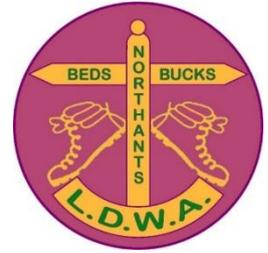




LONG DISTANCE WALKERS ASSOCIATION
*furthering the interests of those who enjoy
long distance walking*



BEDS, BUCKS & NORTHANTS GROUP NEWSLETTER AUTUMN 2020



HAVE A GREAT DAY OUT, WALK WITH BBN
www.ldwa.org.uk/bedsbucksandnorthants

Dear BBN Members

I hope this newsletter finds you well. Although our activities have been put on hold for many months, quite a lot has been happening behind the scenes in the last few months. We had a Committee meeting by Zoom on 8th October and here's a brief update:



Social walks – it's great that we've been able to resume Group social walks again. The NEC gave us the 'go ahead' at the end of August. We're able to do this because the LDWA has been included in a Government exemption which allows up to 30 people to walk together as a legitimate 'organised outdoor activity'. However, we can only do this if we meet the conditions outlined in the LDWA plan, rules and risk assessment. You can read the document on the LDWA website here

https://ldwa.org.uk/website/downloads/toolkit/LDWA_MASTER_COVID-19_Risk_Assessment-Delivery_Plan-Rules_and_Guidance_Combined_V5_0.pdf

Fortunately, the news came just in time for Roy Carter's Hathersage trip to go ahead as planned and you can read about the weekend elsewhere in the newsletter.

Many thanks to Roy and other leaders who have already put on a walk or two and those who are leading in November and December. We've had resoundingly positive feedback from members who came out on the walks.

Although 30 people are allowed to walk together, the BBN Committee are recommending that BBN group walks are limited to 15. This is because it is essential that the leader can communicate easily with the group, the chance of reputational damage is reduced and members seem happy to walk in smaller groups. However, the decision rests with the walk leader.

If you would like to lead a walk and want more information about what's involved now please get in touch, we can help you plan a Covid safe walk.

Challenge events - you'll know that unfortunately the Shillington Shuffle Challenge had to be cancelled. It was apparent in early August that there were just too many uncertainties about what we'd legally be able to do and the ongoing situation shows that this was the right decision. However, there is some positive news; the NEC are now working on how challenge events could resume in a Covid safe way.

As with social walks, we need to get approval from Sport England and the negotiations could take some months. Initial draft guidance has been produced and was discussed at a recent national Zoom meeting. The situation is complex because of different restrictions in England, Wales and Scotland and different Covid alert levels within each county. From the information I've seen, if we do get the go-ahead Challenge Events will look very different with significantly lower entrant numbers, no indoor checkpoints and no catering as we know it. As you can imagine there were a lot of different views expressed at the meeting and BBN will have to take a view about what we do once the guidance has been agreed and published.

At the moment the Chiltern Kanter and Pick and Mix are still on the programme and we will be reviewing this once we know what we can do within the rules.

Following Norfolk and Suffolk Group's innovative approach to their annual Flower of Suffolk Challenge, where entrants could complete at a time of their choosing anytime between 1 August and 31 October 2020 (this has now been extended to the end of November), we are considering running the Chiltern Kanter as an Anytime Challenge. We will let you have the details as soon as we can.

AGM – the Committee agreed that, regrettably, it wouldn't be sensible to hold our normal format AGM in November. In making our decision we considered the recent increase in Covid cases, current and possible future restrictions on numbers meeting indoors and problems of car sharing. Thanks to Dave and Lynn Yorston for their efforts in planning a morning walk and meeting venue at their village hall in Prestwood; we will definitely visit you for the next face to face AGM we can hold!

Instead, the AGM will be by Zoom and we're working on the arrangements now. You will be asked to register and will get a Zoom meeting link sent by email. We hope as many of you as possible will be able to join in. We'll investigate other ways that you can join in if you haven't got a PC, laptop, tablet or smartphone.

Thanks and a plea!

Several Committee members aren't seeking re-election at the AGM and I'd like to thank them for the contribution they've made to the Group over the years.

