# **SOUTH WEST REGION NEWS**

Representative Tony Rowley has been obliged to move to London and we acknowledge the work he has put in in the area in the past few years.

Pam and Robin Lambert have agreed to represent for the time being and they are also keen to form a Group based on the Bristol-Malvern-Taunton area. Any members interested could join in the programme following Robin's report.

We have had a very successful series of Sunday walks, and an excellent weekend in the Black Mountains. The number of regular walkers is increasing, and we continue to have a very happy atmosphere. Much, if not all, of this is due to Tony Rowley. He has organised most of our walks, as well as the Black Mountains Weekend. We are very sorry that business has forced him to move to London, but we hope to see him on some of our walks in the future. At a recent business/social meeting the members of the Group presented Tony with a small gift to thank him for all his hard work.

Plans for the future include Sunday walks (see below), a joint walk with an adjacent Group, and a weekend in North Wales in the spring.

## WINTER SUNDAY WALKS (All start at 9.00 a.m.)

- |            |   |
|------------|---|
| 19th Sept. | Tintern Abbey car park. A walk along the Wye Valley towards Monmouth.   |
| 17th Oct.  | North Malvern Clock Tower, Malvern. A walk across the Malvern Hills.  |
| 21st Nov.  | Meet at Michael Benison's house<br>The walk to include the Blackdown Hills, Castle Neroche and the villages of Buckland St Mary and Staple Fitzpaine. |
| 19th Dec.  | Neptunes Statue, Bristol. The walk to go through the Avon Gorge, and then to Cadbury Camp, returning via Flax Bourton and Barrow Gurney.              |

Further details, information, suggestions, contact: Pam & Robin Lambert

# **NORTH YORKSHIRE**

The following is our programme for the rest of 1976:

- |                      |  |
|----------------------|--|
| <u>OCTOBER 31st</u>  | 20 mile walk around Blubberhouses Moor with Peter Barker. Start 9.0 am. GR 134550. |
| <u>NOVEMBER 14th</u> | 20 miles walk around Saltersgate with Mike Brooks. Start 9.0 am. GR 852936.        |
| <u>DECEMBER 5th</u>  | Short walk and good pub. Start Low Mill, Farn-dale 9.0 am. GR 673952.              |

Mike Smith

# SHORTS and BRIEFS

## PRESIDENT ACTIVE AGAIN

Our President, Dick Crawshaw, not to be outdone by the exploits of those on the Cleveland Hundred or the Woodford Green event, completed another hundred miles in June. For the first time he failed to beat 24 hours for the distance, but only just. He was only 15 minutes over the time. The temperature of 90° plus slowed him down, as most other walkers have been finding recently. He reports that the Accolade he picked up at the A.G.M. seemed to be very effective.

## LOST PROPERTY

COULD YOU PLEASE FIND A CORNER TO ADVERTISE THE FACT THAT I HAVE A LOT OF LOST PROPERTY HERE FROM THE CLEVELAND HUNDRED! SOME OF IT IS QUITE GOOD STUFF, SURELY THESE PEOPLE WOULD LIKE TO HAVE IT BACK.

Betty Hood

## FOUR HUNDRED UP

The Association has now organised four separate hundred miles challenge walks. These were the "Downsman" in 1973 and 1975, the "Peakland" in 1974, and the "Cleveland" this year. A select number of members who might well be entitled "Superwalkers" have successfully completed all four hundreds. These are: Tom Beattie (LDWA 220) of Kettering, Roger Cole (LDWA 564) of Dunstable, David Rosen (LDWA 152) of Stanmore, Gordon Smith (LDWA 1555) of Wellingborough, and the only lady Dianne Pegg (LDWA 279) of Chatham. Five others have completed three of the events.

## NOTE FOR WALK ORGANISERS

We are pleased to publish notice of your event but often not enough details are sent to give intending walkers the full information. Apart from any other data, the following items should be included in your notice: name of event, date and start time, distance, time limit if any, grid ref. of both starting and finishing points (if different), any entry restrictions, entry fee and to whom payable, closing date for entries (if applicable), maps required, refreshment arrangements, awards if any, name of organiser and address to send entry to.

## NEW USE FOR OLD MAPS

*When the new metric maps were published the Ordnance Survey obviously had a large stock of the old and now obsolete one inch maps. Rather than destroy them a new use has been found for them - as envelopes. Recently the Association received a large white envelope which was actually a map folded and stuck with the picture on the inside. The dismantled envelope provided a useful section covering Buckingham, Bletchley, and Towcester.*

## NEW MAPS

The latest in the Ordnance Survey's leisure map series is "Brecon Beacons" (1.25000). The map comes in three sheets (£1.50 each) and shows the National Park boundary, rights of way in green, and a part of Offas Dyke Path. Fully available in September. The "English Lakes" (NE and NW) leisure maps have been updated as have the Tourist Maps - "Wales and the

Marches", "North York Moors", "Dartmoor", "Exmoor", "Ben Nevis and Glencoe", "Peak District" and "Loch Lomond and the Trossachs

#### A.G.M. AND ANNUAL DINNER

PRELIMINARY NOTICE. NEXT YEAR'S A.G.M. WILL BE HELD AT LLAN-GOLLEN, NORTH WALES, ON SATURDAY, MARCH 26TH. WE INTEND TO HAVE A DINNER AGAIN IN THE EVENING AND A WALK OVER THE MOUNTAINS NEARBY ON THE SUNDAY. BOOK THE DATE NOW! BOOKING DETAILS IN NEXT NEWSLETTER.

#### LONDON COUNTRYWAY

Don't forget to buy your copy now. 20p (by hand) or 27p by post, from: Keith Chesterton

All profits to LDWA.

CALLING 611 - DID YOU RECEIVE A POSTAL PACKET FROM 104 ABOUT EASTER TIME? NOTHING HEARD!

A C C O L A D E - *After finding that some members were unable to buy this product, we approached the distributors and found that we could bulk buy at a favourable rate. We are selling at 86p (includes 8p profit to the Association). CATCH US AT EVENTS! (NO POSTAL SALES) Chris and Margaret Steer.*

#### TIES AND BADGES.

There are still a few Association ties left from the first batch ordered. For members who have not seen them, they are standard length and width, green, with the LDWA badge embroidered in colour. Price is £1.75. Available from Alan Blatchford.

We have lost count of how many badges have been sold but the number must now exceed the number of members by a long way. Membership Secretary, John Feist, can supply any further orders at 35p (send S.A.E. please).

#### RAWNSLEY'S PENNINE RECORD

John Rawnsley, Bradford RCC, established a new record for the 270 miles of the Pennine Way last week. He finished at Kirk Yetholm on Sunday, covering the distance in 2 days 23 hours 27 minutes, clipping four hours and six minutes off the cycling record previously held by Barry Davies, and 2 hours 21 minutes off the outright record held by fell runner Peter Dawes, Kendal A.C.

Don Cooper (LDWA 1475)

#### HOLE OF HORCUM

*The 400' deep Hole of Horcum is to be bought by North Yorkshire Council for £80,000 and preserved as a beauty spot. The purchase includes part of Levisham Moor, which is also between Pickering and Whitby.*

## **eavesdropper** ..... AFTER THE CLEVELAND

1. "I seemed to be psychologically disorientated".
2. "This ankle just went "CLICK".
3. "My knees would not bend".
4. "I reckon it was 106!"
5. "At 96 only my left leg would move forward".



# Future Events AND ACTIVITIES - AUGUST-NOVEMBER

## AUGUST 29TH - DORSET DODDLE - Dorset.

A new walk which promises to be both attractive scenically and physically demanding. The 30 miles walk starts in Weymouth and the route along the coastal path, -- finishes in Swanage. O/S maps Sheets 178, 179 (1") and 194, 195 (1:50000) cover. Entry fee? Further details from Fred Daldry

## SEPTEMBER 4/5th - BULLOCK SMITHY 50

A new 50 mile circular route starting at Hazel Grove - mainly in the Peak District. Over 80% on footpaths and tracks, climbing over 7,000' passing through 13 checkpoints at Bow Stones, Chinley Hill, Edale Cross, Castleton, Peak Forest, Millers Dale, Sough Top, Hollinsclough, Axe Edge Moor, Shining Tor and Sponds Hill. Some prizes and certificates for all finishers in 24 hrs. Details from John Corfield (LDWA 1049), 3rd Hazel Grove Scout Group

Entry fee £2.50. Please send foolscap S.A.E.

## SEPTEMBER 4th - ONE DAY INTERNATIONAL WALK - Berkshire,

Although only their second promotion of this event British Airways expect well over a thousand walkers from home and abroad to take part in three sections (12½, 18½ and 25 miles). Entry fee at £1.50 is rather higher than for similar walks but this does include a rather attractive medal and ribbon for finishers. The route is within Windsor Great Park. Entry to Mary Dobson

Entries after July 30 are officially at £2 but members should give LDWA number and send basic fee.

## SEPTEMBER 11TH - KENDAL GATHERING WALK - Lancs/Westmorland.

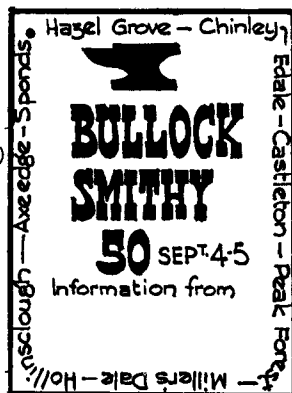
37 miles along the Lancaster Canal. Start Swing Bridge, Glasson Dock 7.0a.m. GR 445561 O/S 102. Finish at Kendal. Certificates to finishers. Coach from Kendal Bus Station 6a.m. picks up at Youth Hostel. Coach fee 50p and entry fee 60p. (includes some refreshment), payable to Kendal Charter Walk Committee. Further details will not be sent unless S.A.E. enclosed for a query on a specific point. Frank Hodson

## SATURDAY, SEPTEMBER 18TH - EAST MARDEN TROPHY NIGHT WALK - HANTS

An 18 miles overnight walk for teams of 2 to 4 walkers. Individuals will be accepted but will be grouped at the start. Start £1.00 approx) and finish at Winchester Youth Hostel, Hants. Time limit: a generous 10 hours. Entry fee 25p payable to the organisers Portsmouth & Dist. YHA Group. Maps required: O.S. Sh 185 (1:50000) or Sheet 168 (1"). At each checkpoint there will be a number of questions to answer. Winning team holds shield for one year. Further details and entries to Robert Porter

## SUNDAY, 19TH SEPTEMBER - CHILTERN MARATHON - Bucks.

To be held at the same venue as the past couple of years, i.e. the Marlow Rugby Union Football Club Ground, Riverwoods Drive, Marlow, Bucks (GR 863863). 25 mile walk in 9 hours to gain a certificate; also certificate for teams of six or more. Start



9am circular route again, passing through Hambledon, Ibstone Booker, nearly entirely on paths and tracks. Four Checkpoints free drinks at all, confectionery can be bought, numerous pubs en route. Entry open to all, entry fee 40p, details from Vince Smith  
Cheque/Postal Order payable to Chiltern Marathon.

OCTOBER 2nd/3rd - LONG MYND HIKE - Shropshire.

