

Friends of DalesRail



www.friendsofdalesrail.org

NEWSLETTER AUTUMN 2010

This is the last newsletter for this year and the walking has been much better than I deserve. Despite copious amounts of rain, I don't remember it being too bad on the weekend walks and the mud seems to have been less than usual over the dry summer. It's been easier for us "up north" than the poor benighted southerners with yellow, parched lawns. I must try and keep in mind that it's the rain that keeps the Dales looking so green and lush all year. And I can't get over Coniston **and** Loch Achray having non-stop sunshine for our holidays! I'm lucky to be on the committee and get first sight of all the holidays and events coming up. You, dear reader, must wait for your newsletter to see the amazing treats that have been organised for us in 2011. You will not be disappointed!

Those of us still walking will want to wish a speedy recovery to our friends who are halt, lame or crippled and congratulate our Publicity Co-ordinator, Joyce, for her remarkable fortitude and recovery from illness this year. Good luck too to Jenny, our Train Walks Co-ordinator for her forthcoming knee operation. Well done to Pat, our Holiday Bookings Manager for carrying on despite a very painful back injury. To those not mentioned, I apologise, but we hope to see you all back out on the walks as soon as possible.

Contents

Moya's Musings
Event Secretary's Report
Train Updates
Coach Walks
National Three Peaks Report
Loch Achray Report
Holidays 2011
Train Passes
Apologies
AGM
Penny's Pantry
Membership
Kit Corner
Letters
Editor's Exhortations

Enclosures

AGM Lunch Booking Form
AGM Nomination Form
Spring Holiday Booking Form (N.Wales)
New Years Dinner Booking Form
Membership Form

If you're going to try cross-country skiing.....start with a small country!

Moya's Musings

Yes, it's nearly AGM time! This year it is our 30th anniversary AGM. The agenda and details of venue etc are included in this copy of the Newsletter.

Once again I have to announce changes in personnel of our band of helpers. Alan Kemmenoe is relinquishing his role as organiser and leader of the Lake District walks. Alan has carried out this role for 3 years and we are very grateful for the time and commitment Alan has given. As an intermittent Lakes walker I know how dedicated Alan has been. We are now going to change things slightly and these walks will in future follow a similar style as the Thursday walks in that one person will coordinate the programme and others will lead the walks. Jay Glasby has kindly offered to be the coordinator/contact person.

We are still looking for a new secretary to replace Gladys Strawbridge when she steps down at the AGM and Glennys Ash has also given notice that she will be relinquishing her post on the committee.

We have set up a sub committee (Diane Taylor, Penny Smith, Joyce Broughton and Angela O'Keefe) to plan our 30th year celebrations. I understand that the Society's 1st walk took place in April 1981 so we plan to hold celebration walks on 2nd April 2011 – see Diane's report for more detail.

In August we had another successful trip, this time to the Loch Achray Hotel where we were once again blessed with wonderful weather so let's hope this continues for Patterdale. John has planned more exciting weekends and holidays for next year and Penny has also added a youth hostel weekend.

Good news about Gorbeck Road – I have received a letter from the Yorkshire Dales National Park confirming that a full time permanent Traffic Regulation Order came into force on 23rd August 2010.

I would like to thank all committee members and assistants for their help and hard work during the last 12 months. Without their help my job would have been considerably harder.

I look forward to seeing you all at the AGM.

Moya McNamara

Event Secretary's Report

Already there are signs of the leaves turning and the Summer is over. I trust you all had a good season walking. Judging by the large numbers on the train walks lots of you have been enjoying our programme. Our fame has even reached New Zealand, courtesy of our excellent website and fifteen New Zealanders joined us in June on an FDR walk from Kirkby Stephen. We have had excellent walks all season and enjoyed a variety of different and new routes. Our thanks go to our leaders, all volunteers, for their commitment and enthusiasm.

It is clear that we need a regular slot for the moderately strenuous walker. From the New Year there will be a M/S walk on the second Saturday in the month. This is aimed at the moderate walkers who would like to go a step further and the strenuous walkers who don't want to have their socks walked off. In other words there will be a strenuous walk of 12/13 miles taken at a moderate pace. We shall be looking for extra leaders for these walks as this will over-stretch our leader base. Can you help? If you have not led before you might prefer to back up. Please let Jenny Collins or myself have your contact details.....we shall be passing among you!