Peter Simon has been the Group Secretary for the last 5 years and has done an admirable job, not least with his weekly Update emails. Thank you, Peter!

Dave Findel-Hawkins is retiring from the Committee having joined in 2011 to take over the Membership Secretary role. His knowledge of the 'LDWA world' is second to none and his contribution to BBN is immense; I'm glad to say he is willing to carry on as a BBN 100 coordinator.

After 5 years Mary Knight is standing down as our Walks Secretary but, happily for us, is willing to stay on the Committee and will continue, with DFH, as a BBN 100 coordinator. Mary has done a great job having streamlined the walk programme 'process' and made it much easier for leaders to choose a date and submit details for their walk.

And so, a plea – we need 2 new Committee members and for someone to be our Group Secretary. Please consider putting your name forward to help the Group, if you want to find out more please get in touch.

With best wishes and happy walking.

Terry

The place I would like to go back to

..... is the English Lake District. I went there on several family holidays in my teenage years and it made quite an impression on me. Having been back there a few times to walk in the last 10 years, I vowed to try and get there at least a couple of times a year. I needed a project to help me and I've decided to bag the 214 Wainwright summits. The Covid pandemic has thwarted my chances of a visit this year but I've started to plan! I'd welcome any hints and tips about the best way to approach the task.

Terry

My first LDWA walk by Judy Nickerson (Judy Wheeldon in those days)

It was in January 1997. The walk was led by Peter Bearne from a lay-by near the Northamptonshire/Rutland border not far from the village of Collyweston. We soon crossed the border and headed into Rutland in the direction of Rutland Water.

I went armed with the OS map 1:50000 as I was terrified I would be left behind. At least with the map I could find my way back to the car – no GPS in those days. My map reading skills were rather limited so this was probably wishful thinking. However the map was not needed. I managed to keep up. I can't remember much about the walk. John Nickerson was on the walk and had just returned from working in the USA. He was entertaining everybody with his life there and returning for the weekend to do the 1996 100!

I can't remember who else was on the walk, I think a sheep was rescued that had got caught in a barbed wire fence. My most memorable moment was stumbling down off a stile and landing in a bramble bush. John Nickerson pulled me out. We were married 13 years later!!



***John & Judy
2010 Heart of Scotland 100***

Merrian Lancaster

I wasn't going to do anything for my birthday, probably just watch the cricket.

In 1998 I did an event with Dave and Jim, called Bog Dodgers Way. My diary says we went from Jim's at 5.45am, eek. While Dave and Jim scampered round in 4hr 10min and had a beer at the end, I toddled back in 7hr 1 min, and the pubs had shut. It was the first time I'd done an event out on the moors pretty much on my own. I wasn't the slowest, that was 9hr 7min, they probably had a pub stop. It prompted me to do a bit of shuffling on events, so I could finish before the pubs shut.

I was interested to see the route again



Dave managed to get a Premier Inn near Sheffield for Saturday and Sunday, so we didn't even have the early morning and late evening drive. I'm not as fit as I was back then so when Dave said we could lop a few miles off, I didn't hesitate, so 18 miles instead of 23, but just as boggy as I remember.

There are so many more slabs now and Black Hill used to be a trig point in the middle of a bog. I didn't remember the downhills being so steep and rocky - they're not, it's just I've got more timid. We stopped in Marsden for a beer



A good day out, here are the photos.

<https://www.flickr.com/.../60620.../albums/72157715786477621>

Back in 1998, the following day, Sunday, we did another event, Breckland Bash, then work on Monday. This year we had a lie-in, a cooked breakfast and an easy drive home.

Merrian Lancaster

My favourite walk

My favourite walk in the whole world is The Two Moors Way, from Ivybridge just outside Plymouth to Lynmouth on the North Devon coast.

It's 102 miles, crossing Dartmoor, mid Devon and Exmoor. I've done this walk four times - yes, I know I'm a bit sad, but there we are. One of these times was completed between Christmas and New Year. My record for the walk was five and a half days. You have the bleakness of Dartmoor, the sedateness of the mid Devon lanes and villages and the beauty of Exmoor. Exmoor was the best part of the walk, together with a couple of pints of Exmoor Gold in the Royal Oak in Withypool.