50 miles of Shropshire Hills, with 15 checkpoint en route, mostly on summits from 1200' to 1700', including Lawley, Stiperstones, Pontesford, Corndon, Black Rhadley, Ragleth and Caradoc. A well run event with some prizes and certificates for all finishers in 24 hours. Details from Entries Secretary, Long Mynd Hike Committee

NOTE: Entry is limited to 250 - if you want to be in, write now.

OCTOBER 2nd/3rd - ACROSS WALES.

Send SAE

An annual 45 miles from the English Border to the Welsh Coast. No positive information on where entries are to be sent but try the Y.H.A. South Wales Region, 35 Park Place, Cardiff; send SAE.

OCTOBER 16th - VECTIS MARATHON - Isle of Wight.

The Eighth Vectis Marathon will start at West Cowes and describe an S shaped course. Finish at Whitwell Youth Hostel. Entry fee 60p Send to Wendy Hayward

The 30 miles course has a ten hours time limit. Organisers are Hampshire/Berkshire Sub. Region of the Y.H.A. We are informed that it is possible to get to the start via Portsmouth or Southampton on the morning of the walk despite the 08.15 start.

OCTOBER 23rd - BURLEY MARATHON - Hampshire.

The second Burley Marathon will start and finish at Burley Youth Hostel. The distance is 30 miles and time limit for certificates is a stiffish 9 hours. There are trophies for YHA, LDWA, Scout and School teams. New Forest Tourist Map covers route. Entry fees 50p per walker plus 40p for teams. After the walk there will be a barbeque at 20.00 hrs at a cost of £1.05. Entry to and full details from Brian Smith

OCTOBER 23/24th - KARRIMOR INTERNATIONAL TWO DAY MOUNTAIN MARATHON.

This year's event is being staged in the Galloway Highlands and there are five courses. Elite: 45/50, 'A': 35/40, 'B' 30/35 'C' 30 (for women) 'D' 25/30. Entries before 1st October. Write for official forms to Karrimor International Ltd, Avenue Parade, Accrington, Lancs.

OCTOBER 30th - HALLOWEEN HAPPENING - Lancashire.

12 or 25 miles around Pendle and Bowland, famous for witches. Walkers make their own way between grid references. Start 9.30-11.0a.m. Nick of Pendle GR772390, finishing Slaidburn Youth Hostel GR 711523. (Optional) social evening at Slaidburn on Saturday. Friday evening slide show. Entry fee 25p. Coach planned at 9 am from Slaidburn to Nick of Pendle. Book with warden or enter on the day, or further details from Frank Hodson

NOVEMBER 6th - BLACKWATER MARATHON - Essex.

A new challenge walk organised by the Essex and Herts Group giving you a chance to see the Essex Coast at its best. Courses of 25 and 28 miles are available but there is no need to choose until the day.

## BLACKWATER MARATHON CONTINUED.



The start and finish will be near Maldon at Heybridge Community Centre (GR 859083). Buses connect with some London trains at Witham. Massed start at 9 am (10 am for runners), although starters up to 10 am will have their times adjusted accordingly. Everyone must finish by 5 pm.

Certificates will be presented to individuals and teams of 5 or more. A route description will be provided but OS maps 162 (1") or 168 (1:50,000) cover the route.

The entry fee of 35p (55p on the day) will cover light refreshments. Please enclose S.A.E. if confirmation of entry and/or an advance copy of the route description are required.

Entries to: Mike Powell Davies

## MID-JANUARY RESERVOIR ROUNDABOUT - Wales -(Date to be confirmed in next Newsletter.)

A winter walk of about 20 miles set in the remote Elenith area of Mid-Wales. Using O/S maps 127 and 128 walkers choose their own route over moorland and hill between several checkpoints. Safety equipment to be carried by all starters. The route encompasses the Elan and Caerwen Reservoirs. Certificates to all finishers. Full details from: N.Tandy

from Sept. Send SAE.

---

## EVENTS AND DATES.

With the increasing number of walks now being held, inevitably there is occasionally a clash of dates and some walkers are not able to take part in walks that they would like to. In an attempt to obviate this situation the Association will be contacting all event organisers later this year to ascertain their proposed dates for the period June 1977 to June 1978. The Association, of course, has no jurisdiction over the organisers of any walk but it is hoped that all will co-operate to select suitable dates that are to the mutual benefit of walkers and themselves.

The aim will be to avoid having two events in the same area on the same weekend. Ideally, walks would be spread evenly throughout the year, with no more than one per month in each area. For several reasons this is not possible and so it is hoped that the best compromise can be worked out. Eventually it should be possible for the organiser of a new walk to be able to obtain the most suitable date for his event.

A committee member will be appointed to control the scheme but in the meantime it would assist matters if members who organise events would send the following details of their next event to the Hon. Secretary: 1. Name of event. 2. Proposed date. 3. Approximate area in which held. 4. First held. 5. Distance of walk.

At the earliest possible time a list to cover the period above will be sent to all organisers.

# PINCHGUT AND RAWBONES

The title may sound like two characters out of a pantomime but, believe it or not, they are actually place names, or to be more precise, field names. These are just a pair from many thousands of amusing local names. It may come as a surprise to learn that every field has its name, although probably they are not so much used these days. Unlike town names, field names are more subject to change and many of those existing today are relatively modern although a few may be traced back to the thirteenth century.

Often the names are quite straight forward and unimaginative such as Seven Acres, North Field, The Plot, Browns Meadow etc. but others are more fanciful and even derogatory, whilst some may sound objectionable to a few people.

When the field was some considerable distance from the village it was often awarded a name which then sounded very far off. Thus we have America, Babylon, Botany Bay, Nineveh, Zulu-land etc. It is not at once apparent but Fan Demons comes into this category. This is a corruption of van Diemens Land which was the name that Tasman gave to Tasmania when he discovered it.

Some of the most amusing names derive from the shape of the enclosed land and so we have Boot Close, Cheesecake, Triangle, Mans Leg, Leg of Mutton, Spectacles, Neckcloth, etc. The Spung means a narrow strip of land, and Nackerty is field with many nooks or corners.

Many names allude to the type, or colour, of the soil and a selection in this category would include Bald Ham, Bone Dust Bit, Cacklemackie, Catbrain, Greedy Guts, Pudding Acre, Treacle Nook etc. An allied section is that concerning the profitability of the land and here we find Bare Arse, Beggar Bank, Dreadful, Empty Purse, Pickpocket, Pinchgut, Rawbones, Sodom, and Twistgut. An amusing name referring to topography is Rumps and Buttocks.

Many field names relate to past crops although this may not at once be obvious: Aniseed, Apley (apple), Averhill (oats), Carrot Bank Field, Liquorice Close, Rloth (rye), Slaughter (sloes) Potato Bed, Wad Houses (woad) are typical names. Balams may seem like an imaginative name for sheep pasture but in fact refers to the bean crop whilst Barrack Field was more likely to have grown barley than accommodated soldiers.

Wild plants that bordered the fields or once grew there have given rise to many names as have animals, both wild and domestic. Thus the maps show Alder Bungs, Apple Dumpling Butts, Blue Button (devils bit scabious), Emmy Downs (nursery for young trees), Gods Knowl (Gorse Knoll), Pildash (ash trees from which a kind of sugar was extracted), Varneycombe (fern valley). Animals are commemorated in Boar Close, Cat Furlong, Dobbin Croft, Edenbro (duck hill), Oxall, Adder Field, Ant Banks, Cannery (rabbit warren), Cuckoo Alter, Mawkin (hares), Midge Hole, Urchin Hole (hedgehogs), and Wooferdine Croft (wolves).

Two field names that might be of interest to the walker are Footpath Field and Camping Field. Less attractive are Dungy Leaze, The Pesthouse and Jail Bird, but Brewery Close may appeal to some after a long walk.

Should you want to study names in your area you should enquire of the local authority if they have the nineteenth century Tithe Maps for inspection, because these are often the best source. Further information from "English Field Names" published by David & Charles and written appropriately by John Field.

A.W.BLATCHFORD (2)

# **BY HILL TRACKS THROUGH THE HEATHER**

Written and Illustrated by KEITH PENNYFATHER (LDWA 96)

## **part 1: The Nor' West**

THE REASON WHY THE SOUTHERN HALF OF ENGLAND HAS HOGGED MORE THAN ITS SHARE OF SPACE IN THE NEWSLETTER IS PERHAPS PARTLY HISTORICAL (THE LDWA WAS BORN IN THE DEEP SOUTH) AND PARTLY DUE TO THE DISTRIBUTION OF MEMBERS AND THEIR EASE OF ACCESS TO THE MAIN WALKING AREAS. IT CERTAINLY CANNOT BE DUE TO THE LACK OF POTENTIAL FOR LONG DISTANCE WALKING ELSEWHERE, FOR HERE THE NORTH UNDOUBTEDLY HAS THE EDGE ON THE REST OF BRITAIN. HOWEVER, WITH THE NOTABLE EXCEPTION OF THE CAIRNGORMS ARTICLE BY JIM BARTON IN NEWSLETTER 14, THE FACT REMAINS THAT A LARGE PART OF BRITAIN, AND THAT WHICH CONTAINS THE MOST CHALLENGING WALKING COUNTRY OF ALL - THE HIGHLANDS AND ISLANDS OF SCOTLAND - HAS BEEN VIRTUALLY IGNORED BY THE LDWA.

Alan Blatchford, in the Editorial he wrote for the Editor in Newsletter 13, explained that in the past the reason for this apparent disinterest in Scotland had been that no contributions covering walks north of the Border had been received. Here, then, to redress the balance somewhat, are some ideas for long distance walks in this extensive area, where - as Jim Barton so rightly points out (in what is unquestionably an under-statement) - the rewards are correspondingly greater than for routes further south.

The ten routes described in this two-part article represent, in my view, the 'cream' of the Highlands and Islands - a sort of personal Top Ten, if you like - and all can be thoroughly recommended. The more popular tourist areas, such as Loch Lomond, the Cairngorms and Glencoe, have deliberately been avoided, and many of the routes included are little known and seldom walked. It would perhaps be a mistake, therefore, to publicise them too widely or to make them "official" routes. Apart from scenic quality, the main criterion used in the selection has been the historic interest in the route itself, whether military road, ancient hill track, stalkers' path or drove road used for generations. Five routes are described in this issue; the remainder will follow in the next Newsletter. The routes are designed to link with each other in several places to permit various combinations of greater length or, in some cases, circuits. And what better area to start with than the North and West!

Apart from the northernmost 4½ miles of the Pennine Way there is only one "official" long distance path in Scotland, the West Highland Way, running for 92 miles from Glasgow to Fort William, and even this is not yet fully open to walkers. Other routes may possibly materialise in the years ahead, although the much publicised proposals for a second official route - a Grampian Way from Elgin to Blair Atholl, by way of the famous Lairig Ghru hill pass - have given a rough passage by mountaineers and conservationists. But to experienced walkers the existence or otherwise of an "official" path is largely irrelevant, as almost unlimited scope awaits those with simply a map and sufficient enthusiasm, although to some extent lack of awareness of opportunities may mean that, without some guidance or suggestions, a walker exploring this area for the first time may miss the more rewarding parts.

