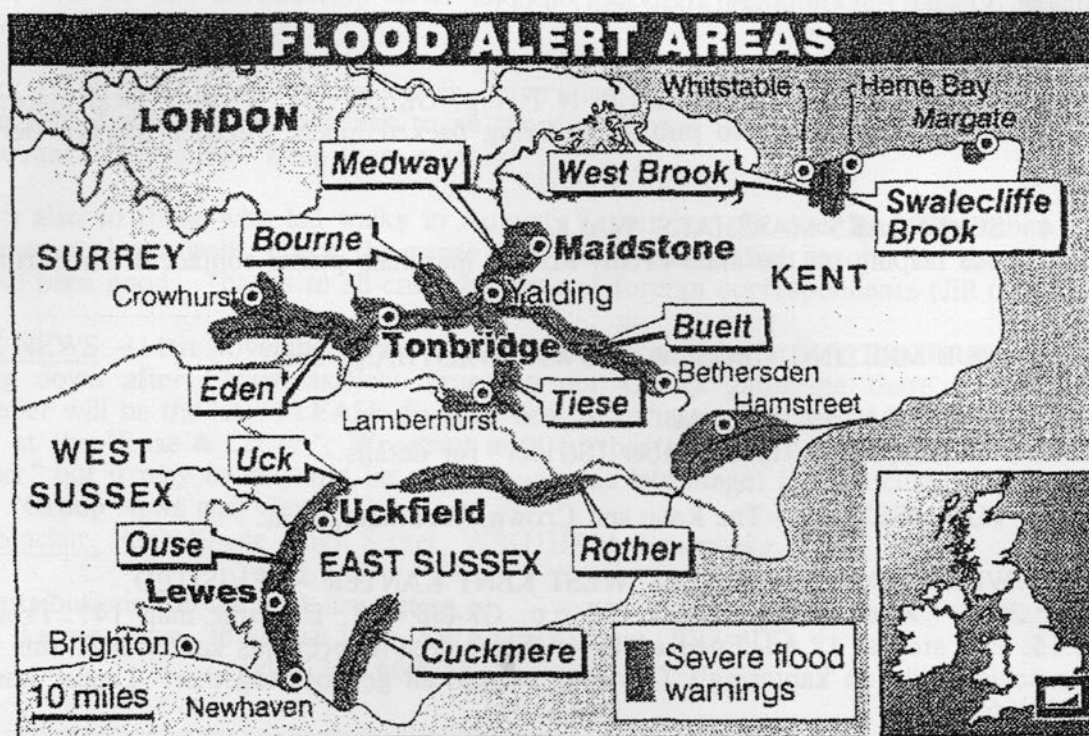




LONG DISTANCE WALKERS ASSOCIATION *Kent Group*

aims: to further the interests of those who enjoy long distance walking

NEWSLETTER



The floods in the Wealden Waters Walk area
causing the event to be cancelled
(Graphic from *The Independent*)

LDWA KENT GROUP PROGRAMME - JANUARY to APRIL 2001.

FRI JAN 5 WAGHORN'S WINTER NIGHT WALK

c.21ml in Darent Valley. Meet Wheatsheaf PH, Kemsing, (GR555 587, Landranger 188) at 9.30pm for 10.30 start. Bring own food/drink. Leader: Ivan Waghorn, [REDACTED]

MON JAN 8 PUB MEETING - ROSE & CROWN, WROTHAM, 8 pm.**SUN JAN 28 ANNUAL GENERAL MEETING**

Hawkhurst Village Hall (GR763 305, Landranger 188) Meeting starts at 2pm prompt. Optional social walk, 9.45 for 10.00am start. Optional FREE buffet lunch, 12.45 for 1 pm.

MON FEB 5 PUB MEETING - THE Rose and Crown, Wrotham, 8 pm.**SUN FEB 18 BILL'S BIGGIN HILL BASH**

c.16ml. Meet Leaves Green c.p., GR415 619, map 177. 8.30am start. Pub stop. Food available. Leader Bill Gillibrand, [REDACTED]

SUN FEB 25 SEVENOAKS OUTCROPS WALK.

c.10ml. Meet 10am One Tree Hill N.T. c.p. GR559 531. Visiting local places of interest. Old clothes advisable. No pub stop. Bring packed lunch. Leader Martyn Berry. [REDACTED]

SUN MAR 4 SEVENOAKS MARSHALS' WALK

For those helping on the main event. Roving marshals please contact Brian Buttifant [REDACTED]

MON MAR 5 PUB MEETING - ROSE & CROWN, WROTHAM, 8pm.**SUN MAR 18 SEVENOAKS CIRCULAR**

See 'Future Events' in December "Strider" for details.