John Mole



BBN HOLIDAY TO HATHERSAGE **28th – 31st AUGUST 2020**

Our walking weekend was centred in Hathersage at the eastern end of the Hope Valley, a large busy village with rich historical, industrial and literary associations. We met in the bus shelter opposite the George Hotel on Friday afternoon, not to catch a bus but to keep out of the rain, take a register and run through a checklist of assessed risk before the walk began, including the weather.

This was the bookwork for walk leaders on our first BBN walk since the start of the pandemic.

Not that Steve & Pearl, Phil & Dee, Norman, Christine, Lizzie and Chris were too worried about since they were all so excited to be on a walking holiday. An event that could now be led by one leader after the LDWA gave the green light to allow up to 30 members on a walk a few days before, which saved me finding another leader.

We set off through Hathersage and around Dale Bottom to climb up on tracks to Fiddler's Elbow without really noticing the light rain. There was a lot of conversation amongst us, trying to catch up on what we had done during lockdown.



I decided to take the route over Higger Tor, where we could just about make out the hills and valleys in the mist around us and then across to Carl Wark, a rocky promontory on Hathersage Moor. Everything about it is uncertain from being a possible Iron Age hill fort to its name possibly being of old Nordic origin. My intention was to head to Burbage Bridge but somehow veered off route across the moor and was faced with crossing Burbage Brook in spate. Just too risky to do that, so a quick traverse back up onto the path and across the A6187 for an afternoon stop beside the brook. That was exciting and everyone was smiling.



Then we followed the wonderful tourist path along the brook down to Grindleford passing through Padley Gorge and past the Falls. As we headed out from Grindleford to the river Derwent, the rain got a bit heavier, so our pace quickened along the Derwent Valley Heritage Way back into Hathersage.

In the evening Dee had booked a table for us at the Little John Hotel and we were joined by Lucy and Dave who had decided not to walk that afternoon.



The Saturday walk started at Hathersage railway station in clear weather as forecast on my assessment. One immediate risk was travelling on the train which none of us had done since lockdown. The number of passengers was light at that time of day and having all masked up and Covid safe, we took the one stop journey to Grindleford.

There was no time for breakfast at the café by the tunnel and after a quick steep ascent and an awkward stream crossing, we were up on Froggatt Edge and Curbar Edge. Glorious, the views were spectacular. Stepping out close to the edge made each photo of us appear as though we were standing dangerously on a precipice.

We descended from Curbar Edge into Calver for a morning break with a couple of us having quite a squeeze to get through gaps in the Derbyshire walls. Our onward journey continued past the outdoor discount shop and up Coombs Dale, only for us then to descend to the historic plague village of Eyam for a late lunchbreak. The entire village made the remarkable decision to isolate themselves to prevent the spread of bubonic plague, which is somewhat fitting in these times of Covid-19.

The group split here with Norman, Lucy and Dave taking a direct route back to Hathersage, whereas the rest of us continued onto Bretton Clough with the intention of crossing Offerton Moor and the Stepping Stones over the Derwent. I had a report earlier that the river was high and our encounter of Burbage Brook yesterday, meant we had to divert onto a small lane back to Hathersage via Leadmill bridge to cross the Derwent. The meal that evening was very nice at the George Hotel.



Sunday morning was nice and sunny with the weather definitely improving and ahead of us a classic walk starting from Hathersage. After the usual introductory checks it was up to the church to visit the reputed grave of Little John, Robin Hood's chief lieutenant. Then onward and upwards onto Stanage Edge, which was quite busy with walkers. Great views on the top and towards High Neb for a morning break at Crow Chin. From here I led on round the escarpment to Moscar House to reach Derwent Edge rather than take the shorter route across moorland via Cutthroat Bridge and round. The views from Derwent Edge were wonderful, definitely better than when I was last here on a wet and windy day.



We were all treated to the rocky outcrops along the edge with names like Wheel Stones (where we had lunch), White Tor, Salt Cellar, Dove Stone, Cakes of Bread and the highest point, Back Tor where some of us were eager to climb up to the trig point.