The routes described here represent, of course, only the very faintest scratch on the surface of a vast area with tremendous potential for good walking. Probably the best planning aids for further long distance walks are the two 50p booklets, "Scottish Hill Tracks", reviewed in Newsletter 12. The 300 routes described therein can be combined and linked in various ways to produce an infinite number of continuous routes, more than enough to last any keen walker a lifetime.

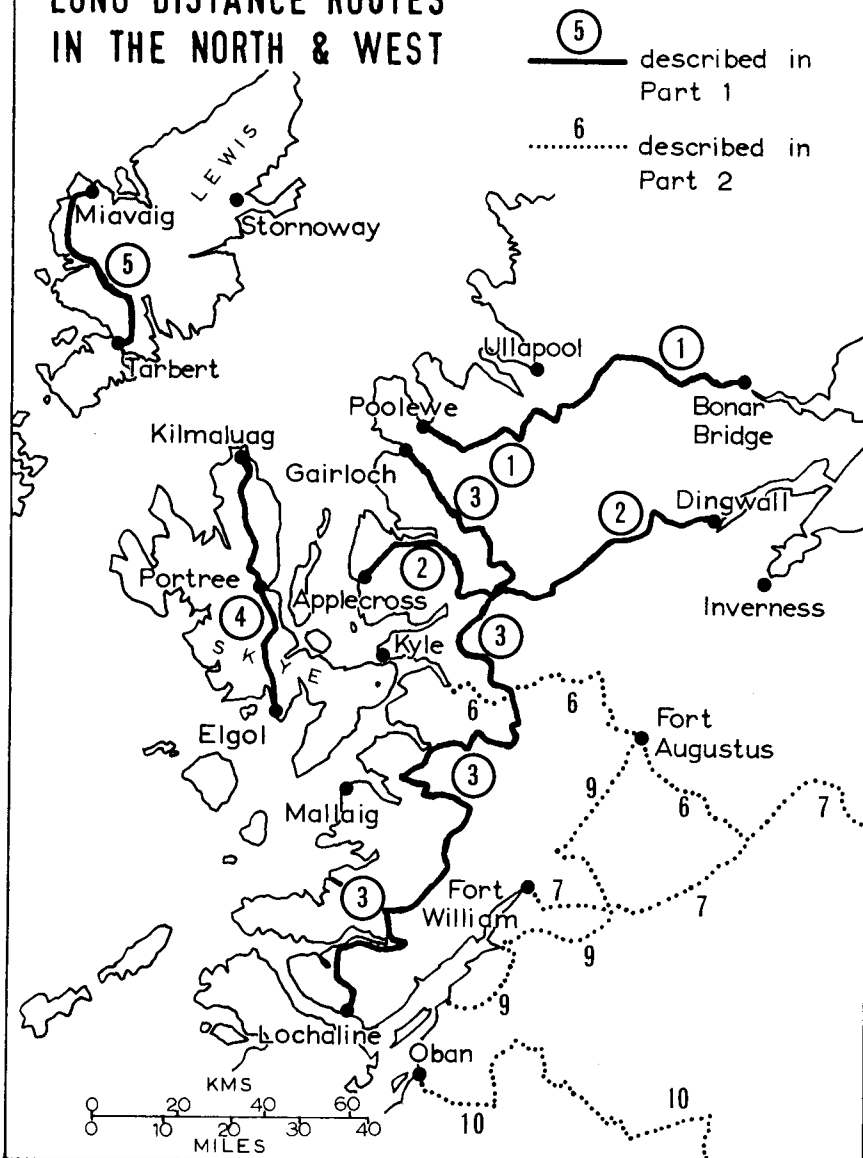
For those not too familiar with the Highlands, a word or two of explanation. Most of the place names and topographical features are based on the Gaelic language and variations between the spelling of certain words (e.g. 'glen' and 'gleann') are usual and are not misprints. The term 'bealach', which occurs frequently, corresponds to the Welsh 'bwlch' and describes a col or mountain pass, as also does a 'mam'; a 'lairig' is a long low pass. Similarly, a 'strath' (or 'srath') is a wider, flatter valley than a 'glen'.

Long distance walking in the Highlands has more in common with mountaineering than with marathon walking. As a result the routes provide a much greater challenge than elsewhere, call for additional planning as well as safety equipment, and deserve not to be hurried. (With such scenery to enjoy on the way, who wants to be the first home, anyway?) Much of the country is devoid of any kind of shelter, and accommodation generally is a problem unless you camp or use bothies. Rivers may need to be forded, and this could be difficult as even small mountain streams can be impassable after a few hours' rain. The terrain encountered on these ten routes varies from good, well-graded tracks, stalkers' paths and old grass-grown roads, long since disused, to sketchy intermittent deer paths or sheep tracks which disappear without warning - and there are many straths and glens without any discernible form of track or path at all, and many are very boggy. Trying to find some of the paths shown on the map which do exist will prove time-consuming and difficult enough without the aid of a helicopter! Mist and low cloud can be anticipated, particularly on the ridges, and quite a bit of climbing out of one glen and into the next will often be necessary - all adding to the time taken.

Finally, some general points of detail. For simplicity each route is described from N to S or W to E, depending on the general direction; however, routes 1, 2 and 7, and to some extent 6, are best walked heading W to avoid an anticlimax, scenically, and to keep the best views in front all the time. Route 4 only makes sense in scenic terms if walked from N to S. With the remainder it makes little difference although it is helpful to walk N and thus have the map the right way up! (Map numbers given are those of the 1/50 000 series.) Most parts of each route are believed to be rights of way, although this is not guaranteed, but elsewhere access problems are unlikely to arise provided the stalking season (mid-August to early October) is avoided.

Whilst I can't claim personally to have walked each route in its entirety, substantial sections of each have been covered in recent years. Nevertheless, anyone encountering any problems on any of the routes is invited to pass these on to other LDWA members by means of the Newsletter. Except where specifically noted, each section of route is mostly followed by a path or track of some sort, but the sketchy nature of many of these, and the rough going over the trackless sections (and the possibility of detours to cross streams when in spate) call for a much slower average speed than over comparable terrain further south: a point to remember when planning a journey and calculating times.

# LONG DISTANCE ROUTES IN THE NORTH & WEST



ROUTE 1 - ACROSS ROSS ROUTE: 103 kms (64 miles) from Poolewe (bus from Invermess) to Bonar Bridge (train to Invermess). Maps 19, 20 and 21.

*This most northerly of the mainland routes runs right across Northern Scotland from coast to coast, from Wester Ross to Easter Ross, by hill tracks through the heart of some of the least visited mountain groups in what was formerly the county of Ross & Cromarty. At Poolewe the route is only a short distance from the start of the West Highland Watershed route (11 kms or 7 miles by road) and if connected, the two routes combined would provide a continuous trail of 388 kms (241 miles).*

From Poolewe (NG 862814) take the path along the N shore of Loch Kernsary to Kernsary, then along the Allt na Creige (path disappears in places) and over the causeway between Fionn Loch and the Dubh Loch to Carnmore (980767). Then E to Gleann na Muice Beag and N down Gleann na Muice, leaving the path and crossing the river (no bridge: rope advised) to Shenavall (066810). (The 1-inch map of this area is surprisingly inaccurate, as a comparison with the more reliable 1/50 000 will show.) A path from Shenavall leads SE along Strath na Sealga to 090788 then N to the road at Corrie Hallie (114850), giving magnificent views of An Teallach, one of the finest mountains in the area. (A steeper and less distinct path leading E from Shenavall cuts off a corner.) At 115857 a path leads SE to Croftown (178840) and on to the Ullapool road. At Inverlael, 1 km N, a forestry track leads E, and N of Glensgualb an intermittent path climbs NE to Glen Douchary and Loch an Daimh (266937). A track continues past Knockdamph to Duag Bridge in Glen Einig, where an estate road is joined. At 352978 a path heads SE, becoming a rough track through Strath Cuileannach and leading to Croick (460914). (The Church here has interesting relics from the Highland Clearances.) A road E down either side of the river in Strathcarron leads to Bonar Bridge (NH 610915). In the 1750s the route from Inverlael to Glen Douchary, and down Strath Cuileannach, was the only communication link in this part of the country, forming part of a road leading from Loch Broom to Tain on the E coast..

ROUTE 2 - THE MACKENZIE WAY: 126 kms (78 miles) from Applecross (steamer from Kyle of Lochalsh to Toscaig, then post bus) to Dingwall (train to Inverness). Maps 24, 25 and 26, plus a small portion of 20.

*This route runs from coast to coast across the breadth of the Clan Mackenzie territory and through the heart of the Torridonian Sandstone mountain groups. E of Strathcarron it connects with the route of the West Highland Watershed. The central section, through the Monar deer forests, follows some good paths which are seldom walked.*

From Applecross (NG 710444) take the road to the Adventure Centre (722466), beyond which a track leads up Srath Maol Chaluim, becoming a path climbing over the Bealach an t-Suidhe (768512). Here fork right on a faint path crossing the river at 785521 and on to the Shieldaig road at 805532. E of Shieldaig two isolated sections of the original (pre-road) coast path to Balg and Torridon still remain, cutting off loops of the modern road, and E of the lodge at 858542 a good track follows the shore to the Loch Torridon Hotel. (Superb views N to the Torridon hills throughout this section). From Annat (894544) a good path heads SE over the remote Bealach na Lice and down Coulags Glen to the bridge W of Coulags (957451). A short distance to the W a path follows the river past New Kelso and on to the road to Strathcarron Station. At Achintee (942417) take the path E towards Loch an Laoigh, leaving it and crossing the river N of the loch (no bridge), then E (no path) through the Bealach an Sgoltaidh and along the N shore of Loch Monar. Near 129414 a path is joined, which continues along the shore, and at 176419 this is left for another one climbing first NW and then NE to the River Orrin, and beyond, down Gleann Choraínn to Inverchoran (262504). Keeping SE of the river proceed by intermittent path for 5 kms to join a track leading to Bridgend (322550), crossing here to follow the track on the N bank and then



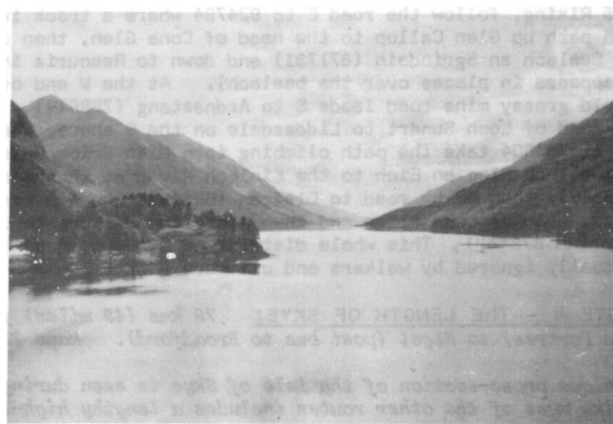
the road to Little Scatwell (393572). From here a path follows the pylons N to Garve. The route followed from Garve to Dingwall, through attractive woodland and river scenery, is part of the original road from Ullapool before the modern one was built; in places it is obliterated by recent forestry operations but can be traced from Strathgarve Lodge, N of Loch Garve, via 425593, 447583, 478574, 492576 and the track E to Knockbain, and on by road to Dingwall (NH 550587).

