



YORK GROUP NEWSLETTER

March 2017

Coach Ramble in May - see back for details

Volunteers Still Needed

In the last Newsletter our Secretary Jill Wiseman appealed for help with the Footpath Survey Team, which works under the guidance of David Nunns, our Footpaths Officer. Since then there has been some progress, but additional people are still needed. Activities would include walking the footpaths in the Parishes which lie within the York Ramblers area. Perhaps you could walk "your" parish.

In addition there is a need for historical research, because the deadline for Restoring the Record on rights of way falls in 2026; this would involve looking at historic documentary evidence so that the paths can be "claimed". Recently there was a day course on how to do this, and there may be another in future. The deadline is some way off, but inevitably there will be a great deal to do.

So, whether your interests lie in walking locally, or in historic document searching, or both, you can make a good contribution to York Ramblers. Please contact Lynn Croskin at lynn@croskin.myzen.co.uk, or ring 07753 488 929.

The Calderdale Way

When the Metropolitan Borough of Calderdale was created in 1974 a number of local civic trusts and groups came together to create a walk showing off the numerous attractions within the district of Calderdale, and the Way was opened in October 1978 as Britain's first Recreation Footpath.

Calderdale is a unique blend of town and country. The larger settlements of Halifax, Hebden Bridge and Todmorden squeeze into the cramped valley floor, which is shared with the river, canal, road and railway. On the high moors this urban sprawl seems far away, although many features of the district's industrial past provide much of interest to the observant walker. The hills are laced with a centuries old network of trading routes, used mainly by packhorses, many of which retain sections of traditional stone causeway and the Way uses these high moorland paths and ancient packhorse routes as well as woodland paths, a short section of canal towpath and some, unavoidable road sections.

The York Public Transport Walks group will be walking the Calderdale Way in 2017. The Way divides neatly into 5 sections with good train and bus links to York. They are:

Brighouse to Ripponden – 10.6 miles. Total ascent 1578 feet

In this section we use the canal towpath, go into the nature reserve at North Dean woods using an old section of railway track, cross Norland Moor, home to some rare plants and birds before descending into Ripponden.

Ripponden to Todmorden – 10.5 miles. Total ascent 2026 feet

We climb out of Ripponden via field paths and tracks to Crag Vale, pass Withens Clough reservoir and the Te Deum stone, where coffins were rested on the journey from Lumbutts to the church at Crag Vale, use one of the old stone causeways down to Mankinholes and then on to Todmorden.

Todmorden to Hebden Bridge – 10 miles. Total ascent 2199 feet

Tod is built in the confluence of two valleys so we climb up and down but remain in the town, use the packhorse trail to pass Whirlaw rocks, follow the edge of the moor to Blackshaw Head, descend to the beautiful clapper bridge at Hebble Hole, up to Heptonstall, down to Midgehole where we leave the Way to walk to

Hebden Bridge station.

Hebden Bridge to A629 – 10.5 miles. Total ascent 2400 feet

Returning to Midgehole we climb the steps to Pecket Well, skirt Midgley Moor, from where there are fine views of Stoodley Pike across the valley, pass Bog Eggs and Churn Milk Joan, to Luddenden Dean and Saltonstall then skirt Warley Moor before dropping into farming country and the A629 at Brockholes.

A629 to Brighouse – 10.5 miles. Total ascent 1108 feet

Field paths and tracks take us around Halifax to the north, then into Shibden Valley, Stone Chair the site of a flat seat built in 1737 for people awaiting the stagecoach, Shelf, fields and woodland paths to Brighouse via Norwood Green and Bailiff Bridge.

We hope you will join us on some, or all, of these walks. All the details are in the PTWalks group leaflet, in the brochure and on the web site.

Using Walking Poles

I cannot find anything on the official website about using poles, but during a walking holiday the leader – not a Rambler but she teaches cross-country skiing – gave us some advice. It seemed good to me so I am passing it on, but please take this as a personal view.

If you buy a pair of poles, they may have left and right handgrips, easy to tell by the feel, and they may even be marked L and R, but many have a grip usable in either hand. While most poles have internal twist locks to extend and retract, the external flick-over locks are less likely to slip when you put weight on the pole. If there are three sections, it is mechanically best to keep them of equal length. If the poles get wet and they can be unscrewed, it is a good idea to dry out the joints when you get home.

Never use WD40 on the joints.

The proper length for a pole is when your forearm is parallel to the ground when you hold the grip. This length will keep you upright when you walk, and it is important to maintain this upright position on hilly ground. When you are going uphill, shorten your poles and when you are going downhill, lengthen them. It only takes few seconds and you will be much more stable.

Using points or rubber covers – well, points are best on soft ground or gravel, rubber tips may be better on rock as they are less likely to slip. Walking on a road with points may mean that you make an irritating clicking noise at every step.

Some points of etiquette. Always be aware of other people. If the poles are on your rucksack, remember that when you swing round they may catch on somebody else. If you trail your poles on the ground behind you, someone may trip over them – so it is better not to do that. Finally, when you are carrying your poles in your hand and not using them, PLEASE keep the points forward and do not threaten those walking behind you. This is especially important if the poles are shortened – some people tend to swing them vigorously as they stride along, and to the person walking behind you, this can look like an intention to stab them!

Ramblers Worldwide Holidays

We receive a donation to Group funds each time one of our members books a holiday with Ramblers Worldwide Holidays, so please remember to give them your connection when you book. Also, they pay for this Newsletter to be printed, for which we are grateful.



YORK GROUP COACH RAMBLE

Sunday 21 May 2017 to **Hathersage, Derbyshire**. There will be three walks, 12miles, 10 miles and 8 miles. The coach will pick up at:

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- 08:25** Hospital Fields Road (join coach at Ingleby's Depot at the end of the road, on-street parking)
- 08:40** Memorial Gardens
- 08:50** BP garage, Great North Way near the A1237 Nether Poppleton roundabout.

BOOKING: *Cost £11 per person*

There are two ways of booking your seat:-

1. Download the booking form from the York Ramblers website, or use the form below. Cheques should be made payable to Ramblers Association, but please note that they will not be cashed until after the ramble. Please post the completed form and cheque to:

Lynn Croskin, 18 Beech Court, Pocklington, York YO42 2NE.

2. Alternatively you can pay directly into our bank account at: Sort code 608301, Account no. 20129521, please use your surname as a reference and email your form to ***lynn@croskin.myzen.co.uk***

Please assume that your seat is booked unless you are told otherwise, and please supply email or phone number.

Sunday 21 May 2017

COACH RAMBLE BOOKING FORM

Name(s)

Pick-up at

Cheque for £ enclosed

Email

Or telephone

Although you can make your final choice of walk on the coach, it would help the leaders if you would indicate which walk you are likely to join.