Still heading away from Hathersage at 3pm, we dropped over Lost Lad and headed down into the Derwent Reservoir. It was getting far too late to consider going over Win Hill as planned, so we headed for home down beside Ladybower Reservoir famously used by pilots to practice low-level flying in Operation Chastise during World War II. Who said “ice cream van”? Yes there was one at a popular point close to the turrets of the Dam made famous in the film *The Dambusters*. Thank you to Phil and Dee for getting them in. Fully sugared, it was then into Bamford, across a glorious golf course in the warm late afternoon sun to reach Hathersage. Chris said “it was her first 20 mile walk this year” and I reckon that was true for many of us too.

There wasn't much time to prepare for our evening meal at The Little John Hotel and we all got around a very large table to celebrate a wonderful weekend. I would like to thank everyone on the holiday for presenting me with a Malbec and Old Peculiar which hasn't all gone yet. I think it was during the evening we were made aware that Lizzie had lost her ring given by a friend in France but we were in no shape to go looking for it on the hillside in the dark.

Bank Holiday Monday's walk started in Castleton with yet another classic and popular walk. We couldn't leave the area without going up onto the Great Ridge at Hollins Cross and walking over Mam Tor which is what most people in the vicinity were going to do that day because of the good weather. Since I was carrying a map, I was asked by some people before the BBN walk started, "Is that the way to Hollins Cross?" pointing at their AA map and "How do I get onto the ridge" using their Landranger map. Luckily the path, the ridge and Mam Tor are reasonably wide enough to take us early morning walkers over the top without being restricted in our distancing. There was a manageable crowd you might say.

Lucy and Dave, Norman and Pearl split away after Mam Tor to descend round the various caverns adjacent to Winnats Pass and back into Castleton, while Lizzie, Steve and myself continued on the ridge to Dale Head. Rather than traverse to Jacob's Ladder we decided to take the easier route and descend into the Vale of Edale to Grinsbrook for lunch at the café there. On a warm, pleasant afternoon we continuing down the vale, crossed the railway and ascended steeply onto Back Tor to take the ridgeline along to Lose Hill.

This was the last of our magnificent views before descended past the YHA into Castleton and a well-deserved tea/coffee and cake in the back garden of the Bulls Head. Lizzie had walked 157,000 steps over the weekend and later found her ring hidden in the rucksack, so in the end everyone was happy with the entire weekend away.

Roy Carter

Photos: Norman Corrin & Lizzie Bridge

NORMAN'S VIRTUAL CREAM TEA WALK – 13th/14th June 2020

The Challenge:

Well folks it would have been one of the social events of the year if Mr Covid hadn't got involved. That's right, it would have been my Cream Tea walk.

As we've just had a virtual Fellsman and a virtual 100, Mike Hyland suggested to me about having a virtual cream tea walk. Thus, the idea was chewed over so to speak with Gill and the plan is as follows.

*For this weekend either Saturday or Sunday why not share a photo with us of the food you're taking on a walk. If you can manage to bake a cake and take some with you on a walk (or just eat it in your garden....) or buy an ice cream from a van then the nearest to a cream tea wins!
BAKE CAKES - YOUR BBN NEEDS YOU.....*

Norman Corrin



Merrian Lancaster:

Dave's the baker in our family, but he couldn't be persuaded to make scones. I wasn't going to join in, but the next thing on the list was weeding, so I decided to have a go this morning. My bag of self-raising flour was unopened, from Sainsbury's, June 1984, price 35p. My oven doesn't have a thermostat. You won't be surprised to hear that I have biscuits. Straight from the oven, plenty of butter, Dave's jam and some crème fraiche and they taste OK with a good cuppa. I could pretend I intended to make biscuits.

Steve & Pearl Smith:

We did a walk from Longnor which is on the Staffordshire side of the Peak District. No cream tea but we did have raspberry sponge cake.





Brian Graves:

Basic Banana and Walnut loaf for me. Finished my version of the Ouzel Valley walk and sat by the confluence of the Ouse and Ouzel (Lovat) at Newport Pagnell and enjoyed a slice of my cake.

