



# NEWSLETTER

July 2022

## OHWC Committee 2022 - 2023

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Bank details for coach payments: Barclays Bank, Account Name. OHWC, Sort code. 20-49-08, Account. 50124990 (Please quote surname and month of walk.)

## MONTHLY CLUB MEETINGS

There were 24 joining the trip to Church Stretton in Shropshire this month, with the club making a loss on the trip of £190 – the highest loss since walking restarted in September 2021. Despite rain greeting us as we entered Shropshire, it cleared and stayed clear throughout a glorious walking day.

Outdoor walking groups help one to reconnect and socialise with others and has wide-ranging health benefits including reducing blood pressure, body fat, total cholesterol and the risks of depression. Hill walking and travelling to the picturesque location chosen by OHWC enhances these benefits and makes for a very enjoyable day out. Together we can ensure that next year the walking club reaches its 50<sup>th</sup> year of existence.

Our monthly meetings are held at the Conservative Club, 38 Long Street, Wigston, LE18 2AH at 7.30pm on the Wednesday after our monthly coach walk. If you want to know more about the group and perhaps join in on the discussions, please just come along.

## THE JULY WALK REPORT

### Church Stretton, 3<sup>rd</sup> July 2022, by Carol Birch

After an inauspicious start, with the coach not arriving at Oadby Carpark until 8.20 am, we made good time and were approaching Shrewsbury around 10am when we went through a heavy rain shower. However, this proved to be the last we saw of rain for the whole day and there were sunny intervals during the afternoon.



Looking back towards Bridges

Starting at Leebotwood the four of us (Glenn, Suzanne, Carol and Andy) walked westwards through rolling countryside on seldom walked and quiet roads and rather overgrown footpaths to Picklescott on the edge of Long Mynd. We stopped for coffee outside the village hall where there were two new benches between large planters awaiting filling. A car drove into the car park and a family got out and walked across to us and asked if they could take a photograph of us using the benches. The father told us he had just finished making them and was delighted to see them in use!



We then set off for the top of Long Mynd and had to make way on a narrow road for a procession of around 20 old tractors, something I (Carol) had seen on a previous visit at Bridges. After reaching the top and admiring the wonderful views we descended via Golden Valley, a popular, attractive and well used route, where we met groups of walkers going both up and down the valley to Bridges, a popular 'pub stop' for walkers and families where we found a bench for our lunch stop. We hoped to see the tractors again for a photo but although we overheard someone talking about them, they didn't turn up before we left.



Going down Golden Valley towards Church Stretton

We now had to climb right to the very top of Long Mynd at Pole Bank but at least the paths were easy to find and follow, until we started down through a stretch of heather and bilberry bushes where our minor path was seriously overgrown. Not very pleasant for those in shorts! Even the top part of the path down to Light Spout Hollow was overgrown and not easy to follow, but it was a very attractive route with a few rocky parts around the Light Spout Waterfall, which Glen particularly enjoyed.



Climbing out of Bridges. The small figure at the very top is Suzanne – followed by Carol and Glenn.

The lower part through Carding Mill Valley was busy with walkers and visitors enjoying the scenery and the river. Several new bridges on the way down indicated damage to the paths, presumably by heavy rainfall. We reached Church Stretton about 4.45 pm and stopped for a well earned cold drink before heading back to the coach.

### **NEXT MONTHLY WALK**

The **Sunday 7<sup>th</sup> August walk is to Bollington**, in Cheshire. Departing from the Oadby Car Park at **8am prompt** and leaving Bollington at the time of **5.30pm**. There are four walks on offer ranging from 8 to 15 miles and led by Andy McQuaid, Geoff Mattock, John Bastow and Mike Hewitt. The coach route is: M1, A50, A515, A52, A523, A53, A537, A523 and B5090 – finishing about ½ mile West of Bollington. The boot stop is in Ashbourne. (Remember you need 20p to use the toilets.)

If you want to join this walk, please contact Mike Hinks on [ohwcmil@gmail.com](mailto:ohwcmil@gmail.com) as soon as possible in order to ensure we have a big enough coach and that you have a place and make your payment via bank transfer (see above heading) or debit card on the coach. (Cheque or cash is acceptable as a last resort.)

**Walk Route Map:** Go onto the News section of the Club website, [www.oadbyhwc.com](http://www.oadbyhwc.com) a few days before the monthly walk, to see a map showing the walk routes. This will speed up selecting your walk when signing up on the coach.