ROUTE 3 - THE WEST HIGHLAND WATERSHED: 274 kms (170 miles) from Gairloch (bus from Inverness) to Lochaline (steamer to Oban). Maps 19, 25, 33, 40, 49 and a very small part ( $\frac{1}{2}$  km) of 34.

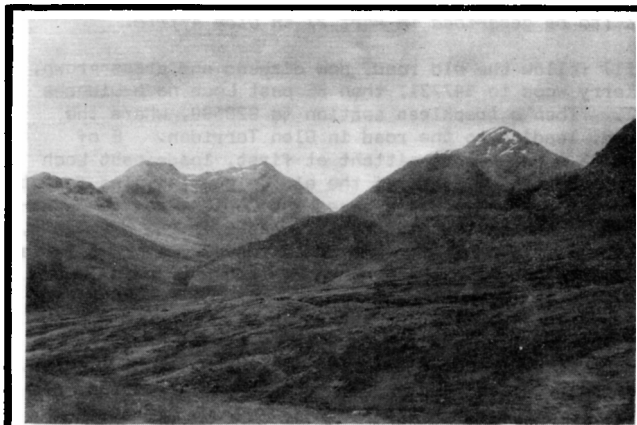
*Although it keeps mostly to the glens, this route, by far the longest of all, follows for much of the way the main watershed of Scotland between the North Sea and the Atlantic. In doing so it climbs from glen to glen over the numerous mountain ridges which go to make up the Western Highlands, and penetrates the heart of the wildest and most rugged mountain groups of all. At its northern end it is only a short distance from the start of the Across Ross Route, and it connects with the Mackenzie Way S of Achmashellach and with the Drovers' Trail (to be described in Part 2) in Glen Affric.*

From Gairloch (NG 811751) follow the old road, now disused and grass-grown, through the E side of Kerry Wood to 847721, then SE past Loch na h-Oidhche to Poca Buidhe (899643). Then a trackless section to 928599, where the Coire Dubh path is joined, leading to the road in Glen Torridon. E of Lochan an Iasgair at 960566 a path, intermittent at first, leads past Loch Bharranch and Loch Clair, through remnants of the old Caledonian pine forest, and on to Coulin Lodge where a rough track crosses the Coulin Pass to Achmashellach (003485). This is one of the finest hill passes in the Highlands, giving superb views of the Torridon Hills. At Craig (040492) a track leads E and SE and at 074468 a path heads SW through the Bealach Bhearnaish (where it disappears for 2 Kms) and on to Bendronaig Lodge. At 003382 cross the bridge and follow the N bank of the River Ling through Glen Ling to Nonach Lodge (934306), then E past Killilan and through Glen Elchaig, crossing the river at 009270 and up the path (exposed near top) to the Falls of Glomach, one of the highest waterfalls in Scotland. Parts of the next section, through Gleann Gaorsaic, are trackless until the path to Glen Affric is joined near Loch a' Bhealaich and followed E through Gleann Gniomhaidh. Opposite Glen Affric youth hostel (080202) a path crosses the river and leads S through An Caorann Mor to the main road near Cluanie Inn. At 079117 the remains of the old road from Kyle to Invergarry (now flooded by the Loch

ROUTE 3 - THE WEST HIGHLAND WATERSHED route descends to the head of Loch Shiel at Glenfinnan before climbing the glen behind the hills on the left (Sgurr Ghiubhsachain, 849m)



Loyne reservoir) are followed to Mam Cluanie (101072) where a path climbs over Creag Liathtais to reach another path running W alongside the River Loyne and through Easter and Wester Glen Quoich. (In the 18th Century this formed part of one of the few through routes between the W coast and the Great Glen.) Near the Bealach Coire Sgoireadail at 983103 a good path forks S to the Kinloch Hourn road at 959055. (This was the route followed by Prince Charlie when pursued by Hanoverian troops in 1746.) At the road end at Kinloch Hourn another good path continues along the S shore of Loch Hourn to Barrisdale. This is the district known historically as the Rough Bounds of Knoydart, one of the most rugged mountain areas in the Highlands, where - off the paths - the going is very rough and difficult. From Barrisdale head SW over Mam Barrisdale and down Gleann an Dubh-Lochain to 797990 where a path climbs E up Gleann Meadail and over Mam Meadail to the head of Loch Nevis. (Many will perhaps agree that this remote tract between Loch Hourn and Loch Nevis contains the finest mountain and loch scenery anywhere in Britain.) At low tide the route from Carnoch over the salt marshes and along the shore to Finiskaig (871947) is feasible, otherwise keep to the higher ground above to join the path near Finiskaig, and on through the Mam na Cloich' Airde and down Glen Dessarry.



ROUTE 3 - From Glen Dessarry (in the foreground), the WEST HIGHLAND WATERSHED route follows the deep glen between Streap (909m, left) and Sgurr Thuilm (963m, right) at the head of Loch Arkaig.

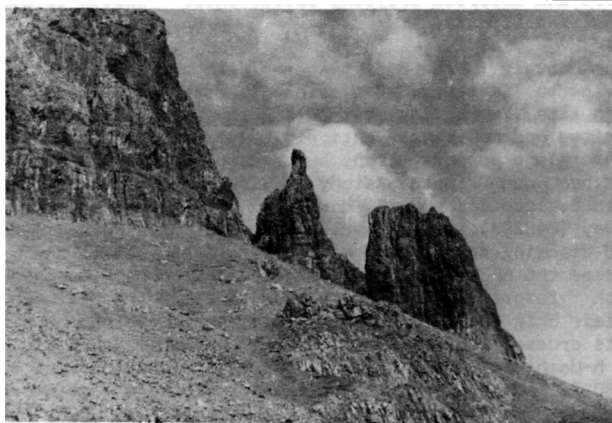
From Strathan, at the head of Loch Arkaig, take the track leading SW and cross the river at 969906 into Gleann a' Chaorainn, over the Bealach a' Chaorainn (943868) and down into Glen Finnan. (No path from the River Pean to just above Corryhully.) From Glenfinnan, with its associations with the 1745 Rising, follow the road E to 924794 where a track leads S and continues as a path up Glen Callop to the head of Cona Glen, then continues SW to climb the Bealach an Sgrìodain (871731) and down to Resourie in Glen Hurich (path disappears in places over the bealach). At the W end of Loch Doilet (795679) an old grassy mine road leads S to Ardnastang (799614). Then by road round the head of Loch Sunart to Liddesdale on the S shore, where a track leads W, and at 733604 take the path climbing into Glen Cripesdale. Head due S over the Bealach Sloc an Eich to the Kinloch River at the head of Loch Teacuis (658548), then SE by road to Claggan (698497) where a track follows the river to the head of Loch Aline and then along the W shore to Lochaline village and Pier (NM 673442). This whole district of Morvern, S of Loch Sunart, is virtually ignored by walkers and climbers.

ROUTE 4 - THE LENGTH OF SKYE: 79 kms (49 miles) from Kilmaluag (bus from Portree) to Elgol (post bus to Broadford). Maps 23 and 32.

*A unique cross-section of the Isle of Skye is seen during this walk, which unlike most of the other routes includes a lengthy high-level ridgewalk.*

*The S section of the route follows the glen between the two main mountain groups on the island, the Red Cuillin and the Black Cuillin, with contrasting scenery. The N end of the route is only a short distance from Uig, with a direct ferry link to Tarbert on the Isle of Harris, at the S end of the Crofters' Way, thus the two routes could easily be combined.*

ROUTE 4 - At the start of its traverse of the Backbone of Trotternish, the LENGTH OF SKYE route passes below the weird rock pinnacles of The Quiraing.



ROUTE 4 - THE LENGTH OF SKYE route passes Marsco, (736m) and follows the River Sligachan below the Cuillin Hills

From Kilmaluag (NG 441739) take the road SE to Flodigarry, where (at 4647101) a path leads SW to Loch Hasco. From here a short trackless section over complex rocky terrain leads to the prominent rock tower of The Prison, W of which (at 451690) a narrow path is picked up, running below the rock pinnacles of the Quiraing to the Uig-Staffin road at 440680. From here follow the Backbone of Trotternish, the name given to the crest of the ridge (mostly grassy) running S for 25 kms, with superb views all the way, passing over Beinn Edra and The Storr, to the road near Borve (452474). (There is a path along only a few stretches of the ridge, but the route is obvious.) Take the road S to 467461 for a path to Portree, then S along Loch Portree and take the Braes road (B 883) to Peinchorran (526332), where a track follows the N shore of Loch Sligachan to the Sligachan Hotel (486299). From here a good path leads S through Glen Sligachan and Srath na Creit-heach to Camasunary and Elgol (NG 520139), with superb views of the Cuillins throughout.

ROUTE 5 - THE CROFTERS' WAY: 55 kms (34 miles) from Miavaig (bus from Stornoway) to Tarbert (steamer to Uig, Skye). Maps 13 and 14.

*This trail through the hills of Lewis and Harris, although by far the shortest of all the routes listed, is also the least accessible of all; even getting to the start presents a challenge of sorts. The hill scenery is characteristically Hebridean: bare rock outcrops (Lewisian gneiss), peat moors and deserted crofting settlements. Gaelic is widely spoken by the local inhabitants.*

From Miavaig (NB 086346) take the path above the N side of the Glen Valtos ravine to Timgarry, then across the sands to Ardroil (or follow road if high tide). For the next 30 kms the Way passes through country seldom visited and now almost entirely uninhabited, although in the last century these glens supported many hundreds of people. Leave the road at 034313 and head due S (path sketchy at first) past Loch Raonasgail, through the wild Bealach Raonasgail, down Glen Tamenisdale and along the coast to Tamenavay (040203). From here the old Keepers' Path, marked only by cairns and standing stones, and mostly trackless, skirts the N slopes of Ainneval, passes the NE end of Loch Bodavat and S of Loch Benisval and leads to Kinloch - resort (107172). Keeping close to the E side of the Abhainn a' Chlair Bhig there is no path until one is reached near Loch Chleistir. This crosses the Langadale River (no bridge) and leads E over the Bealach na h-Uamha to Vigadale Bay (186115). Take the road S, leaving it at 186097, and rejoining it for a short distance just above Maaruig before heading S on the path through Glen Laxadale to Urgan Beag (177004), where the road leads to Tarbert (NG 158998).



ROUTE 5 - THE CROFTERS' WAY passes several crofting settlements where the original Hebridean "black houses" are still in use as dwellings, though modernised by the addition of chimneys.

DON'T MISS THE NEXT INSTALMENT - PART TWO - "SOUTH OF THE GREAT GLEN"  
ROUTES 6 to 10 - COMPLETE WITH MAP AND PICTURES - IN NEWSLETTER SIXTEEN.

# BOOKS OLD AND NEW

"TWO MOORS WAY" by Helen Rowett, in collaboration with J.R. Turner, B. Ison and others. Published by Devon Ramblers Association - 75p by post, from J.R. Turner

The end of May saw the opening of the 103-mile long Two Moors Way, that much discussed long-distance footpath that goes from Ivybridge, south of Dartmoor, across Devon to Lynmouth on the Exmoor Coast. The idea for the 'way' was first mooted some twelve years ago, but encountered a great deal of opposition from many quarters. In the end the Countryside Commission refused to sponsor the path and the Ramblers' Association, with Devon County Council were forced to go it alone; individual members of the Devon Area R.A. surveying and planning a route in their spare time. The fruits of this labour have now been published in an excellent guide booklet for the would-be traveller.