Graham Busch

Paul Keech and myself walked the Sundon Saunter, 12 mile route though we didn't have a cream tea we did stop at Harlington Church and enjoy a jolly nice piece of my Mother in Law's delicious fruit cake. Great idea. Any other food related walk ideas?



Norman Corrin:

Not sure if Norm can win his own competition but he gets a Gold Star from the four of us who enjoyed the delicious cream tea he laid on after our walk around Milton Keynes today. All socially distanced of course.



Alan Leadbetter:

No cream tea,
but I did bake a few cakes.



R

Liz Sheffield:

Sometimes things don't go exactly to plan. No scones!
But freshly baked carrot cake will do nicely thanks.
Fine bone china cup and saucer?
Less Royal Doulton and more royal polystyrene. Still
very enjoyable.

Lizzie Bridge:

To earn my cream tea, I did a 10k run from home, to and then around Belfairs Woods. Very hot to be running and so the shade was most welcome, although I seemed to be going slightly up hill, all the way round! Must remember to go in the other direction next time. 😊 Then walked the 3k home. 😊 Yum yum 😊





Sue England:

My cream tea walk was in a couple of local parks followed by spiced latte birthday cake for hubby. It has a whipped cream with vanilla custard topping, spiced with rum and nutmeg.

**Rachel & Victoria
Martin
and Gill Bunker:**



Terry Brown:

Well ... my cream tea walk involved baking some scones then walking to Morrison's in Shefford in search of the real Cornish clotted cream - Rhoddas - and I found some! There were 2 or 3 tubs lurking up the back of a shelf almost completely hidden by pots of whipping cream.

And here it is - savoured in the garden accompanied by Russell, who never says no to a cream tea! (We were very strict and rationed ourselves to 1 scone each because we were having a Shefford Tandoori takeaway a little bit later!!!)

Lovely!

I think mine is the Devonshire way of doing it - jam on cream?



Sara Waldron:
Cream tea?
Don't mind if I do !!



Jackie Burnett:
No scones & cream for me, but a slice of birthday cake and upside-down rhubarb cake were welcome after a lovely 19 mile walk.



The Results

Well folks thank you for all of your efforts on the Virtual Cream Tea walk.

Whether you baked, walked or ate your efforts were magnificent.

All of the photographs looked very enticing and made me want to come round and check for soggy bottoms!

It was very difficult to judge. I spent most of Sunday evening chewing it over.....or was that the remaining 4 scones from the cream tea walk around Milton Keynes?

By the way I must clear up a misunderstanding. I'd said that Mike Hyland had suggested to me about a virtual cream tea walk but Steve Smith of BBN (Belper Broadcasting Network) or (Birkenhead Bimbling Nexus) told me it was him. In other words, it was a collaboration between one person from the posh side of the Mersey and one from the proper side.

Show stopper award goes to our beloved Chair Terry Brown who made her own scones and walked all the way to Morrison's and back for the clotted cream. Devotion to the cause or what?

Best motivation for wanting to bake award was Merrian's "the next thing on the list was weeding".

Eloquently baked award to Brian Graves for using the word confluence in his submission.

Sitting down and eating award jointly awarded to Graham Busch, Paul Keech and Steve & Pearl Smith

Helping you see on night walks award to Liz Sheffield for her carrot cake.

Delicate and refined award to Sue England.

The so many cakes I can't count award to Alan Leadbetter

We're getting stuck into these award goes to the Bunker family....all of them. 😊

With all competitions there can only be one winner so for me this year's Master Baker is.....

LIZZIE BRIDGE!!!!!!!



I could feel the effort she'd put into running in the oppressive heat of Sunday and sounding as if she'd really earned it. Before anyone wants to complain about the result there is no bias in this competition as Lizzie is from the wrong side of the Mersey like Steve.....

So let's hear it from the Queen of Cakes for the winner.



Norma Berry

WE FINISHED OFF THE PEDDARS WAY

Myself and Betty a few years back walked the North Norfolk Coastal Path from Hunstanton to Cromer. Then as we had a bit of time left we walked the Peddars Way north from Great Massingham to Hunstanton.

On Friday 2nd October we met at the Knettishall nature reserve to finish off the Peddars Way all the way up to Great Massingham. We walked only six miles on the Friday afternoon which was to be the best day of the weekend, not only for the scenery but also for the weather.....

