



Footprints

**Newsletter of the Derbyshire
Dales Group of the Ramblers**

January 2018

Editor: Martin Phillips

Nick's Natterings

Nick Stephens (Chairman)

I'm glad to report that the recent Area Walk hosted by our Group was a success, if all the thanks received afterwards was anything to go by. I would like to thank Helen & Bernard Moss, Dave Selkirk, Kath Cartlidge, Dot Hall and Dave Williams for leading the walks. Also to Pat, our Social Secretary, for providing hot soup and biscuits at the lunch time stop in the Birchover Reading Room. Around 70 people from the 4 groups attended and all contributed to the collection for the local Air Ambulance Charity, raising £111.43. A letter of thanks has been received from Air Ambulance.

An unfortunate incident regarding a walk leader in the summer resulted in a complaint from one of our members. Having taken advice at all levels, it has been decided to draw up a list of walk leader duties and responsibilities which is published in this edition of Footprints. We are always very grateful to all our enthusiastic leaders, without whom we could not operate. However, in order to keep both leaders and walkers happy, we hope these guidelines will help.

The 39 members (out of 500+ total membership) who attended our recent AGM were afterwards treated to a really interesting talk by Dr. Albert Benghiat entitled "Geology & Rocks of the Peak District". He explained how the geology dictated the landscape, culture and economy of the area in which we walk. How such places as Parkhouse & Chrome Hill originated was very enlightening.

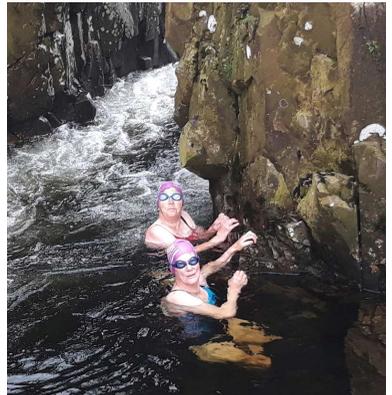
Whilst recently on a recce we discovered a very clean but very poorly small white rabbit, unable to walk very far, in a field next to the Callow Art College. After we had made various calls to the RSPCA, the college staff came forward and arranged to take the rabbit to a local vet. On another recent occasion, whilst we were walking across Hyde Park, the same concern was not necessary for a large rat sprinting across in front of us!

Derbyshire Dales Ramblers Swimming Team Take on New Challenges

Sue Weatherley

The Derbyshire Dales Ramblers Swimming Team (DDRST) continue to go from strength to strength. This summer they have taken to the waters to develop their skills in the emerging sport of adventure swimming. This involves an element of exploration that will resonate with any experienced Rambler. As one would expect as well as training there are a lot of logistical issues to be resolved and for months before their August expedition to the Lake District the Team were involved in detailed planning. The result was a very successful Lake District Expedition where two members of the Team, Judy Allsop and Sue Weatherley, completed an ambitious 'Three Swim' challenge. They were joined for the first of these by promising newcomer, Ruth Jowett, who does most of her swimming in Yorkshire.

The first of the three swims involved swimming out to an island in Derwent Water, this required the most planning, but the time spent on this proved well worthwhile as the event itself went very well. There are no rules laid down so the Team had to work out the best place to start and where to break through the overhanging vegetation in order to get ashore and reach the summit of the island. The Team were careful to plan the whole route so that after the elation of reaching the summit they were able to return safely. Next day brought the second challenge in the shape of Black Moss Pot, a notorious stretch of water leading up to the base of a hidden waterfall in Langstrath. Just getting to the start involved an arduous walk in and having allowed plenty of time for the swim they found that this precaution was fully justified. The recent heavy rain made the waterfall look impressive but, of course, this meant that the swim approach was more strenuous.



Entry into the water downstream gave some 'water scrambling' to reach the deep water channel and the swim upstream was slow but steady and Judy and Sue both successfully reached the waterfall base. The final challenge was Blea Tarn, an isolated stretch of water again with a serious approach walk and river crossing before the Team had access to the water; again, careful planning was the key and another successful swim enabled them to complete the three day challenge.

After such a notable success the Team feel justified in taking a well deserved break from intensive training before deciding on what to tackle next. However they are anxious to assure any ramblers who feel they would like to join the Team that activity can take place at any level and beginners are very welcome.