In response to another request, I have arranged a **Day's Navigation Course**for all.....not just for potential and existing leaders. This will be in the Spring - see page 10 for further details.

The weekends away have been blessed with excellent weather. The organisers must have had inside knowledge or been very good in a previous life! The YHA weekend to Coniston in May was exceptionally warm and not all of us had packed our suncream. This was great fun with quirky chefs, great scenery and wonderful walks. The hostel ran out of wine very quickly as we celebrated our good fortune!

We look forward to next year's hostel weekend. Thank you Penny for arranging this. The trip to Loch Achray at the end of August also had blue skies and sunshine though it was a bit windy on the first day—well gale force! The following days were beautiful and all enjoyed superb long distance views. The hotel was geared up to groups and very efficient and comfortable. Our coach driver was a walker himself and his local knowledge was very helpful as was his ability to rustle up friends in cars to transport one group to the start of their walk where the coach could not get under the bridge. Our thanks go to all the walks leaders on both these trips who coped admirably with routes unfamiliar to them. My personal thanks go to John, Philip and Martyn for their help and support over the Loch Achray trip. Next year's weekend programme looks to be excellent. We look forward to Patterdale in the Autumn and Wales in the Spring. If you haven't tried a weekend away you should. Come and find out what you are missing.

Our next big events are the AGM at Steeton Hall, always worth supporting, (photos to Trevor please so we can look back on our year's walking.....especially the humorous ones!) and the New Year's Dinner at the Oakwood Hall Hotel, Bingley which will be preceded by three walks as usual.

Advance notice

In April we celebrate thirty years of walking with Friends of Dales Rail. We plan to put on three walks on April 2nd followed by a buffet at the Long Drag at Hellifield Station. Put this date in your diary. This is for present and past walkers: a reunion. Details will follow in the New Year.

Diane Taylor

Train Walks – UPDATES AND CORRECTIONS

Saturday 23 October – Ribbleshead to Clapham (Settle/Carlisle line walk)

The current train programme leaflet wrongly states the date 24 October for this walk (which is in fact a Sunday!)

Sunday 31 October – Walsden to Hebden Bridge (Caldervale line walk)

The travel arrangements for this walk will be affected by engineering work on the railway, but the replacement timetable was not available at the time of writing. Please check the news section of our website closer to the date.

Saturday 27 November – Gargrave to Grassington (Settle/Carlisle line walk)

Some of the information for this walk is missing from the train programme leaflet. The full details are: Gargrave to Grassington via Flasby, Rylstone and Linton (bus back to Skipton) 11 miles moderate. Book and alight Gargrave: return Skipton

Tuesday 28 December – Hellifield to Settle (Settle/Carlisle line walk)

Due to engineering works on the railway, part of the return train journey will be by bus replacement service. It is expected to be just the section between Settle and Hellifield and the outward train journey should not be affected. Please check the news section of our website closer to the date for further information.

We are still searching for someone to take over producing the programme and we would like to expand it to advertise all our activities.

Philip Birtwistle, Moya McNamara

A Great Day Out

If you would like a Great Day Out, why not join us on our monthly Coach walk? We visit various locations which are not always accessible by the trains which we walk from on Saturdays. The details of the destination for the coaches are on the calendar; there are always three grades of walk to choose from, so we try to cater for all.

The pick-up points are:

Pudsey: Civic Hall car park

Leeds : This has recently changed and is now at the lay by on Eastgate roundabout, round the corner from the bus stop, along the side of the Quarry Hill site.

The Coach walks are usually on the third Sunday of each month but there are one or two exceptions. To whet your appetite, we are going to Hawes in November and Kirkby Lonsdale in December.

If you are interested or would like to book please give me a ring. My name is Glennys and my phone number is 0113 2577220

For a Great Day Out with good company why not give me a call?