MON APR 2 PUB MEETING - The Rose and Crown, Wrotham, 8pm.**SUN APR 8 WEDNESDAY WRINKLIES' WEST KENT KANTER - REVISITED.**

c.20ml. Meet 8.00am at Ide Hill c.p. GR488 518. Explorer map 147. Prompt start at 8.15. Pub stop at 12 ml. Food available. Same area as previous kanter BUT this will be a group social walk.(no kantering!) This time we can all get lost together! Leader Laurie Lowe, [REDACTED]

SUN APR 22 EVERYWHERE BUT ELHAM II

c.21ml. Meet in Elham Church Square, GR177 438 (Landranger 179, Explorer 138) for 8.30am start. Pub stop, food available. Leaders Jan & Neal O'Rourke, [REDACTED]

COMMITTEE

Chairman....Paul Hatcher [REDACTED]
Secretary....Tom Sinclair ([REDACTED])
Treasurer....Neil Higham [REDACTED]

Members

Andrew Boulden(co-opted) [REDACTED] Tom Bowman [REDACTED]
Brian Buttifant([REDACTED]) Neal O'Rourke [REDACTED]
Hilary and Roger Thornburgh([REDACTED]) Keith Warman [REDACTED]

Dear Fellow Kent Group Members,

Wellington Boot cancelled due to petrol shortage.

Wealden Waters Walk cancelled due to flood warnings.

Three Forests Way cancelled due to flood warnings.

A catalogue of non-events you might say but I believe all the Marshals' walks took place and I am grateful to Julian Herrington for his report on the WWW Marshals' event, the results of which are enclosed. We (all the committee members) are tremendously grateful to Hilary Thornburgh for undertaking, almost single-handed, the task of phoning round all the entrants to tell them about the cancellation and for turning up at Tunbridge Wells Tennis Club to warn off the telephonically inaccessible and infamous Tony Twyman.

Also enclosed are the report and results of the High Weald Walk and the papers for the AGM, including a nomination form. Roger and Hilary retire by rotation as the longest serving elected members, but the remaining elected committee members are eligible for re-election and, to the best of my belief, are willing to accept nomination - as are the Chairman, Treasurer and (in the absence of any volunteers) secretary. The aforesaid secretary has persuaded Laurie Lowe to take on a large part of his other duties as Newsletter editor except, that is, this introductory letter and the preceding programme (some groups have a separate walks secretary too!)

Thanks to Bryan Clarke for the cover illustration and to Pat and him for arranging the production of this edition. Thanks to all those who have undertaken to lead social walks in the current programme. Keep them coming!

Thanks also to those who led walks in August, September, October and November - taking the time to plan a walk, check the route and find a pub. Oral reports on the social walks have all been good. Thanks to all contributors and foreign correspondents (Jill Green)

LATE NEWS -(11th November) Paul has just heard from Martin that the "Provender" will be closing down after Christmas/New Year, so our Group gathering there on Monday 4th December will be the last. PLEASE do your best to turn up. Thereafter Group gatherings will all be at the "Rose & Crown", Wrotham until further notice. I have 'phoned the editor of "Strider" but it may or may not be possible, at this late stage, for the change to be included under "Group News and Views".

Tom Sinclair, [REDACTED]

All contributions for the next newsletter to

Laurie Lowe, [REDACTED]

MILLENNIUM HUNDRED - REMNANTS DEPARTMENT

Now that the mud has settled a bit, here are a few items relating to this memorable event.

It was suggested that we should have as complete a record as possible of the whole event from conception to birth and beyond! I was asked to assemble a scrapbook which attempted to portray all aspects of the undertaking. On reflection, I decided that a 'scrapbook' format was not ideal - it would not allow the easy display of items which were printed on both sides, and once assembled, it would not be convenient to add any items which became available later. I therefore decided to use "multi-punched transparent pockets" held in a ring-binder. These offered the flexibility required to overcome the problems identified above. In fact the amount of material to be stored has required the use of two binders. The binders contain all of the documentation, maps, photos, reports, etc., relating to both the Marshals' Walk and the Main Event. Most of the many letters received expressing appreciation of the work that went into staging the Hundred are stored here. It is hoped that the files will be

available for inspection at group functions such as the Family Lunch, AGM and pub meetings.