It follows the now familiar pattern of having the maps and text on the same page, and has the added advantage of giving the route in both directions. The strip maps which are based on the Ordnance Survey 1:25,000 series, are carefully annotated with route finding and descriptive information, and are much more clearly printed than the average walking guide, saving not only the eyes but possibly the feet as well. However, I do feel that the intending walker should have the appropriate maps with him, especially if he enjoys sight-seeing en route.

The guide is complete with an overall view of the route and accommodation lists, and is produced in a handy format for the rucksack or map-case. All in all a thoroughly commendable booklet.

JOHN BAINBRIDGE

"NEW ESSENTIAL FIRST AID" by A. Ward Gardener & Peter J. Roylance published by PAN Books several times since 1967.

This 188 page paperback covers all aspects of rendering first aid and is liberally illustrated with line diagrams and sketches. The 13 chapters include such subjects as - what to do when a person is not breathing, when someone is bleeding badly, suffering from burns, or broken bones etc. The chapter on "wet-cold chilling" will be of especial interest to all walkers. Oddly the last few pages advertise such books as "Fishing", "Cocktails and Mixed Drinks", and "The Old Wives Tale". The book is a worthwhile buy for all and it may even be instrumental in saving a life.

"LONDON COUNTRYWAY" by Keith Chesterton, published by LDWA at 20p by hand, 27p inc. p & p to members, non-members 32p.

This booklet describes the recently devised walking route round London. The route is about 200 miles in length and is about 15 to 25 miles out from the centre of Town. Apart from the basic sketch map in the centre pages, there are no route plans but, with the appropriate O/S maps, the route can easily be followed. The work is the culmination of many months of field work by members of the LDWA and RA. It is hoped to publish a larger volume later, with illustrations. Copies obtainable from Keith

A.W.B.

# Reports on Past Events

## 7TH VECTIS 30 MARATHON WALK - 11TH OCTOBER, 1975

Entries 175

Starters 151, of whom 57 were hostellers, and 25 females.  
Certificates awarded 121, of which 50 were to hostellers,  
and 18 females.

Late finishers 2

Retirements 28

This was the most successful Vectis yet, with even larger numbers of entries, starters and successful walkers than ever before.

### Individual Performances

The first home was Keith Peel in 5 hrs 22 mins who must have had a lonely day as the next arrivals at 7 hrs 04 mins were Tony Topping, Colin Saunder, and Graham Butler. Harry Peel aged 74 finished in 8 hrs 47 mins. The first lady home was Linda Wright in 8 hrs 32 mins. Ian Pither and John Fennell demonstrated superb pacing by finishing in 10 hrs exactly!

It is hoped to hold Vectis '76 in early October.

### MALCOLM COX

## 14TH MID-WALES MARATHON - 10TH APRIL

This year saw 136 starters setting off in perfect weather - for a change! The route is changed somewhat, due to increased access problems. Happily the quality has been maintained, the amount of ascent and distance being virtually unchanged. In fact, the feeling seemed to be that it was an improvement; it's an ill wind .....! The lung-busting early climb to the summit of Maesglasau has been discarded in favour of a longer, gentler climb to the same summit. This affords magnificent views of the great rock wall of Craig Maesglasau, a mile in length and split in the middle by a huge waterfall. At the northern end of this rocky barrier a grassy ridge leads the eye in one bound to the massive promontory of Maen Dolu at 2213'. This is the scenic highlight of the route, whilst the low point, physically and mentally is Cwm Ratgoed. This is the 1600' descent to a valley bottom checkpoint followed by a 1300' slog to regain the high ground.

The other major change is the omission of the last two peaks to the west of Cader summit; there is no public path and access has been forbidden! Descent is now by way of the well marked path west of the main summit, down to the car park at its foot, thence to the finish at Kings.

117 people finished, including 14 of the fairer sex. R.Womersley - (Manchester) completed the route in just under 5 hours, whilst Ann Sayer was the first lady in 7½ hours. Other times ranged up to 11½ hours; average was 8½ hours to 9 hours.

Organisational problems have been legion this year, but with the help of the National Park, Farmers' Union, Rescue Teams, Y.H.A. Wardens etc., all went well on the day.

Above all, my thanks to those taking part, for using common sense and respecting other people's property. The future of the event depended on a trouble free day between us and the farmers. Happily there were no complaints and peace has been restored - The Mid-Wales Lives!

NEVILLE TANDY (130)

COPELAND CHALLENGE - 1st MAY, 1976.

Hereafter known as the 'Copeland Massacre', this new event in the Lake District looked great but it had next to no rules. No gear had to be carried by starters which amazed me in an area like this. So what happened? We left Whitehaven for the High Stile ridge above Buttermere. The low cloud and gale force winds and cold had the runners' knees quite blue, then at Scarth Gap it started and boy did it rain! The next check was on Great Gable nearly 3000' up. The river Liza was airborne thanks to the wind and as we ascended the rain turned to hail then sleet/freezing rain. Not before time the crew told us of the event's abandonment. We later diverted to Wasdale Head where havoc was loose. Rescue teams were out everywhere as the whole thing simply crumbled. Not a soul finished and a lot of hard cases had started. Luckily no lives were lost but let this be a severe lesson to those organising new events. I still do not believe who the organisers of this were: Wasdale & Milton Rescue Teams and others.

TONY CRESSWELL (LDWA 1062)

BERKSHIRE 25 - 9TH MAY

A glorious day; perhaps more glorious for marshalls and officials than entrants. The temperature rose as the miles passed by. It was a very hot walk.

With only 18 retirements out of 177 starters it must have suited the majority of entrants as well.

A different course had been plotted than that of the previous 2 years and considerably harder as the times taken proved. There were no runners home within 4 hours and only 7 under 5 hours. First 3 back were Peel, Thompson and Breacher.

There was a noticeable increase in women entrants - young ones too. This is wonderful walking country; on the top and sides of "The Oldest Road", Ridgeway.

Thatcham Walkers keep up a high standard of organisation; liquid refreshments aplenty, radio contact between checkpoints and base, toilets at the start and finish point.

What a gorgeous certificate.

JACK WHITAKER (1012)

15TH FELLSMAN HIKE - MAY 15th & 16TH

The Fellsman Axe went to Alan Heaton who, as fastest individual, finished in 14 hrs 59 mins. His fourth successive win of a total of nine, one of which (1975) was a joint first with Peter Hartley. Of the remaining five trophies, four were retained including the Jim Nelson Trophy for the fastest individual lady, won again by Janet Sutcliffe (21hrs 13 mins). The Tregoning Cup, awarded to the fastest novice, went to John Makin (15hrs 26 mins.) Out of a field of 450 hikers there were 253 finishers, a somewhat higher (43.7%) retirement rate than in 1975.

The Fellsman has often been described as a national institution. It is also a sort of convention for the fell walking fraternity and I was glad to have been part of it this year.

At Ingleton on Saturday morning there is plenty of time to look around, to get the feel of the place and to exchange greet-



ings with other hikers. At noon we are off like a pedestrian Le Mans concentrating at first on getting out of the village without being trodden on or tripped up by fellow hikers. For some of the spectators this is the 15th time it has happened and still they look on, incredulous that we should seem keen to undertake this very special walk involving 11,000' of ascent over a distance of some 50 miles.

The rain which has fallen intermittently all morning returns heavier than before. Halfway up Ingleborough cags of every colour and type are donned with speed and dexterity but it is dry again by Hill Inn checkpoint. Then comes the easy descent to Kingsdale, and drinks. Another steep climb and we are on Gregareth. After an equipment check one of our group breaks away at an impressive speed and disappears in the direction of Great Cumm. We are together again for the road walk through the cobbled streets of Dent to Whernside Manor. Here, at the 18 mile mark, the refreshments are welcome. We make fast progress over Blea Moor following the Craven Way and at the next checkpoint, near the railway tunnel airshaft, we submit to another equipment check.

Down at Stonehouse it is a sunny evening, but ominous looking clouds are in the distance. We are grouped up for the night and have the good fortune to be with some of the old hands. First, Great Knoutberry direct; arguably faster than our planned route. After Redshaw, where more refreshments are available, we go over Redshaw Moss in the gathering darkness. We soon realise that this is the beginning of the hard stuff and, to emphasise the inhospitable nature of our surroundings, we are stung and chilled by a hail storm, as we flounder around on the west slopes of Dodd Fell. We are off Dodd Fell quickly but 'Fleet Moss Hotel' checkpoint seems never to get any nearer. You could probably retire gracefully here but, resisting temptation, we don't tarry and are soon out into the darkness and the notorious bog crossing to Middle Tongue. No good trying to follow the old boundary fence - much of it is floating in a sea of black mud and peat. You just squelch across the miles, very thankful for the company of the old hands.

It is good to reach Cray after this ordeal and to take refreshments. But it is not over yet. Buckden Pike looms ahead in the half light of dawn. Then Top Mere and Park Rash seem to come in quick succession and we only have two more checkpoints to go before the end. Our tallies are punched on the top of Great Whernside and we are ready for the homestaight. And so we finish at Threshfield in a fairly respectable 21hrs 11m.

The meticulous organisation that goes into the successful running of the Fellsman is beyond praise. The whole weekend is infused with a spirit of cheerfulness and good humour which is only one of the many reasons hundreds of people every year eagerly apply for a place on this event.

FRANK THOMAS (LDWA 127)

THE CLEVELAND HUNDRED - MAY 29th TO 31st, 1976

ENTRIES: 220

STARTERS: 201

FINISHERS: 83

The planning and preparation for this event took more than twelve months and the experience gained may be of use to anyone contemplating the mounting of a similar event in the future. Expect a tremendous amount of hard work - the Cleveland Hundred holds two records for LDWA ultra long distance events - the greatest amount of paperwork and the greatest amount of rain. Either record will be difficult to surpass.



North Yorkshire and Cleveland have some of the finest walking country anywhere but walkers do not always have a ready welcome. On my pre-walk explorations I found that the local inhabitants have had just too many walkers and too much trampling around in their fields and pastures. I was met with courtesy and consideration but we were on trust ... On the Tuesday after the walk I visited a number of the farms on the route and not only found little cause for complaint but a feeling of incredulity that people should actually pay for the experience of walking in the pouring rain for periods up to 48 hours.

The one discordant note was about the thoughtlessness of some supporters who parked their cars in such a way as to cause inconvenience to farmers and other country persons wishing to go out. That was a blemish but full marks to the LDWA walkers and a big personal thank you - mine was the name that has appeared on letters to fifty or sixty people and any criticisms or summonses would come back to me!

The moorland footpaths are better defined now after the passage of several hundred feet and no longer just lines on the map. Our thanks are due to those officials who flagged places where walkers might have gone astray. Thanks too to the checkpoint and catering staff who had to cope with rather dreadful weather conditions. The warmth of the welcome was too strong for some of the walkers who decided not to stumble out into the mist and the rain but decided to go no further. This was so at Saltburn and at Fangdale Beck which had the highest number of retirements.

Transport in these parts poses many problems. The road system was not planned with the CLEVELAND HUNDRED in mind. Neither were all night petrol stations. What vehicles and fuel we had were used as economically as possible. Unfortunately some of the retirements had to wait for rather a long time before a full load was ready to go to Malton. We are sorry.