New Members

It is always a pleasure to welcome new members. In this issue we welcome the following to the Derbyshire Dales Group of Ramblers and hope they will enjoy the range of walks we have to offer.

Mr P & Mrs W Hannah	Mrs A Marriott	Mr C & Mrs C Wright
Ms J Harris	Mr S & Mrs T Norman	Mrs V Milton-Wright

Footpath Wardens – An Update November 2017

We now have 33 wardens covering 77 parishes which contain over 2,000 ROW and the aim is that the ROW in the parishes are walked once a year reporting on any faults that they find.

97 problems have been reported in the last 6 months and until the ROW are walked again we will not know how many are completed.

The ROW department at Derbyshire have been reduced in numbers and we need to support them more than ever to maintain our ROW in good repair.

We have 29 parishes without wardens and we list below the free parishes.

We list the parishes without wardens below, as at 17/9/17:

Alkmonton	Hathersage	Offcote & Underwood
Boylestone	Hazlebadge	Outseats
Bradbourne	Hollington	Rodsley
Brassington	Hungry Bentley	Snelston
Doveridge	Kniveton	Somersal Herbert
Eaton Alsop	Longford	Stoney Middleton
Fenny Bentley	Little Hucklow	Sudbury
Great Hucklow	Marston Montgomery	Yeaveley
Grindlow	Norbury & Roston	Yeldersley
Hassop	Northwood & Tinkersley	

If interested in becoming a footpath warden, please contact Dave Pearson on 01629 734576 or dave.pearson@tinyworld.co.uk.

Peak District Magnificent Walk 2018

Holme, Issues Road, Black Hill, Pennine Way, Royd Edge, Digley Reservoir.

28th April 2018, 8.30 am. Meet Fleece Inn, Holme. 20 mile and 15 mile options. £12, under 16's free. Route and maps provided. Dogs welcome. Pantry shop serving drinks and 'holme' made food. Fundraiser for Friends of the Peak District.

<http://www.friendsofthepeak.org.uk/whats-on/events/>, or contact julie@friendsofthepeak.org.uk, 0114 279 2655. *Info supplied by David Selkirk.*

The Yorkshire 3 Peaks

David Selkirk

Last July I joined a mass charity walk organised by the British Heart Foundation around the 3 highest peaks in the Yorkshire Dales – Pen y Ghent, Whernside and Ingleborough. They are each around 2,400 feet in old money. The total distance is 25 miles, with 5,500 feet of ascent. That's a fair challenge for an oldie with a new hip only 9 months previously.

I trained on Kinder. As a former long distance walker, I knew it was important to get plenty of uphill work for muscle stamina and lots of rough ground to harden the feet. Fully fit, all I needed was fair weather.

All week leading up to the event on Saturday, the forecast consistently predicted rain, and by Thursday heavy rain. I had to do it, but 10 hours or more in the rain was a miserable prospect. Then on Friday the forecast suddenly and remarkably changed – no rain, even some sunshine! What amazing luck, was it really true?

We had taken our little caravan to Ingleton. I managed to get up at 5am (the first challenge) ready for the 6am start, and the sun was already shining out of a Mediterranean sky. It was a cold but magical start to the day, and a magical drive to Horton in Ribblesdale with thick mist in the valleys.

Perfect weather lasted all day, a mixture of warm sunshine and cloud so that we were not sweltering all the time. And the air was clear, so views from the tops were spectacular. Someone was looking after me.

It turned out that there were 600 of us doing the walk. As I drove into Horton, walkers were already streaming out. After booking in and a quick briefing, I joined the crowd. I overtook a fair few obviously inexperienced walkers in the first 2 miles before arriving at the bottom of the steep path up to the summit of Pen y Ghent.

It was a bizarre experience in front of me. A long human traffic jam snaked all the way up to the top. There was no chance of overtaking safely on the narrow path. So we moved up a few yards, then stopped, then shuffled forward again, and so on all the way up. There was a huge crowd on the summit, some standing and many sitting and basking in the warm sun. This place where you would normally expect to be alone or meet only a few other people was wonderfully alive.