Laurie Lowe.

The following letter was received by Tom Sinclair on the 26th May 1997.

Ref:- MILLENNIUM HUNDRED.

May we please formally request consideration for running one checkpoint on your year 2000 event?

Our needs are few(ish):-

1. Close proximity to a pub.
2. Preferably one selling Real Ale (and food)
3. A distance of around 75 miles. This is where the real suffering begins and we are true sadists.
4. Somewhere not too posh - 'cos we aren't.

Anyway, put us anywhere you like.

Please also thank all your members who were so kind to our Lot on both the Marshals' and Real! Hundreds this year.

Best wishes,

Bobbie Sauerzapf, Group Sec. Norfolk & Suffolk.

ANOTHER FIRST!

I have always viewed the toughest hundreds (all hundreds are tough, of course) as those sporting the greatest total ascent, at least until I entered the Millennium Marshals' Kent Hundred on 29th April! I now classify the toughest hundreds as those where it rains so much that the ground is turned into a muddy, slippery and treacherous path.

The weather had been wet the week prior to the Marshals' walk, in fact April 2000 was on record as one of the wettest known. I arrived in Kent on the Friday afternoon with Elaine Edwards (Surrey Member) and it was actually dry when we arrived with a good prospect for the weekend weather. Things started to go wrong at about 6.00pm when it started to rain .. and rain and rain. We went off to have a meal in Wye village in the car because we didn't want a lot of wet clothes to pack away in the morning. We went off to sleep with it still raining! Saturday morning was a grey looking one but it wasn't raining. We set off to the start (Wye village hall for the Marshals' walk) and met Janet Chapman and a number of the Kent members. We were setting off at staggered times commencing at 8.00am, which was the start time chosen by Elaine and me. It was a rather wet underfoot journey to Chilham Mill car park, our first checkpoint but the weather was improving, as promised and the sun would hopefully dry out the ground. We had already been through some wonderful bluebell woods and just had to stop and enjoy the view and their perfume. What a pretty village is Chilham, well worth a special trip sometime, must remember it!

The route took us on to Crundle, Lymbridge Green, Elham and Kingston. Arriving at Kingston 31.4 miles we were aware that we would probably need our torches before arriving at the next checkpoint, which was 10 miles on, Ickham. We prepared to have torches handy and continued on our way. The day had turned out good for us weatherwise and the ground was drying out. The sky was clear and we predicted a possible cold night. I was having some indication of blisters on my left foot, not a good sign after 39 miles! We continued through the night noting it wasn't as cold as we had expected. We went through Eastry and on to the breakfast stop at Kingsdown, which for us was about 5.00am. No wonder it wasn't as cold as we expected, now there was definite cloud cover. This was not expected, Sunday was supposed to be the best day of the weekend! We had our breakfast, I treated a couple of blisters and we left to continue on our way. We knew the hilliest part of the walk was to come but, if the weather was

good, also the most scenic. Outside it was drizzling with the look of "it's going to get worse". We donned on our waterproof jackets and set off towards the sea. The six miles to Langdon Cliffs was not the pleasant walk we had predicted, the rain became heavier, the chalk and short grass was slippery and we were becoming despondent! Fatal when attempting the hundred. We left the Langdon Cliffs checkpoint after putting on waterproof trousers to add to the jackets! Off we headed for Dover. The weather got no better, the route was very up and down with the steps on the North Downs Way warning "slippery if wet". They were lethal!! At the top of the fortress we decided we were not enjoying this walk at all and we would abandon it! Elaine already had completed 12 hundreds, so why finish another? I had completed 5 hundreds and had always said how much I had enjoyed them - this one right now I was not enjoying, so why struggle to complete it?

Just before taking the underpass to the coastal path to Capel-Le-Ferne we spied a newsagents and decided to enquire about a taxi to take us to the next checkpoint - why walk in all this rain we thought? A gentleman buying his Sunday newspaper hearing our plea offered to give us a lift in his car to the checkpoint. We accepted and for us the Millennium Hundred was over! We had completed 66 miles.

I have done most of my 'firsts' in Kent. My first walk over 25 miles, my first night walk but the Kent hundred couldn't be my first because I've done five hundreds before. Oh yes it could, it was my first failure at a hundred and Kent lived up to my expectations!

Finally a thank you to my dear friend Elaine for her company during the walk. The Kent Group, a thank you to the excellent checkpoint staff and the food was terrific. The route description was faultless. Just the weather could have been better

Avril Stapleton

Dear Tom,

23-09-00

We have had many contributions from the successful. I thought I would write a short note on behalf of the 160 or so people who failed to finish this year's hundred.