Back at base we were conscious of the help of many people unseen - merely voices at the end of a telephone or from a radio link ... either the Park Wardens or Moors Rescue Teams or the Services. At one stage even the police were helping us. It is a little awe-inspiring to realise that there were over one hundred helpers on the day - many more than actually finished the walk.

Thank you to each and all who helped to plan and organise this walk and a special thank you to Councillor A.T.F. Young. He was installed as Mayor of Scarborough on the Thursday before our walk. One of his first official engagements was to start us off - and then for good measure he walked the two miles to Burniston in the company of our sweepers. We hope the rest of his year of office will not be so strenuous or so damp.

PETER SLEIGHTHOLME (Organiser)

Copies of the report and results have been sent to all entrants and helpers. Extra copies and copies of the route instructions may be obtained by sending a 9" x 4" SAE (60 grams) to Peter Sleightholm

### PUNCHBOWL MARATHON - 6th JUNE (Surrey)

A disappointingly small number of people took part in the Eighth Punchbowl Marathon which really reflected the limited amount of publicity done. On a dry sunny day, just over seventy walkers set out from Witley in mid-Surrey to tackle the new 30 miles route. Although changed to include less roadwork, the course still included a part circuit of the Devil's Punchbowl, a large hollow in the sandhills, from which the walk takes its name. Other features of the route included Hankley Common, (the Surrey desert), The Pilgrims Way and a section along the Godalming Navigation towing path.

By the time the allotted ten hours had elapsed 36 people had finished and in the next hour and a quarter a further 19 finished. Previously organised by a local athletic club, the event is now arranged by the Surrey Group.

A.W.B. (2)

### LAKE DISTRICT FOUR 3,000' PEAKS MARATHON - 19th JUNE

A record 199 starters set out from Keswick at 2 a.m. on the 12th annual trek embracing the four highest peaks in Lakeland. It had been raining almost continuously for the previous three days but late on Friday evening the cloud began to lift and we were to be rewarded with dry conditions for the event. It was misty on Skiddaw but as dawn broke the clouds could be seen lifting from the main tops and by mid-morning it was fairly clear on the Scafells to assist route finding. The descent from High Raise was quite wet underfoot and Helvellyn seemed to be swarming with walkers out for a pleasant day's stroll.

151 walkers, yet another record, including 10 ladies, completed the 45 mile course which includes about 10,000' of ascent. Just over a third finished within 16 hours with another 50 finishing in the next 2 hours. The remaining third ranged between 19 and 21½ hours. Noted fell runner Peter Walkington equalled the course record of 8 hours 24 minutes.

BRIAN GRAVES (LDWA 648)

### PURBECK PLOD - 20th JUNE, (Dorset)

A record number of well over 200 entered for this year's Purbeck Plod, and most of the newcomers seemed to be local people. Using a route basically the same as last year the way led down to the sea and then along the coastal path for several miles before turning inland along a ridge to pass the ancient monument of Corfe Castle. Continuing to circle clockwise, walkers later rejoined the sea to the east of Swanage where they mingled with holidaymakers on the promenade. The event finished where it had started, at the Youth Centre in Swanage.

At the finish 189 people were recorded as completing the walk in times ranging from 4.35 to 11.25. The earlier finishers contained a large number of LDWA members and 12 from the Surrey Group who make an annual coach visit to the walk.

This event, organised by the Bournemouth YMCA, is probably the most scenically interesting in the south but against this some complained that not enough drink was supplied and no result sheets were to be sent out.

A.W.B. (2)

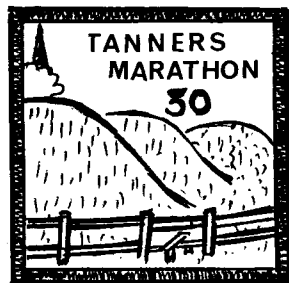
NORTH YORKS MOORS CROSSES WALK - 3rd/4th JULY - YORKSHIRE

There were 253 starters (what happened to the 40 odd who paid their £2.25 then never were heard from again?) We could have sold their places and refunded the money if they'd let us know they couldn't come. Right up until the Saturday morning there was doubt as to whether the moor fire would cause us to cancel. However, we re-routed to keep the walkers away from the forestry and the fire had died down a little so we got under way at 12.15 having waited a while for some walkers who had been stuck in the traffic on the way. It was hot and dry, most of the dropouts were coming in with blisters; the St John's chappie said he had never seen anything like it before. 102 retired, 151 finished. First in was A.Lewsley at 9hrs 39mins. F.Milner was second in 11hrs 59mins. Joint third, being grouped for the night, were J.Leather, L.Kulscar, R.Price, R.Marlow and R.Puckrin, 13hrs 13mins. The Moorcock Trophy went to A.Lewsley, the Moorhen to Pat Judd, the Old Man of the Moor, J.Stainsby, the Ruth Russell Trophy (youngest) K.Henson, Team Trophy, Leather, Price and Milner. S.A.E. to June Gough, "Heathercroft", Ravenscar, will bring a full list of finishers, times etc. Info. for next year's event should be available from me at this address from early February.

Betty Hood

TANNERS MARATHON - 4th JULY (Surrey)

On one of the hottest days ever in Britain, 59 people started out on the Fifth Bi-Annual Tanners Fifty. Most of them covered the first 20 miles before the sun became really hot. With 30 miles to go the fifty-milers mingled with nearly 500 walkers setting out on the Seventeenth Annual Tanners Marathon (30 miles). As usual the fifty-milers had 15 hours in which to cover their route and the thirty milers 10 hours. Well before mid-day the heat began to take its toll and several experienced marathoners were beginning to express doubts as to whether they could finish. At the finish, 33 had successfully completed the longer walk and 275 the shorter event. The number of finishers in the fifty was the same as in the previous event but the number of finishers in the thirty was nearly half down on normal. Whilst many were dropping out David Rosen was speeding around the fifty in a new fastest time of 8.39 and two others beat six hours for the 30 with three a few minutes slower. Two notable retirements were Alan Melsom who, up until this year, had successfully completed every "Tanners" except one, and John Offley who had been the first finisher in the fifty on three occasions. It is interesting to note that of the 33 fifty-milers in on time, 27 were LDWA members. Results booklets are available from Alan Blatchford. Send 20p payable to Tanners Marathon Association.



ALAN BLATCHFORD (LDWA 2)

LYKE WAKE RACE - 10th JULY - YORKSHIRE.

The 13th Annual Lyke Wake race, run in conjunction with the Osmotherley Summer Games, was held on an out and back course from Osmotherley to Ralphs Cross and back because of Moor Fires on Wheeldale Moor.

There were 26 finishers, all of whom received Lyke Wake plaques, with the fastest man home, Tom Flory, in 5 hours 22 mins. closely followed by Dave Dixon, 5 hours 24 mins.

Veterans' Awards - Ben Hingston, 9 hrs 50 and Tom Jackson, 12hrs 20 mins.

Handicap - Louis Kulscar - 7hrs 25mins, 2nd Leslie Kulscar 10hrs 55 mins.

Next year's race will be held 9th July 1977. Entries to A.W. Puckrin with S.A.E.

Southern members  
on Pewley Hill,  
Guildford, at  
the start of the  
100Km Surrey  
Summits Walk on  
May 1st.



WANSDYKE WALK - 18th JULY - WILTSHIRE.

The Surrey Group's excursion into Wiltshire for an informal walk along part of the Saxon earthwork, Wansdyke, attracted over 40 people. The majority came on a hired coach from Guildford and the remainder were met at the starting point. It was interesting to note that walkers came from such diverse places as Taunton, Bristol, Malvern, Birmingham, Southampton and London.

Two walks were arranged: one an archaeological wander of about six miles and the other a hill walk of about 20 miles. Twenty seven set off on the longer walk which led over Oldbury Camp, above the Cherhill White Horse, and past the crumbling landmark The Lansdown Column. Just after Calstone Wellington the party climbed to the Wansdyke and followed it eastwards. Although little is heard about this impressive dyke, it is generally more massive than Offa's Dyke. It is over forty miles from end to end but unfortunately not continuous nor a right of way along all its extant length. Soon after its highest point (908') the walkers had lunch and then left the dyke to walk over Milk Hill and the appropriately named Walkers Hill. Here another white horse in the chalk hills was seen. Later the dyke was rejoined for a mile or two and then the party crossed the Bath Road and headed for the finishing point at Avebury, the site of the largest stone circle in Britain.

A.W.B.

# *The London Countryway*

BY KEITH  
CHESTERTON  
(LDWA 81)

Three years of hard work for LDWA members, pioneering a new long distance footpath, have resulted in a booklet "The London Countryway". This describes a 205 mile long footpath encircling London between 15 and 30 miles from the centre. The route has been designed to go through as much open country and to use as little road as possible, by using existing rights of way.

For southerners, following the path will show them much of London's scenery and areas they didn't know; and for northerners, it will show that 25 miles in this area can be tough going. The route was designed initially on maps by a small group including Jeff Ellingham, Mike Brown and me, and tracings of possible routes given to LDWA members who walked them out and produced a description. These routes were then walked out in stages in several group walks, alternatives tried, rewalked and the descriptions rechecked. Some sections had as many as five alternatives tried - which is why it took three years.

In its finished form it goes from Gravesend to Tilbury - the long way round! via Sevenoaks, Windsor, St Albans and Epping Forest. It goes along the chalk hills of the North Downs, Colley Hill and Box Hill; the sandstone hills of Kent and East Surrey, the Chilterns, Windsor Park and Epping Forest. On its route lie the Roman remains at St Albans, Waltham Abbey (founded by King Harold), Tilbury Fort, Chartwell (home of Winston Churchill) and Windsor Castle. It goes along 10 miles of the Thames, the Wey and Lea rivers and the Basingstoke Canal. I've walked it all twice and several parts more often and am still surprised by the places to see.

The 'Way' can be done all at once but is pre-designed for doing in a succession of days or weeks as there are about thirty railway stations within one mile of the route so it can easily be started and stopped. There are also several Youth Hostels en route - Tanners Hatch, Windsor, Bradenham, St Albans, Epping Forest and Crockham Hill, with Kemsing not too far away.

The booklet itself is 32 pages long, contains an outline map and a detailed description in 22 stages. It is priced at 25p but is available to LDWA members for 20p by hand, or 27p by post from me. All profits will go to the LDWA.

## H E L P   W A N T E D !

To complete the job fully we need a bit more help and ideas.

1. Any volunteers to publicise and sell the booklet to stationers or bookshops in the area - especially on the route - "usual" terms offered to bookshops.
2. We want a hieroglyph or sign to describe the way.
3. To help to preserve the route against buildings, roads and diversions, we need "Guardians of the Way" who will undertake to look after specified sections of the route.

Finally, the booklet is published under my name but I was helped by about 50 others in producing it, to all of whom I am most grateful. Especially is this true of Jeff Ellingham who worked enormously hard on this - he could have been a co-author but for his modesty.