The National Three Peaks Challenge

Toe nails cut and lots of spare clothing and boots packed we left Leeds for Fort William at 07.20 hrs on 23rd July 2010. The walking team was Moya McNamara, Elizabeth Myers and Steve Middup (a non FDR member and last minute and welcome addition) with John Crouch as driver. The task was to complete the National 3 Peaks (Ben Nevis, Scafell Pike and Snowdon) in 24 hours and raise £1000 for Leeds Samaritans. Armed with chocolate, bananas, jelly babies (Dr Penny's recommendation) and plenty of water we began the ascent of Ben Nevis at 15.45 hrs. This was when thoughts of "whose silly idea was this" began to creep in! The ascent of Ben Nevis was wonderful. It was sunny and clear so it was a pity we were in such a rush we couldn't stop to enjoy the views. Back at the car park by 20.30 hrs hot drinks courtesy of John awaited us along with the inevitable Scottish midges.

A quick drink and off to Scafell Pike. The borrowed Sat Nav proved indispensable despite the curses from the passengers attempting to sleep. John did a terrific job of navigating around the sheep asleep on the minor roads on the way to Wasdale Head. The ascent of Scafell Pike began at 02.30 hrs in the dark and proved much easier than expected. Unfortunately the cloud came down and it was very misty on top so we had a quick photo stop and back down to more hot drinks.

We arrived to start Snowdon with 5 hrs to complete what should have been a 3 ½ hr trek. The car park at Pen-y-pass was full so we were dropped off in a bit of a rush, the GPS had not functioned throughout the trip, it was pouring with rain and the visibility was poor. We set off up the Pyg track but a wrong turning took us on to the hardest route up Snowdon. This meant we did the Crib Goch ridge (look it up on the Internet). Fortunately other experienced Crib Goch walkers offered useful advice in the high wind and rain. We were grateful for the mist which meant we couldn't see the 900+ ft drop! We lost lots of time but got to the top of Snowdon with about 1 ½ hrs to finish. No time for drinks or eating much now. We agreed we would each do our best to finish in time. Steve finished with 15 minutes to spare, Moya with 10 minutes and Elizabeth 5 minutes. We were soaked to the skin so after a quick change we had a celebratory cup of tea in the café before more substantial refreshment on the way home.

We estimate we drove a total of 985 miles, walked 26 miles, completing 10712 ft of ascent and descent. Was it worth it? Yes it was! To date we have presented over £2200 to Leeds Samaritans. Whilst serving the residents of Leeds, of 202 branches nationwide this branch of the Samaritans is one of only a handful that operates 24 hrs, 7 days a week so takes calls from all over the country. It was therefore good to finish the challenge on the 24th of the 7th month.

A huge thank you to all FDR members who sponsored us and John for making it possible. If you haven't already done so there is still time to make a contribution (details were included in the last newsletter).

Elizabeth Myers and Moya McNamara

Walking can add minutes to your life. This means that at 85 years old you can spend an additional 5 months in a nursing home at £5000 a month!

Ed: At this rate, Moya and Elizabeth will be the oldest residents of the nursing home. I do hope they turn into Grumpy Old Women!

And next, a holiday report to whet your appetite.

Loch Achray , The Trossachs

28 August – 1 September 2010

Lots and lots of Lochs, even one called Loch Drunkie(!) and in the middle of them all the Loch Achray hotel, well-seasoned in handling large groups and even willing to take on walkers.

Off to the wilds of Killin and hurricane conditions on the tops where, on the Tarmachan circuit, even the sturdiest were shaken but not quite stirred. Lower down winter gear was also donned and trail bike trials as well as 'open access' land (aka ankle-breaking yomping) were being negotiated. Determined to explore all modes of transport one group followed the Glen Ogle rail track and ended up at the stunning Falls of Dochart.

As if we hadn't had enough excitement the next day dawned hot and sunny. Legs and arms appeared and the air was permeated with a mixture of suncream and midge repellent. Was this Scotland or had we taken a wrong turning? No, the accent was right and so was the porridge.

Furthermore we were about to experience the intricate web of the Scottish transport system in the Highlands as a coach driver became a minibus driver, local drivers offered their cars and a taxi was commandeered. Several Bens and Glens and Falls were conquered in the process and Rob Roy's grave gave a fitting start for one group.