Geoff Thorpe, Kent Group.

A HUNDRED MILE WALK

Left Canterbury 27th May at 10.00 hrs. Walked across country to Walmer Castle and then along coastal path to Folkestone. Route, although muddy in places and involving brief climbs to the top of the Downs on five occasions, was good. After 34 miles arrived Capel-le-Ferne village hall exactly on time, at 20.55 hrs, for cooked supper.

I then started the night section but by the time I reached the Downs above the Channel Tunnel terminal, the gale had started with a vengeance, heralded with bits of ice being blown horizontally into the side of my face. Slithered down muddy slopes and tracks into Newington village hall. After a warming cup of tea, left in torrential downpour - 38mm of rain fell that night.

All tracks and paths became a total sea of water and slimy, oozy mud, 6"-9" deep in places. Even the country lanes were flooded in places and had to be waded through. After 1½ hours of this my waterproofs gave up and my trainers were full of mud and water. The route took us through Hythe, along the canal, through Lympne Zoo to Etchinghill radio mast. Approaching the mast, uphill along a sunken trackway, we encountered a very angry Red Poll bull. He was pounding the ground, snorting and head butting the bank. If you wanted to see a party of twenty soaked, tired walkers going steeply uphill, increase speed to warp factor 5, now was the time!

On through Stowting, Brabourne Downs (2 miles from where I live and a wonderful bed) to Wye by 08.55 hrs. At this point my feet decided to develop huge blisters, having been completely water-logged for 9 hours. I was slightly hypothermic, and I couldn't get warm.

I decided at 64 miles and 23 hours enough was enough and gave up in a fit of great despondency.

I hobbled around for a week and finally went to the chiropodist on Saturday morning. He drained the most incredible amount of fluid out from under the hard pad of my heels. Hurrah! In 24 hours I could walk normally. In total I will lose 8 black toenails from the pounding my feet took on the descents.

I am certainly fit enough to walk the '100' but the soles of my feet let me down. How do I harden my feet for the event? Suggestion on postcards please to....Geoff Thorpe,

In order to save the cost of postage for a postcard, I will offer here my experience on the subject of preventing blisters. Although I no longer contemplate taking part in 100's, I have completed a number of these events in the past without blisters becoming too much of a problem. My solution was to take measures to prevent any movement of my feet within the trainers. It is the friction generated by movement which is the cause of blisters. I buy my footwear about half a size too large and then pack out the extra space by wearing several pairs of thick socks (typically, 1 pair of thin lining socks, under two pairs of loopstitch thick walking socks) This enables me to tighten the shoe laces such that the feet are well cocooned and at the same time unable to move about and generate friction. When I did hundreds, I was convinced that wet feet were not a problem, in fact I decided that it was a positive advantage. The moisture keeps the skin lubricated (again reducing friction) and cool. On one occasion the first day and night were wet so my feet were fine, then Sunday dawned dry and sunny and soon my feet were burning as my socks and shoes dried out. The solution was to keep them wet, so I splashed through streams and puddles, and at one time I had to resort to standing in a cattle trough to cool my feet! Strange behaviour, but it works for me!

Laurie Lowe.

WEALDEN WATERS MARSHALS' WALK - 2000

Thanks to Hilary Thornburgh for taking us to heaven as the sun rose and the birds began to sing. In the present climate when medals are being won with some pain on the mirror-like waters of Australia I had my own golden moment under the lychgate at Speldhurst. The menu matched the four star comforts and all fatigue and pain floated away with the angels. Hilary must also be an angel. Or was I dead at last? Having almost died at several points en route, which Dave Sheldrake can vouch for, was this it? I apologise to Dave for the occasional heavy gasps of air drawn through teeth at those points when the night seemed it would never end and the ground provided the feet with yet another particularly painful moment. I remember vividly a field of wheat under which burrowing I think would have been more successful. I presume that the farmer's combine must have broken down or was it the same man who had turned his mind to shifting great mounds of earth defences across his field to prevent hoards of strange walkers crossing his land?

As I chewed on the best sausage that I have ever tasted, it was time to ponder my return to long distance pursuits. Did I really want to prove to myself that I was still young in body? As the knee that had kept me from walking for 3 years throbbed painfully, there was the memory of the early part to the walk in glorious sunshine when tables covered in glorious food sprouted in the middle of fields and there was jest and warmth in the conversation. But I would like Jim Oddy to find a higher standard of joke than 'why you cannot hang a man with a wooden leg!' It was time to move on and get accustomed to the pain again. But there is the fellowship.