### **MID-MONTH LOCAL WALK**

July's mid-month walk is led by John Bastow on **Sunday 24th July**, 10 am start. Meet in Thurnby, on the green outside the Rose and Crown Pub. It is a circular 9 mile walk visiting Houghton, Old Ingarsby, Keyham, and Scraproft. Please let John know if you are joining the walk by texting 0777 1786699.

### **SOCIAL ACTIVITY**

No update this month – but all members are, as always, invited to make suggestions for this.

### **Dates for your Diary**

Planned walks for the future which you can be pencilled in your diary.

2022 Walk Programme		2022 Walk Programme	
May 8th	Holmfirth, West Yorkshire	August 7th	Bollington, Cheshire
June 12th	Stokenchurch, Bucks	Sept 4 <sup>th</sup>	Youlgreave, Peak District

July 3rd	Church Stretton, Shropshire	Oct 2 <sup>nd</sup>	Northleach, Cotswolds
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### **Limit on Walk numbers**

For safety purposes there is a need to limit the numbers on each walk to a maximum of 12, but this is at the walk leader's discretion. To help keep walk numbers to a manageable level have introduced a range of shorter, less steep, walks as well as maintaining the option of longer walks too.

### **Walk Leaders needed**

We need more walk leaders, particularly for the shorter walks. You can 'buddy up' to find out how it's done using paper maps, OS maps on-line or GPS tracking devices. It's easier than you think, and you will never be left on your own - unless you want to that is. Guidance, training and support on leading walks will be provided. Please email us or speak to any of the existing walk leaders if you'd be willing to get involved. You are not making a commitment until you say so.

Please make sure that you are carrying your up to date and completed Club Safety Form in the top of your rucksack - it will help you in a difficult situation. This blank form is available on the Club Website [oadbyhwc.com/essential-information/](http://oadbyhwc.com/essential-information/)

### **Prospective walkers**

Please contact [ohwcmal@gmail.com](mailto:ohwcmal@gmail.com) to book a seat on the coach. You will receive a reply confirming the availability or otherwise of a seat. You are reminded that it is first come first served. If you delay booking you may not get a seat. Please do not turn up without booking and receiving confirmation that you have a place. You must book a place on the coach in advance or you may not be allowed on as it picks up members at various places on the Ring Road who have already booked a seat.

If you wish to be picked up on the way to the M1, at other places than the Oadby Car Park, please mention where when booking and please be aware that very occasionally another Woods coach may go past before ours arrives.

Members can book for the next month's walk on the return journey back to Oadby. You don't have to wait for the Club meeting or the Newsletter.

### **Bus Fares**

Please try to pay before the trip by BACS (see bank details above), otherwise you can pay on the coach by contactless card or exceptionally by cash or cheque payable to "Oadby Hillwalking Club".

Adult Members and Guest £15, Junior/Student Members £8.

### **Cancellations**

Members and guests - Cancellations up to Tuesday Midnight before the Sunday walk - no penalty. Cancellations thereafter - full cost of the bus fare due. Please pay the fare by BACS or to the Treasurer, Martin Beckett, 5 Spinney View, Great Glen, Leics, LE8 9EP

### **Boot/Toilet Stop**

Members are urged to keep the time taken at the boot stop to a minimum. At the end of the walk members should change their footwear and place dirty boots and rucksacks in the luggage locker before getting onto the coach, thus avoiding any congestion and mud in the coach. Please do not wear dirty boots on the coach.

Those getting off the coach at Fosse Park and the Ring Road, may alternatively, put your dirty kit into a "Bin Liner" and then take it onto the coach; thus negating having to search for your kit in the bus Luggage Locker.

### **Safety**

The club walk organisers are not qualified guides. You join them at your own risk and of your own free will. When you sign for a particular walk you are also signing to accept any risks. You are part of an autonomous group, responsible for your own safety and happy to accept the discretion and actions of any or all the participants on that organised walk or activity in the event of injury to you, the need to have you rescued or otherwise.

### **Essential Wear**

Jeans and/or trainers/sandals are **NOT** suitable.

Members and guests must be suitably equipped and as a minimum this must include:

- ❖ suitable walking boots (not shoes or trainers)
- ❖ waterproof coat and over-trousers
- ❖ warm clothing
- ❖ an appropriate rucksack.
- ❖ food and drink for the whole day
- ❖ a First Aid Kit is recommended

If you are not properly equipped for hillwalking, you may not be able to participate.

Only Registered Assistance Dogs are allowed on club walks, except on mid-month walks at the discretion of the walk leader.

### **Almoner's Report**

If you know of any member who is poorly or unable to walk for any reason, please let one of the committee know.