# Letters To



# The Editor

## NYMROD BADGES

*Thank you for the copy of the North York Moors LDWA booklet.*

*I am writing to let you know that the supply of "NYMROD" badges and certificates is now exhausted and no more will be available in the future.*

*I would be grateful if you could put a note to this effect in your next Newsletter so as to avoid disappointment to those who have plans to complete the walk and who are hoping to obtain a badge or certificate.*

Ian Angus

## ON THE OTHER SIDE OF CLEVELAND

*Being married to a LDWA member does have its drawbacks, i.e. windows cracked in early January will have to be left till October, when there may be a spare weekend in which to replace them; kitchens badly in need of decorating will be done - (soon love!), the garden has not seen the master of the house with a lawn mower in his hands for many months, and relatives wishing to visit for a weekend have to be put off as "we have a walk on"!*

*My husband has been a member for a year now, and I'm still getting used to being a "Grass Widow" but all this is worthwhile by seeing the pleasure and enjoyment this brings him.*

*Having a family, and also owning a selection of animals, plus being a non-driver means I can't always come to support, but with the aid of a good mother-in-law I was able to offer my services for the "Saltburn" Checkpoint, along with some good friends, for the Cleveland 100.*

*My husband, of course, had entered for the walk, and was lucky enough to finish and we are all very proud of him, but the reason I am writing is to say that, finishers or not, they all deserve a badge of merit. Everyone who passed into our checkpoint was super. Weary and wet, depressed and very tired, we still managed to get a smile and a laugh out of them, and they made our job a very happy one. I hope it isn't long before I can help again, and see familiar faces - this time perhaps not looking so tired. My thanks to you all for making my weekend such an enjoyable one, and very well done each and everyone.*

Jenny Grice

## SOME WELCOME IDEAS

With reference to Item 10 (Section C) of the Renewal Form:

I for one welcome news of competitive events in the Newsletter. If one is to tackle a long distance event then I feel that the time element is one of the many factors present in the challenge. There is a large number of LDWA members who regularly take part in those events which are competitive, e.g. the Karrimor, Fellsman, Vaux ..... and look on many of the other large events as basic training. Although many of these other events are technically not races, there is often considerable competition amongst the leading teams and also an objective of individuals to improve on last year's times. I do also feel that there is much more to long distance hill walking than the competitive element and I do feel that both views of those who see them as competitive and non-competitive should be represented in the columns of your Newsletter.

I would welcome a better coverage and sources of information on many of the fell running organisations that put on events in the country. As a southerner (with little other LDWA representation in this area) I do feel very out of touch with many of these events - often only finding out about them after the day.\*

I too would welcome articles on equipment, e.g. what sort of footwear do these people wear who sprint around the Fellsman? How do these people get their packs down to 6½lbs in the Karrimor? Can one buy a lightweight cagoule that remains waterproof after a couple of months use, including being screwed up inside a rucksack?

How about an article on The Bob Graham Club - or the record breakers of the Fennine Way - or a profile of the training methods of Joss Naylor or Alan Heaton?

I thought these would give you some ideas for future items.

Jeff Greenleaf (290)

\*The Fell Runners' Association will provide information under this heading.  
Hon. Secretary: George Broderick

## STANLEY REPLIES

May I briefly reply to those members who kindly commented on my letter in the November Newsletter. It seems clear that runners represent a significant proportion of membership. The aims and policies of the Association according to the constitution, however, specifically refer to long distance walking and make no mention of running, which is surely a quite different activity. An amendment to the constitution, and a change of name along the lines proposed by Roger Cole, therefore, seem desirable, if this represents the views of the majority of members.

I would like to assure Neville Tandy, Bill Smith and Ben Smith that I have no desire to spoil their fun, but I am puzzled by their views on "competing". Competition surely presupposes that all contestants start on more or less equal terms and with the object of winning. It seems an odd sort of competition where entrants represent a wide range of age, ability, sex and method, some of whom are not trying to compete or are even not aware that they are supposed to be competing. The conception of an individual challenge is something entirely different.

I am most grateful to you, Mr Editor, for allowing me so much space, but I am sorry that you published the last part of my letter as a separate controversial issue, which it was not intended to be. I was merely expressing a personal aversion to identification by number, which seems neither necessary nor appropriate to what Neville Tandy aptly describes as the "freedom of the hills".

Stanley J. Saunders

## COOL IT CHAPS

After reading the letters in the last two copies of the Newsletter, I am prompted to ask if we are not getting just a little intolerent. Tony Cresswell objects to a 100 mile walk being called the "Centurion Walk". Does he also object to all the so called marathons that appear in our calendar? To most people a marathon competition is a road race of 26 miles 385 yards.

Stan Saunders letter also seems to have provoked an over reaction. There must be many members who agree with him on certain points, but there is no way an open event can be made non-competitive. Someone will always want to be first, and most of our members get their satisfaction from the exertion of a long walk. Would Stan like us all to walk in one large group and finish together, entrants would then be put on a finishing list alphabetically - (Alan Blatchford would still be amongst the leaders!)

Finally, may I suggest that those critical of our competitive members look through the Newsletter and note that these persons are the organisers of most events. They certainly play their part in our Association.

Barrie Deeks (LDWA 928)

## THE MINIBUS AND THE LAW

I am sending you a publication which contains an article which I think is of interest to many of our members. Possibly there may be one or more among us who can throw more light on the problem as it applies to our activities.

### A TIMELY WARNING.

The Regulations for vehicles with eight or more seats have always been open to varying interpretations. At the present moment these are being interpreted very strictly by the Traffic Commissioners and prosecutions have resulted. The present interpretation would appear to be that it is an offence for a minibus to carry passengers who, whilst they do not pay anything towards the running expenses of the vehicle, pay towards other expenses of the trip (i.e. accommodation, theatre seats, etc.) The Commissions take the view that since the payment of these expenses entitles the payer to be carried to the exclusion of the non-payer, the payment contravenes section 118 of the Road Traffic Act 1960. This interpretation also applies to self-drive hire minibuses. Therefore minibuses should only be used where the owner or hirer is paying all the costs of the trip (including admission fees, accommodation etc.) To add to the difficulties new E.E.C. regulations are due from 1st January, which are likely to be even more restrictive. Details of these regulations appear to be unobtainable at the present moment.

Jack Spackman (104)

### PRIZE WINNERS IN CLEVELAND HUNDRED DRAW.

1st	£20	No.	2526	Rhyddings School, Oswaldtwistle.
2nd	£10	"	1668	M.Greenhalgh
2nd	£10	"	3241	K.Organ,
3rd	£5	"	1833	F.Caviglioli
3rd	£5	"	3050	C.Lawson
3rd	£5	"	3049	D.Hawley
3rd	£5	"	3884	L.Smith



# THE GEN VINE

THE GENERAL  
INFORMATION  
GRAPE - VINE

11. YOGHURT Following the Muesli/Complan ideas put forward in the last Newsletter, my favourite variation is Yoghurt. Either buy fruit flavoured or natural, and flavour it yourself with fruit juice or add tinned fruit. It goes down very well - carry it in a screw top flask, and don't forget the long spoon.

ROBIN LAMBERT (LDWA 1504)

12. LANOLIN Vaseline is widely used as a lubricant between foot and sock, but Lanolin B.P. is considered to have more staying power by some. Purchase from your Chemist. Applied liberally to toes, ball of foot and heel it will delay blistery conditions. C.S.(1)

13. TORCH BATTERIES As those that have been on a walk that lasts the complete hours of darkness will know, torch batteries have a disappointingly short life, when used continuously. If there are several lights in a party only use the absolute minimum at any one period. Walking along roads can often be done without the use of a torch even on the darkest night, however it is wise to use a light to indicate your presence to other road users. Generally the colder the temperature the less efficient they become. If you have one of those useful headlamps where the battery container is somewhere about you on the end of a wire you will find the batteries lasting longer if they are carried in a warm pocket. If you have to install your spare batteries put the old set somewhere warm. Further life may be obtained from them later. A.W.B. (2)

14. LEAKY BOOTS Very few boots keep feet dry when subjected to many hours of walking through waterlogged ground or wet vegetation. Wet feet may be tolerable in the warmer weather and indeed may even retard the onset of sore areas and blisters but in winter they can make walking a misery and even hasten the first stages of hypothermia. It is, therefore, wise to ensure that boots and shoes are fully waterproofed and dry before starting out. A short term measure that has been used with success where the feet have become wet or where the boots are wet from a previous days walk, is to use a polythene bag as a sock. After donning dry socks push the feet into good quality poly. bags of a suitable size. If two pairs of socks are normally worn, the second pair may be worn over the poly. bag. The bags should be long enough to extend above the boot or shoe top. In the summer the walker may have to decide if he prefers wet feet from the weather or sweaty feet caused by poly. bags. A.W.B. (2)

15. LDWA 'ANYTIME-MEAL MUESLI' You can, of course, buy Alpen, Country Store and other proprietary brands but you will find the following mixture equal, if not better than these, with the added advantage that you can alter the ingredients to suit your taste. Fresh fruit can be added at the time of serving. You will not find it cheaper but at least you will know what's in it.

8 oz. Wheat Flakes (Force) or Bran Flakes	4 oz. Soft Brown Sugar
12 oz. Oat Flakes (Porridge Oats)	1 tsp Salt
8 oz. Seedless Raisins or Sultanas	2 tps Malt Extract(opt)
4 oz. Any nuts (chopped)	

M.G.S. (501)

# PEAK BAGGING

CHARLES W. BALDY (LDWA 14)

Nearly every form of long distance walking has received attention in the Newsletter but so far I think peak bagging has had no mention.

Munro's Tables of the 3000 ft mountains of Scotland, compiled in 1891 and revised several times since, offer the greatest challenge in these islands to those interested in mountain walking or peak collecting. My copy of the Tables, published 1969, records 276 peaks over 3000 ft and if subsidiary tops are included 544.

Hamish Brown in the December 1974 issue of Climber and Rambler confesses to having done the 'rounds' of the 279 points (peaks presumably) four times, the last time in a single expedition, taking 112 days and covering 1639 miles and 449,000 feet of ascent. Long distance walking indeed.

It would be most interesting to know how many people have made the full collection of peaks or tops. Perhaps some members of the LDWA can claim one or the other and give us some information.

As far as England and Wales are concerned, in 1973 a book "The Mountains of England and Wales" by George Bridge was published by West Col Productions. This takes a similar form to Munro's Tables but tabulates 248 peaks and 160 tops of 2000 feet or over making a total of 408. All these are accessible to walkers who are not also rock climbers except Pillar Rock 2500 feet.

Since most of these tops are in the north, it is probable that many Northern members have bagged the lot in odd week-ends. For those of us who live in the South a more difficult problem is presented as of the time available so much is taken up in travelling. To do the 407 tops, which I finished on Wednesday, 26th May, I had to spend 46 days travelling to and from the areas to be walked and 108 days walking, during which every possible kind of weather was experienced. On 60 days I walked alone but I am grateful to those who accompanied me at times during the other 48 days, particularly Spencer Lane who spurred me on to do the longest day, 27 miles and 5600 ft of ascent and to John Fielder who gave two weeks of holiday to walk with me. 26 tops were done on such walks as Chevy Chase, Pennine Way, Mallerstang Marathon, Yorkshire 3 Peaks, Mid-Wales Mountain Walk and Offa's Dyke. Some days I had to be satisfied with one peak or top, on other days I could collect 10. I estimate the total distance walked at over 1400 miles and the total height climbed at about 313,000 feet.