Ribbleshead viaduct

The long walk north to Ribbleshead was quite easy. The route passes under the railway viaduct which was not nearly as high and impressive as I remembered it. From there it is a long arcing path up on to the ridge of Whernside and along to the summit. Whernside is a bit of a lump compared with the more imposing profiles of the other two peaks, but it has the best views - in all directions.

I stopped there for food and water and a change of socks. Again it was alive with lots of people taking a break and just enjoying being there. I could have stayed a lot longer.

It had been a surprisingly easy walk thus far, but now started to get serious. The long descent from Whernside is horrible, steep with shattered rock. Where a path has been made the stones are placed vertically so that you have to balance on the edges – a health and safety inspector's nightmare. I was very pleased to get down. A farm at Chapel le Dale was doing a roaring trade in refreshments. The temptation of tea and cake was too much. I joined the crowds for a few minutes, then set off for the last peak.



Summit of Whernside

Ingleborough looks like a fortress on a ridge. The approach path goes along a valley below without climbing much, while the ridge gets ever closer and higher. Eventually we started to climb, muscles tired by this time, to reach a long near vertical scramble to the top. This was really hard. From the ridge there was then another steep climb up on to the fortress which turned out to be quite flat but all shattered rock so hard going. There were a good many people around the summit cairn again.



Ingleborough from Whernside

We were supposed to retrace our steps to find the route back to Horton, but while I stopped for food and drink I noticed some people walking off at a diagonal. This was obviously a short cut for those in the know, so I did the same. After a while, I realised I was going down the wrong path which would have taken me to Malham! Pride stopped me from going back to the summit so I decided to traverse round. That was a mistake too, painfully slow progress across a boulder slope to regain the correct path. It's a man thing, not wanting to admit you are wrong.

I was expecting an easy walk back to Horton but the path was quite unpleasant, weaving over and between rocks and boulders which was the last thing tired sore feet wanted. I was so pleased to get back to the village that I missed the triumphal entrance to the finish and went round the long way. I booked in eventually, and got my medal eventually, and then just sat in the sun with dozens of others enjoying a meal and glorious cup of tea.

9 hours 20 minutes in all, very pleased with that. My hip held up, and the 'eggshell' bits in my left ankle and right knee. An excellent day and great experience. I raised almost £1,000 for heart research too. Thank you to those reading this who kindly sponsored me. Would I do it again? As a challenge walk it takes some beating but I doubt it, simply because I couldn't possibly have the same good luck again.

Leader's Duties and Responsibilities

Nick Stephens (Chairman)

The Ramblers Walk Leader's Checklist has been used to form the summary checklist below. (It can be downloaded from the Ramblers website, along with the 'In Case of Emergencies' cards) This list will be forwarded to walk collectors, who in turn can pass it on to their walk leaders. These lists will be available to anyone who requests them by contacting members of the committee. It is hoped eventually to have the list available on the Derbyshire Dales website.

Before the Walk

Choose the route

- Consider the location, length and timing, whether linear or (usually) circular, and any points of interest.
- Consider season, terrain, climbs, likely ability and fitness of the group.
- Check car parks (any fees payable), available toilets & consider public transport.

Reccé the Route (with a friend, preferably your back marker, if possible)

- Note critical navigation points, hazards and problems, adjusting if necessary, plus mobile phone coverage.
- Check timings, rest / toilet points, escape / alternative routes & access restrictions.
- Report any path or access problems to our Group Footpath Secretary.

Submit the Walk (this may have to be done before the route is actually recc'ed)

- To be covered by Ramblers insurance, a walk must be a recognised Ramblers activity.
- Submit your walk details to your Group Walks Collector, who will carry out all subsequent requirements.

The day before the walk / on the actual day of the walk

- Check weather forecasts: www.metoffice.gov.uk. Adjust the route or cancel.
- Recheck any public transport times, check mobile phone & GPS are fully charged.
- Check personal gear & first aid kit. For F.A. advice see www.ramblers.org.uk/advice/safety/introduction-to-first-aid.
- Be prepared to answer queries (eg, people phoning you beforehand).

