



NEWSLETTER

October 2022

OHWC Committee 2022 - 2023

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Facebook: **Oadby Hillwalking Club group**

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

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 50th year of existence.

The 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 MONTHLY WALK REPORT

Peak Forest, 2nd October 2022 by Catherine Gwinnett - The walk of many stiles!

Eight of us set off from Pomeroy on a surprisingly bright morning, heading across the lush, dew-covered fields towards Flagg. We skirted around a large herd of dairy cows and clambered over the first of the many stiles we were to tackle during the day.

From Flagg we walked through several narrow, stone-walled fields, gradually rising to get fine views of the route we'd covered.

Next it was down an ancient tree-lined track and across a hillside above the village of Taddington. We stopped for a peaceful break in Taddington churchyard – as we were leaving, Geoff's group arrived to take over the seats we'd kindly warmed for them.

We left the sound of the traffic on the A6 behind as we walked to Priestcliffe where we discovered a pop-up campsite, then began the steep descent through Miller's Dale nature reserve to reach the River Wye.

The route along the river was as beautiful as ever and within minutes we spotted the first of several dippers. Chee Dale is a stunning place to walk although much of the time we had to look down at the very slippery limestone path but we took our time and were able to enjoy the autumnal scenery and the varied wildlife, including several bird species and trout in the deeper parts of the river. The dale is popular with rock climbers and we occasionally had to pick our way round their ropes and kit on the ground.

At the top of the zig-zag path out of Chee Dale, we stopped for lunch with great views of the dale and the slopes around. The route then took us along Flag Dale before turning towards the attractive village of Wormhill.

From Wormhill we took another ancient track down to Peter Dale, the atmospheric limestone dale with a prehistoric feel. The route passed through the nature reserve in Hay Dale, before joining Dam Dale which

must hold the record for the number of tall stone stiles which have to be clambered over and it certainly challenged those of us with short legs!

After 14 miles without incident, almost within sight of the pub at Peak Forest we had a turned ankle, a tumble and a member of the group who, having spotted the coach, went "off piste" for the final part of the walk! All was well on reaching the pub for refreshments before setting off for home half an hour early.

A very enjoyable walk in a beautiful part of the Peaks, with great company and sunshine for most of the day.

NEXT MONTHLY WALK

The **Sunday 6th November walk is to Oakamoor, Staffordshire**. Departing from the Oadby Car Park at **8am prompt** and leaving Oakamoor at **5.00pm** (Note new time for winter leaving). There are five walks on offer and led by Carol Birch (14-16miles), Geoff Mattock (12), John Bastow (10), Carol Hinks (8) and Mike Hinks (6). The last two walks may be combined depending on take up.

The coach route is: M1, J24, A50, A515, A52 and B5417. The boot stop is at Ashbourne – bring 20p if you need to use the toilet. For the return journey the coach will meet walkers near the Cricketers Arms.

If you want to join this walk, please contact Mike Hinks on ohwcmail@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 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

- Sunday 16th October
- 11 mile circular route from Tugby
- Meet Catherine at 10am at the village green in Tugby, opposite the Fox and Hounds pub, Hallaton Rd, LE7 9WB
- Street parking usually possible along Main Street
- Route: Tugby - Loddington - Launde Park Wood - Belton in Rutland - Allextion - Tugby (via permissive path from Fearn Farm)
- Bring a packed lunch
- Please let Catherine know by text **07941 855 762** or email cgwinnett@gmail.com if you're joining the walk.

SOCIAL ACTIVITY

Keith Davies has kindly offered to organise our Christmas Meal at the Taste restaurant on **Wednesday 7th December**. He has reserved 20 places – but only 4 places remain at the time of printing - so please do not hesitate in contacting Keith on kandjdavies1@outlook.com with how many places that you need to reserve and your choices of food. Please could you let Keith know your requirements by **Saturday 15th October** with a non-refundable deposit of £10 per person. See the Club's email of the 26th September for menus and payment are to be made by BACs details: Account name - OHWC; Sort Code - 20-49-08; Account number - 50124990; Reference - Surname and 'Xmas Meal'.

Do make sure that once you have paid by Bacs to let Keith know that you are going. Full payment before the night will be required...details to follow.

CHARITABLE ENDEAVOURS

If you want to sponsor or donate to Fern Barrell's walk (climb!) up Kilimanjaro in aid of 'United Against Dementia' please do so on her Just Given page. Once you're on the Just Giving site carry out a search for 'Fern Barrell'.

GENERAL NEWS

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/

Prospective walkers

Please contact 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.