It would certainly be possible to collect all the peaks and tops by walking a shorter distance and climbing less height and I should be interested to hear how others have fared. I cannot believe that I am the first member to bag all the walkable 2000's but perhaps I may be the first O.A.P. (70 in September) to collect the lot since retirement.

What other opportunities are there for peak bagging?

From people I met walking in the Lake District I gather that many are collecting the tops so clearly described in Wainwright's Pictorial Guides to the Lakeland Fells. He has divided Lakeland into 7 areas and produced a book for each. The books give routes to the tops and between them, and illustrate what is at the peak,

e.g. cairn, clump of stones or outcrop of rock. This is most useful in helping strangers walking in the mist to know what they are looking for and to recognize when they have got there.

Corbett's Tables of Scottish Mountains with heights from 2500 feet to 2999 feet are included in the book of Munro's Tables and lists 219 mountains.

Also included in the Book of Munros are Donald's Tables of all hills in the Scottish Lowlands 2000 feet in height and over. These show a total of 86 hills or 133 if subsidiary tops are included.

C.R.P. Vandeleur and Joss Lynan, the Hon. Sec. of the F.M.C.I. have listed 257 2000 feet tops in Ireland.

In the January and February 1975 issues of Climber and Rambler tables were published showing all the County Tops of the British Isles listed by George Bridge.

Which shall I do next? I think I'll take another look in the Newsletter Calendar for events nearer home.

*(In Newsletter 12 you will find a report by Ann Sayer on Hamish Brown's expedition ; Editor.)*

*Sequel to the above was the following received in a letter from Charles on 13th July.*

I have since heard from the author of "The Mountains of England and Wales", George Bridge, that I am the first to have notified him of the completion of 407 tops. Encouraged by this, last Saturday, 10th July, with the help of a climber, I reached the top of Pillar Rock so can now claim to have done all the 2000's included in George Bridge's book.



MEMBERS OF THE COMBINED ESSEX/HERTS & SURREY GROUPS  
OUTSIDE HAWORTH YOUTH HOSTEL AFTER COMPLETING THE  
THREE PEAKS, APRIL 1976.

LDWA 1422 LESLIE GEORGE EDMONDSON  
 " 1423 GEORGE DIMITRIJEVIC  
 " 1424 ROSALIND SEYMOUR PAUL  
 " 1425 J. LUDBROOK  
 " 1426 MRS LUDBROOK  
 " 1427 JOHN HENRY COTTON  
 " 1428 JOHN SEALE  
 " 1429 JOHN GRADY  
 " 1430 EDWARD JAMES WINYARD  
 " 1431 GARY JAMES JONES  
 " 1432 PETER DYSON  
 " 1433 BERNARD JOHN CLIFFORD  
 " 1434 MALCOLM HARVARD BAKER  
 " 1435 GEOFFREY ALFRED STEPHENSON  
  
 " 1436 RICHARD CLAUDE HOTCHKISS  
  
 " 1437 ANDREW R. THOMSON  
 " 1438 ELLISON BARRON  
 " 1439 RICHARD DONALD GOOD  
 " 1440 SHEILA MARY GOOD  
 " 1441 DEREK ANTHONY APPLEBY  
 " 1442 RICHARD JOHN WARD  
 " 1443 MICHAEL VERNON LOMBARD  
 " 1444 LESLIE ROBERT SMITH  
 " 1445 JOHN CECIL FROST  
 " 1446 STEVEN JOHN ROSE  
  
 " 1447 ROY PRESLAND  
 " 1448 MIRIAM BESCOBY  
 " 1449 PETER STEVEN BROOKS  
 " 1450 STUART WILLIAM McNAB  
 " 1451 JILL HOLLEY  
 " 1452 BARRY GELDARD  
 " 1453 JONATHAN ANTHONY GOODHEW  
 " 1454 NICHOLAS PETER TAYLOR  
 " 1455 KEITH JOHN HEWITT  
 " 1456 TERENCE RAYMOND DIAMOND  
 " 1457 DESMOND HARTWELL MATEER  
 " 1458 FRANK BRIERLEY  
 " 1459 CHRISTOPHER GEORGE MERRY  
 " 1460 CHRISTOPHER C. WEBB  
 " 1461 RICHARD H. NEWMARK  
 " 1462 JOHN WILLIAM WOODCOCK  
 " 1463 RICHARD WILLIAM TOWN  
  
 " 1464 SIMON RICKARDS  
 " 1465 CLIVE JEFFREY SMITH  
 " 1466 ARTHUR WINTLE  
 " 1467 RONALD EDWARD SHACKELL  
 " 1468 JOHN TASKER  
 " 1469 COLIN DOUGHERTY  
 " 1470 PAUL LESLIE CLARKSON  
 " 1471 FAYE RUSH  
 " 1472 ALASTAIR CHARLES MACLEAN  
 " 1473 JOHN MAXWELL WEBB  
 " 1474 DEREK A. HEASMAN  
 " 1475 DONALD WILLIAM COOPER  
  
 " 1476 DOUGLAS MILLAR  
 " 1477 JEFFREY BARKER

# **NEW MEMBERS 1371 to 1477**

IF THERE IS A MEMBER LIVING NEAR YOU, WHY NOT GET IN TOUCH?

IOWA 1371 KEITH WEBB  
" 1372 ALAN JONES  
" 1373 ALFRED A VERINDER  
" 1374 JOHN CHRISTOPHER WRIGHT CREASEY  
" 1375 CHRISTOPHER HAWKINS  
" 1376 KEITH CHARLES WALKER  
" 1377 JOAN KELLAND  
" 1378 DAVID ARTHUR SMITH  
" 1379 AUSTIN JAMES BRAUND  
" 1380 ERIC GRICE  
" 1381 MARTYN GRAEME TAYLOR  
  
" 1382 SYLVIA MOODY  
" 1383 DAVID NEVILL BLYTHE  
" 1384 GARETH WILFRED ROSS BAGGULEY  
  
" 1385 ALAN S. HITCHINGS  
" 1386 MICHAEL NORMAN BUNTING  
" 1387 WILLIAM PAUL TASSIKER  
" 1388 PAUL MICHAEL STANTON  
" 1389 ANDREW ROBERT FINCH  
" 1390 HAROLD CARE  
" 1391 JESSE HILLMAN  
" 1392 DOROTHY HILLMAN  
" 1393 GRAHAME LESLIE DOWNER  
" 1394 ALFRED WILLIAM GALE  
" 1395 BASIL BAYS  
" 1396 MICHAEL DAVID BALDWIN  
  
" 1397 REGINALD VINCENT TOMKINS  
" 1398 PETER SARGENT  
" 1399 ROGER KING  
" 1400 HENRY WILLIAM BRANIGAN  
" 1401 JOHN NICHOLLS  
" 1402 W/CDR P.G. HEARN  
" 1403 MAJOR P.E. DARTON  
  
" 1404 DONALD OWEN WILLIAMS  
" 1405 ROY THOMAS AVERY  
" 1406 MICHAEL AUSTIN MELLOY  
" 1407 J.W. HARLEY  
" 1408 JOHN ANNETT  
" 1409 JOHN HICKLIN  
" 1410 KEITH EDMUND CARTER  
" 1411 BARRY GRANT  
" 1412 JOHN PAUL LININ  
" 1413 TOM CRAIG  
" 1414 DAVID ALAN SANDERSON  
" 1415 CHRISTINE ADRIENNE SANDERSON  
" 1416 A.M. FOSTER  
" 1417 BRIAN JAMES SMITH  
" 1418 ADRIAN STEWART WHITE  
" 1419 ANTHONY HUGH QUAIL  
" 1420 R.S. DAY  
" 1421 J.F. ROBERTS

# Crossword 3

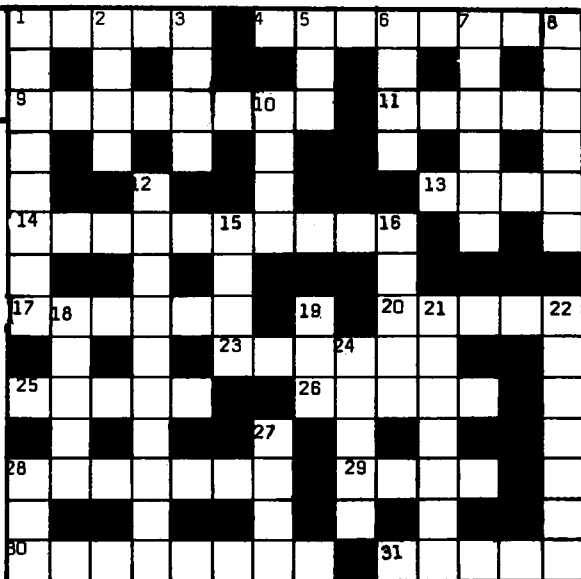
BY ALAN HOARE 131

## ACROSS

1. "TYPE OF MOUNTAIN"
4. ----- HEEL
9. YORKSHIRE HILL
11. VALLEY
13. INSECT
14. SCOTTISH PASS
17. SMALL DELLS
20. "MOVES FAST"
23. JOURNEY
25. WASPS NESTS
26. BOG
28. CLEARING/RECLAIMED LAND
29. GORSE
30. LAKELAND PASS
31. CHEVY -----

## DOWN

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. "MARATHON"</li> <li>2. RIVER</li> <li>3. "KING" KNOWN FOR THIS LONG-DISTANCE FOOTPATH</li> <li>5. HIGH PASS</li> <li>6. ISLAND</li> <li>7. SCOTTISH LOCH</li> <li>8. TOUGH WALKS MAKE YOU THIS?</li> <li>10. HEATHER</li> <li>12. RIGHT OF WAY</li> </ol> | <ol style="list-style-type: none"> <li>15. BLAST OF WIND</li> <li>16. BOOT PART</li> <li>18. SURREY HILL</li> <li>19. "CURVED" RIDGE</li> <li>21. WILD AREA OF WALES</li> <li>22. "ISLAND" WALK STARTS HERE</li> <li>24. SURVEYS</li> <li>27. MEADOWS</li> <li>28. DIGIT</li> </ol> |
|---|---|



A £2 Gift Token is offered for the first correct solution opened on Wednesday, 29th Sept.

A numbered list of answers will be acceptable, so there's no need to mutilate your Newsletter.

All entries to be sent to:



## HAVE YOU GOT YOUR TEE SHIRT YET?

THEY STILL COST ONLY £1.25 (INCLUDING POST & PACKING). CHOOSE WHITE, BLUE, ORANGE, GREEN, YELLOW OR RED. LARGE, MEDIUM OR SMALL. PLEASE GIVE THREE COLOUR CHOICES (BLACK SYMBOL) TO: Tony Cresswell

NEWSLETTER FIFTEEN - PUBLISHED BY THE LONG DISTANCE WALKERS ASSOCIATION - AUGUST 1976

This edition of the Newsletter was compiled and edited by Chris Steer and assisted by Alan Blatchford. Typed by Margaret Steer. Envelope addressing by Jeff Ellingham. Collated and despatched with the valued assistance of local members. Our thanks to all contributors. Newsletter 16 will be despatched in November. All reports and copy to be sent in by mid-October.