Thanks to Hilary and all her faithful helpers for making the walk so enjoyable.

Julian Herrington.

Congratulations to Don Newman who completed his tenth Wealden Waters on the Marshals' walk.

WEALDEN WATERS WALK - NON EVENT

For the first time in the Group's history we had to cancel an event. On Thursday before the event, with poor weather forecast, rivers already breaking their banks and parts of the route under water, it was decided to cancel. Thanks to Hilary performing the mammoth task of phoning round the 80 plus walkers, while others contacted checkpoint leaders and helpers, all but one person was saved the inconvenience of turning up at the start.

Thank you to Hilary for all the planning and effort that she had put into the organisation of this and other W.W.W.'s in the past. As some of you may already know, Hilary plans to stand down as organizer. If anyone would like to take this task over, or to know more of what it entails, please contact either Paul or Hilary.

Paul Hatcher

YOUR A.G.M. - PLEASE COME!

As with many clubs and groups, it becomes increasingly difficult to get members involved with the organisation and running of the group and its activities.

This year our secretary wishes to stand down, finding the work load of being national LDWA secretary more than enough. We also have three committee members standing down, so if you can help or would like to know more, please contact Tom, Paul or any member of the committee.

It is your group, PLEASE, PLEASE come along to the A.G.M. Let's see more of the members taking part, we need new faces and fresh ideas from the membership if we are to carry on. Come along and have your say. Put yourself forward for the committee, we need your input. Make yourself known, without your help we will not be able to carry on organising all that we have in the past.

Please ring a committee member now!

Paul Hatcher

SHOTLEY CHALLENGE 2000 or THE MAGNIFICENT SEVEN

Five from Kent drove to Holbrook on Sunday 17th September to walk the 15 mile route of the above walk. The fuel shortage was still affecting traffic but we shared a vehicle and had no problems. We met two friends from Aldburgh (one an ex-Kent member) at the start and the seven of us headed towards the Orwell Bridge and checkpoint 1 - Freston Hill. Then we headed mainly alongside the River Orwell to Pin Mill for another welcome break. We then walked mainly through woods and fields to an indoor checkpoint at Harkstead Farm. From this checkpoint we went via more excellent walking to Holbrook Creek and joined the seawall with the River Stour on our left. Eventually we turned inland towards Holbrook and passed the reservoir to come to Holbrook Village Hall and the finish. An excellent walking area with friendly marshals and good food made for a great day out.

Bryan Clarke.

STOP PRESS

STOP PRESS

STOP PRESS

EurandoRally - Strasbourg - September 2001

You have probably read about this in "Strider" but plans are now afoot to walk that part of the E.2 European Trail which passes through Kent and Tom is in touch with the Kent area secretary of the Ramblers Association to find out more. Watch out for more news!

FUTURE HUNDREDS

LAKELAND HUNDRED - 26/27/28 May 2001. (note change of name from "Cumbria") The organisers have written to Tom as follows:-

"We would like to take this opportunity to thank you for your offer of help on the Lakeland 100, which is gratefully accepted. We can confirm that your checkpoint will be at 44.3 miles in the Public Rooms at Threlkeld, GR321 253. Further details will be sent shortly, in the meantime please do not hesitate to contact me if you have any queries". Probable opening hours Saturday afternoon to Sunday morning, menu not yet known. Volunteers please contact Tom on [REDACTED]

WHITE ROSE HUNDRED-RIPON, May 2002.

West Yorks Group is running this event and organiser John Sparshatt has asked Paul to co-ordinate the team preparing and serving the food at the finish, as we did for the same group in Settle in 1996. Paul has NOT committed the Kent group to providing ALL the staff needed but he would like to have a good nucleus of our own group with him. It will be a long stint and probably need three or four shifts. Please contact Paul on [REDACTED] to find out more and offer help.

EXMOOR HUNDRED-May 2003

Hazel Bound has pencilled in Kent Group for the checkpoint in Monksilver Village Hall at 73 miles. Shirley Higgins tells me there is a good pub in the village. Not too early to offer help to Tom or Paul.

MAY 2004 - Watch this space!