When we eventually ended up in the same car park (there were three) we parked one car in the correct car park that was the start of the Peddars Way and took one car to Stonebridge, then we walked back to the car at Snettisham. The route was a lovely walk through woodland and heathland and soft underfoot.



We did have a good laugh at one point, the route follows a small river and we had to go over a bridge to get over it then follow a boardwalk over a boggy area which floods when wet. Just before the bridge there was a sign stating that after wet weather walkers should take a diversion to miss the boardwalk due to flooding. As we thought there had not been a lot of rain we ignored it and took the route over the boardwalk. "Ooppps". Well, put it this way, we could see the boardwalk under the water. Over the bridge we went, Betty went first then I heard Betty shouting HEEEEEEEEEEEEELP



The river had flooded and the boardwalk was under water, and Betty's feet were under water. She only had trainers on so her feet got soaked. The water must have been about five inches deep. It took us about two and a half hours to do the six miles back to the car.

Back at the car and a change of footwear for Betty we headed back to Betty's car at Stonebridge then headed for the Swan Inn at Hilborough where we were going to put our heads for the next two nights. We had great accommodation as we had an apartment to ourselves, two bedrooms, and a kitchen with a microwave, two electric hobs, and even a washing machine. We had a drink in the pub before we were shown our accommodation so we booked a meal before we went into the apartment. But as we found out as there was a microwave in the accommodation I decided to cook for myself and got some quick meals from the local Asda store in Swaffham.

The place soon warmed up and after a film on Netflix we headed for the sack. We had two lots of 13 miles to do over the next two days. Saturday and Sunday were wet and a lot of boring road walking so the route was not as interesting as the Friday.

On the Saturday we parked one car at North Pickenham and then drove back to Stonebridge where we finished off the day before, then walked back to North Pickenham. On the Sunday we parked a car at Great Massingham and drove back to North Pickenham then walked back to Gt Massingham. We got to Gt Massingham at around 14.00 soaked, then headed back to the Swan to pay our dues then headed home. Saturday and Sunday were a bit boring so there was not much to tell you about. Photos on the BBN Facebook

Stevecee xx

PS there were hundreds of pigs.



Here are a few photos of walkers enjoying some of our recent BBN social walks:
Picturesque cottages on Roy's *Thatcher's Way* 10th September





Afternoon break by the River Ouse

Photos: Gill

We're getting the hang of this social distancing lark on Gill's **Stony Saunter**

Even in the dash for ice cream 13th September



Photos: Gill

A glorious sunny day in the Chilterns for
John's stroll **Around Chesham**
17th September



Photo: Liz

Terry's *Ridge, River and Reserve* 10th October

A massive thank you to Terry for a fabulous autumnal walk from Sandy. We were lucky with the weather for most of the way, with only a short spell of rain. Some debate about the final distance, but 21 ish miles.

Lizzie Bridge



Photos: Lizzie



A familiar landmark on
Sara's **Bedfordshire Beauty**
15th October
Spot the married couple !

Photo: Sara

Terry's repeated **Ridge, River and Reserve** walk 17th October

In the absence of any trains south of Potters Bar yesterday I joined the BB&N LDWA for a circular Bedfordshire Walk 20 mile walk from Sandy. We visited a number of villages including Old Warden and the Shuttleworth Estate and had a good view of some hang gliders. We used the Greensand Ridge and the Kingfisher Way (and saw a real Kingfisher!)

The group were a pleasure to walk with and Terry, our excellent walk leader, is also good at identifying bird calls. On walking through the RSPB reserve she was able to identify a flock of crossbills in the gathering gloom.

Ian Watson, London LDWA





Photos: Ian Watson

Enjoying lovely autumnal colours (and only one shower)
on Sara's **Bedfordshire Beauty Repeat** 22nd October



Photo: Sara

LDWA BEDS BUCKS & NORTHANTS GROUP : COMMITTEE 2020

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*The Minutes of the Zoom Committee Meeting held on
Thursday 8th October 2020 are on the website
<https://ldwa.org.uk/BedsBucksAndNorthants/W/1052/meetings.html>*