Situations for cancelling / not cancelling the walk

- Conditions brought about by bad weather which means the walk could be dangerous.
- Where one or more attendees wish to do the walk, the walk leader must lead the walk, provided the conditions allow. Only under exceptional conditions can the walk leader refuse to lead the walk.
- Any walkers wishing not to do the walk must be allowed to drop out. However, anyone dropping out, who has been brought to the start of the walk in the walk leader's car, must make alternative arrangements (eg, remain in the leader's car) whilst the walk leader leads and completes the walk.

At the start of the walk

- Arrive early & be welcoming. Introduce yourself as the leader.
- Appoint a backmarker (if you don't already have one) if there are more than, say, 10 walkers. Carry out a head count. Introduce newcomers.
- Make sure you know all the people who are starting out on your walk. Ensure you know how to access everyone's emergency contact details.
- Those accompanying under 18's / vulnerable adults must be told that they are responsible for direct care & supervision.
- Ensure everyone has the appropriate clothing & footwear. Be prepared to turn people away if circumstances demand. Advise if walking sticks are considered necessary.
- Give an overview of the walk & the estimated time of return. Give details of refreshment stops (eg, coffee & lunch stops), any points of interest along the route and any places where particular care is needed. Alternative easier routes should be provided where any of the walkers cannot manage any difficult sections.
- Outline your expectations of walkers. Invite anyone with concerns to speak to you in private, for example about medical conditions (eg, newcomers with, say, diabetes, a condition that you need to be aware of).

On the walk

- Set a pace to suit the party's capabilities & advertised walk grade.
- Stay in sight or communication with your backmarker. Allow for regrouping & head counts as required.
- Regularly check your route, using a map and/or compass if necessary.
- Help the group across stiles, roads, gates and in poor weather as required.
- Keep an eye on the weather & change your plans if needed.
- Be alert to any problems with individuals & chat to newcomers.
- If there is an incident / accident or an emergency, assess the situation and be prepared to dial 999 or 112 & ask for police / mountain rescue / ambulance. If not too serious, the injured person may have to be accompanied by members of the group back to somewhere that they can be picked up in a car. It is the responsibility of the walk leader to assess the situation and make decisions as best appropriate.
- Refreshment breaks should be taken at appropriate times. Bear in mind that any diabetic walkers will need regular food / drink stops.
- On busy road walking ensure the group is in single file, walking towards the traffic where possible, or, on a right hand bend where vision is restricted, on the left side.

At the end of the walk

- Check everyone has returned & can get home. Thank them for coming.
- Encourage newcomers to join the Ramblers by giving them the Membership Secretary's e-mail address & that of our Derbyshire Dales Group website.
- Report incidents / near misses to Ramblers Head Office as soon as possible via the Incident Report Form (see Ramblers website to print off a copy).

Area AGM

The Area AGM is on Saturday 20th January 2018 at Spondon Village Hall, off Sitwell Street, Spondon (SK 401 361, DE21 7FG), starting at 2.00 pm.

There will be a short (5 mile) walk starting at 10.00 am led by Ray Whitfield. The hall will be open from 12.00 noon with refreshments available from 1.00 pm.

Zoe Sewter (Access and Recreation Officer, National Forest) will be giving a talk.

We are still awaiting details of the Ramblers Trustee who will attend.

Social Events Calendar

All talks are at Dale Road Methodist Church Hall, Darley Dale

Starting at 2.00 pm

Admission £2

Friday 23 February 2018

Christine & Alan Piper: Lumsdale Revisited

From being one of Derbyshire's best-kept secrets the waterfalls and mills in Matlock's Lumsdale have become a Scheduled Monument, a project for the Society for the Protection of Ancient Buildings and an attraction to tourists from far and wide. Christine and Alan Piper, members of the Lumsdale Project who are researching its history, will tell the story of the valley and some of its more colourful mill owners.

Friday 23 March 2018

Ashley Franklin: Derbyshire Ramblings

An entertaining ramble covering 19 new circular walks along the 55-mile Heritage Way. Ashley unearths the rich history of 'the valley that has changed the world' and also treats you to his whimsical yet informative musings on walking, the universe and everything else.

Further information from Pat Stephens, tel 01629 650092

Next Edition

Last date for copy for the next edition: **19 March 2018**; please contact:

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Ideally, articles should be up to one page in length, relevant to walking, and preferably with a photo or two, but there is flexibility depending on the subject.