Tom Sinclair

KENT AIR AMBULANCE

The Rose & Crown, Wrotham (venue of pub meetings until further notice) has been running a number of events to raise funds for this good cause. I am reliably informed that Eve Reynolds raised a large sum of sponsorship money on Maurice's 34 mile "Trois Chateaux" walk in September.

Tom Sinclair

A COMPETITION for MUNRO BAGGERS - Tom Sinclair has removed his national secretary's hat briefly in order to set this challenge for the cognoscenti of the rarefied world of Munros. Below is a list of "MANGLED MUNROS" for you to unscramble. Solutions to Tom please:-

- | | |
|--------------------------------|----------------------|
| 1. BARE CHAIR | 2. RAIN CLOUT |
| 3. A BUN CHIMED | 4. UNSIVEL |
| 5. EVEN BINS | 6. BANGIN IN HELL |
| 7. LANG ROACH | 8. THE RIBBON ANN |
| 9. ON DOWNS | 10. LEVEN HYLL |
| 11. A QUILL A GUN | 12. RAN A CHILL TOUR |
| 13. I NICE CHANCELESS PINTABLE | 14. FLY CHARGED |
| 15. WARGELD FRY | 16. BIRCH COG |
| 17. ELK LIPS FACE | |

WHAT A DIFFERENCE THREE DAYS MAKE (or the Horton Hobble, Sunday 12 November 2000)

On the Wednesday before this Kent Group Social Walk the River Darent had overflowed its banks for much of the planned route along the Darent Valley. On Saturday the water had receded back between the river banks. The weather forecast for Sunday was grim!

Because of the flooded car park at Westminster Field we had arranged to use the car park of the pub nearby where we had booked lunch.

Sunday morning saw twenty-one brave walkers set off away from the river for the hills (i.e. the slopes above the flood plain) and hopefully without the expected heavy rain. Soon wet weather coats were removed as the rain did not appear and the going warmed us up. We were joined by two latecomers at Darenth to make the total up to twenty-three. There was one Essex and Herts member and also a London member who came by train. There were also four LDWA people who had some connection with Bristol (no I don't know). The sun broke through in the afternoon and the whole walk took place without the expected rain.

The route circled to the west and north before returning to the Fighting Cocks for a lunch break. We were joined here by one who had only come for the food! Six left after lunch so there were seventeen who set off for the shorter afternoon walk which went up into Farningham Woods before returning down into the Darent Valley to chance the riverside path. There were a couple of places where we had to cling to the fence to avoid some flooding but the rest was OK and we arrived back at the Fighting Cocks just before dark.

Bryan C.

THE COAST TO COAST

Jill Green and Ann Beeching (both 'country members') walked the Coast to Coast route in July. Here is Jill's account of the trip.

DAY 1-St Bees to Ennerdale Water-14 miles.

We set off at 8.00am from Kendal. It is quite a long drive to St Bees. We started walking at 9.50am. It was a good morning, with fine views of the Isle of Man. During that day we passed 9 other Coast to Coast walkers. We were glad of the compass to check our route as the little round C to C markers were missing in places, probably collected.

We took an alternative route along an old railway line, a bit longer but much pleasanter. We made a good stop at Dent on top of the hill with fine views of all the Lakeland fells, splendid place to enjoy our packed lunch.

The hidden valley of Nanny Catch was a real surprise to me, a really good walk, it seemed to take quite a long time.

Our destination of Ennerdale Water was a beautiful sight, so blue and glistening in the late afternoon.

A great day's walk!

DAY 2- Ennerdale Water to Stonethwaite-14 miles.

We left Ann's house at 7.45am. Ron drove us back to Ennerdale Water. We started walking at 9.15. A very pleasant walk along the banks of the lake.

As the weather was good, we decided to take the high route that Wainwright describes on page 15 of his book. His advice reads: "Do this climb in clear weather only. It is for strong

and experienced fell walkers only." Indeed it did seem a long climb up to Red Pike on a hot day. I was so lucky only to be carrying my day pack, thanks to Ron's kind taxi service. As always it was well worth the effort. Once we reached the ridge it was great to walk from Red Pike to High Stile, High Craig and then on to Hay Stacks. The flagstones were a help on the steep descents.

We dropped to Innominate Tarn. This is the place where Wainwright had his ashes scattered. I can see why.

We didn't meet any other people doing the Coast to Coast route.

We visited the Honister slate quarry. Very good quality items for sale but too heavy to carry.

A very welcome cup of tea at Stonethwaite.

DAY 3-Stonethwaite to Patterdale-18 miles.

Saturday 22 July

Ron joined us as we set off from Stonethwaite at 9.05am. At Greenup Edge he left us at 11.15am to do his own walk. Ann and I took the high route over Gibson Knott to Helm Crag above Grasmere. Very pleasant spot to enjoy our packed lunch. It was a hot day. We came down and went slightly off route to the Travellers Rest in order to fill water bottles. I enjoyed a swift half, Ann just has orange juice and water. Then up to Great Tongue to Grisedale Tarn. Here people were swimming in the tarn as it was so warm, certainly looked inviting.

It would have been wonderful to have done another high level route. We calculated if we went up we would not be in Patterdale until approx 7pm, hardly fair to Ron, so common sense prevailed and we really enjoyed a pleasant walk down Grisedale Beck into Patterdale where Ron was waiting for us.

DAY 4-Patterdale to Shap-16 miles.

Sunday 23 July

We set off up to Angle Tarn, quite a pull up the hill. We met lads camping at Angle Tarn. Two from Liverpool walked with us for a while. On and up to Kidsty Pike, now in mist. Soon as we descended out of the cloud we saw Haweswater. It was strange to see this lake so low.

I noticed a large Emerald moth. It was so beautiful. We found a pleasant place to enjoy a late lunch by the lake at 1.30pm. Ann was very worried as Ron was walking out to meet us, clearly we had somehow missed each other. Ann is walking up all the Monros in Scotland. Ron often comes to meet her and this was the first time they had missed each other. It was amazing, I was carrying my mobile phone, Ron had Ann's mobile phone, and just when we needed them they wouldn't work! We found his car at Burnbanks and left him a note.

We passed the ruins of Shap Abbey, worked out an alternative way into Shap, using what turned out to be beautiful flowery paths, taking us past the Goggalby Stone. I do find these old stones interesting.

We had a large pot of tea at 4.00pm. Ron came at 4.15pm. I left them to work out how we had missed each other.

DAY 5-Shap to Kirkby Stephen-20 miles.

Monday 24 July

I was really sad to be leaving the hills and mountains behind, we had enjoyed four wonderful walks.

It was quite a cool start to the day. The surroundings were different. The shepherds here were rounding up the sheep with little tractors. On the day before, we met two shepherds on the high fells with their dogs, one had 8 dogs with him. The countryside turned into high moorland, curlews calling, lapwings, stonechats, wheatears, peace all round. No walkers, I had expected to meet lots of people on this famous well-walked route. Perhaps it was because we started on a Thursday, but we had met 9 on the first day. We were walking it in quite normal stages.

Smaredale Bridge over the stream was a very pretty spot, also the grand viaduct further up the valley, fine views of the Howgills and the Pennines.

DAY 6-Kirkby Stephen to Keld-13 miles.

Tuesday 25 July.

This was the last day that Ron would take us out. Ann had a few things to do before she left home. This was a short day. We left Kendal at 9.30am and started out (with proper

packs on now) at 10.20am.

We didn't go up the quarry road, we went up the "pretty way", turned out to be head high in thistles! It was longer but better than the road, also we had plenty of time. Up to the Nine Standard Rigg, this is on the boundary between Westmoorland (now Cumbria) and Yorkshire, huge castle-like cairns. I met an interesting man from the States. He had been to a conference about the poet Byron, he was going to another on Wordsworth. I would have liked to have talked longer with him but he was going the other way, and I was being eaten by midges. On the way to Keld for the first time I was cold. I put on my jumper, coat and gloves. Ann told me about her special gloves that really do keep your hands dry in the cold and wet. They are £30 a pair. At the rate I lose them I've decided they are not a wise investment.

We got to the hostel just before it opened.

DAY 7-Keld to Richmond-22 miles.

Wednesday 26 July

The stay at Keld hostel was enjoyable as this hostel is on the Pennine Way, the Herriot Way and the Coast to Coast. Even so Ann and I had a dormitory to ourselves. We did chat to other walkers, some on our walk, none of them were going over the hills to Reeth. They were electing to use a level route. The description for this was being sold at 10p a sheet by the hostel, so we got a copy. At the spot where we had to make up our minds, we decided to go up the proper way. At first we were slow finding our way in the misty conditions, no real problems.

These now empty hills must have been full of noise and people in the lead mining days; so many sad old mine workings all over the place. Now the place is alive with baby grouse. The shooting season starts soon, known as the "glorious 12th", that is the 12th of August.

Reeth is a pleasant little town. I stopped to get cards and drinks, then we had a good walk through to Richmond. We had a nice welcome from our B&B lady Sue. She did our washing for £3, £1.50 each. We had a pub meal.

DAY 8-Richmond to Ingleby Cross-21 miles.

Thursday 27 July

No other walkers in our B&B, but engineers repairing the bridge that had been swept away in floods this year. This old bridge had stood for 300 years. As we walked up beside the river we could see the evidence of the wall of water Sue had been telling us about. The walk across the Vale of Mowbray is flat on quite a lot of country roads, hard on the feet in boots. We had a welcome break at Darby Wiske. I had a beer followed by a pot of tea. We were welcome to eat our packed lunch inside or out, a pleasant change. This is the lowest part of the route at 110ft/35.5m above sea level. The River Wiske is nothing like a whisk! It meanders about in search of a place to go.

We arrived at Ingleby Cross too early for the pub to be open, so we had to walk up the busy road to our B&B at Oxhill Farm. After tea, home-made scones and a shower, we felt less daunted by the walk back down to the pub.

Day 9-Ingleby Cross to Blakey-21 miles.

Friday 28 July.

We were soon up on the Cleveland Way, good clear views of the countryside below. We could see Oxhill Farm, our B&B, for a long time.

The hill farmers are having a bad time, no money now in wool. In the Lakes it is sometimes necessary to throw the fleece away. Sheep have to be shorn because they get too hot and maggots get in. We are still meeting very few people. I really do enjoy the peace and tranquillity of these open spaces.

After a long walk along a disused railway, we reach the "Lion" pub. As arranged, we ring Mrs Lawson to come and collect us after we have had our meal. We set out to walk to a standing stone (known locally as "Fat Betty") and Mrs Lawson collects us. It is interesting that they have had other LDWA members staying with them.

Ann has been teasing me about my old clothes, favourites from many years of walking. We now weigh both our packs, with food and water, we both are the same, 13 pounds.

DAY-10-Blakey to Littlebeck-17 miles.

Saturday 29 July

We walked across open moors, the heather just coming out, in another week it will all be purple. Still loads of grouse, we do feel sorry for them, but it is a kind of farming which

does pay. All along Glairsdale Rigg and down into the little town of Glairsdale. We walk through to look for a lunch spot by the River Esk. We find a seat high up in the woods above the river. Here we enjoy an avocado, a large one between us. We decided to walk on to the steam railway at Grosmont and treat ourselves to tea and cakes. Here we meet two nice ladies who do a lot of walking. They had walked the Coast to Coast both ways; they thought our packs were very heavy.

I agreed with Ann's plan to cross Black Brow on Sleight Moor on the footpath marked on the map to keep off the road. Not one of our better decisions. The first path just was not there, the next one started off but just petered out. We did quite a lot of heather bashing, hard work.

Judith Ventress happened to see us and gave us a lift to her farm. We called in at her father-in-law, Henry Ventress, who is a friend of my cousin Duncan on the Isle of Wight.

DAY 11-Littlebeck to Robin Hoods Bay-12 miles.

Sunday 30 July

All our meals have been good, but Judith did us proud. A beautiful meal to remember, the best of the trip.

We walked back from Intake Farm to Littlebeck. Intake means it was the last farm to be taken in from the moors. We went into the chapel to see the carving of the Last Supper by Tom Whittaker that Henry had told us about.

We walked up through a pleasant wood. Out in the fields we were met by a group of off-road motor bikes. We got very muddy in the narrow footpath they had churned up.

We reached the coast by noon, and arrived at the end by 1.30pm. We had an ice cream by the sea, then a celebration drink with Ron in the pub. It was great to see Ron come out to meet us.

The drive home to Ann's house in Kendal was really beautiful on a perfect summer's day. We stopped en route for a welcome pot of tea with some of Ann and Ron's friends who have come down from Scotland to run a pub with a longer season. When we got back to Kendal our friends Boyd and Lilian gave us a great BBQ in their garden. We had no idea this was going to happen. I had arranged to call in to see them. It was a splendid way to celebrate the end of our happy walk.

Jill Green.

"We trained very hard, but it seemed that every time we were beginning to form up into teams, we would be reorganised. I was to learn later in life that we tend to meet any new situation by reorganising and a wonderful method it can be for creating the illusion of progress, while producing confusion, inefficiency and demoralisation."

Caius Petronius (AD66).

Please send items for inclusion in the April 2001 edition of the Newsletter to :-

Laurie Lowe, [REDACTED]