A different form of transport appeared on the third day in the form of the Loch Katrine Ferry which seemed to spend the day transporting one group or another from one end of the Loch to another. This enabled a close inspection of the Loch and its wildlife (no, not the human variety). Loch Achray was also inspected as was the Glen Finglas reservoir. More Bens were conquered, Ledi and Vane in particular and a breakaway group had the temerity to conquer two more. Where will it all end?

Altogether a very enjoyable few days in a well-run hotel with unbelievably good weather and stunning scenery - not forgetting the Highland cattle. There was something for everyone – even the tortoise at the back, who made the best of her circumstances and adapted accordingly. And let's not forget the dancing which brought several potential 'Strictly' entrants to the fore and gave the rest of us the chance to enjoy ourselves. We might even know how to do the 'Slosh' now!

Thanks to all the leaders, including the unofficial one, who had unexpected problems brought about by the Forestry Commission, poor signing, high winds, pathless routes and all the usual suspects. Thanks in particular to Diane Taylor whose idea it was and who worked very hard to make the holiday the success it was.

Diane Exley

I've had a lot of exercise in the last few years.....just getting over the hill!

FDR Holidays 2011

The holidays this year have been well supported and so far been very lucky with the weather. Again for Spring and Summer, I have managed to arrange two very reasonable hotels at prices that are exceptional. Therefore, I expect these to be in great demand and encourage you to get your bookings in on time to avoid disappointment. Single rooms are always at a premium, so please try to share where possible.

As in the past there will be a date for receipt of deposits and then if there are too many bookings a draw will take place.

SPRING – Mold, North Wales

Set in the peaceful lands of North Wales yet close to historic Chester the Beaufort Park Hotel is a perfect venue for any group holiday. The hotel is located in the village of New Brighton, approximately 2 miles from the historic market town of Mold. Mold is the County town of Flintshire and as the largest historic market town in this County is also a major cultural centre of North Wales. See www.beaufortparkhotel.co.uk for hotel website. Walking is in the Clwydian Range with a chance to do part of the Offa's Dyke path. This is a self drive trip, although we have the use of a coach for the weekend. Accommodation is all ensuite with a mixture of doubles, twins and singles with breakfast and evening meal included.

Cost: £125 per person for 3 nights, with a £30 single supplement

Dates: 25-28 March 2011

SUMMER – Weymouth, Dorset

For the Summer we visit the South Coast of England and a chance to walk the Jurassic Coast. The town also offers all the advantages of a seaside destination. The hotel is the Prince Regent and is an attractive three-star hotel nestled on Weymouth's historic promenade and overlooking the ocean. Accommodation is all ensuite with a mixture of doubles, twins and singles with breakfast and evening meal included.

See www.princeregentweymouth.co.uk for hotel website.

We will have our own coach for the week with pickups in Bradford and Leeds.

Approximate cost £320 per person for 6 nights.

Dates: 21st August – 27th August 2011 (Bank holiday Saturday).

AUTUMN – Kendal, Cumbria

Where better to be based for the delights of walking in the Lake District. The Castle Green hotel is a Best Western on the edge of the town. This is a slightly better hotel with additional facilities. See www.castlegreen.co.uk for hotel website. This is a self drive trip and I am currently investigating whether we will need to book a coach for one or two days as we may be able to walk from the hotel. Accommodation is all ensuite with a mixture of doubles, twins and singles with breakfast and evening meal included.

Approximate cost £220 per person for 3 nights.

Dates: 14-17 October 2011.

John Crouch

I like long walks - especially when they're taken by people who annoy me!

YHA Weekend

We are going to **Dufton** for 2 nights: **May 20th and 21st 2011**. Who knows what chaos will ensue this time! The tentative plan is two days walking in glorious sunshine ranging further afield than is possible from the train. I'm selfishly very excited at the thought of even the moderates doing High Cup Nick! We will have bed, breakfast and evening meal and the delightful pub is only a short stagger away. The booking form will be in the next newsletter and competition for spaces will be fierce!

Train Passes

A reminder for Leaders and Back ups.

It is now halfway through the life of the current Train Passes, so I thought it might be a good idea to remind you that we are very fortunate to have this concession from Northern.

The Passes should only be used for Leading and Backing Up programmed walks from the train and for the reccés associated with those walks.

I know that the Passes are used by a few people in connection with other Friends of DalesRail business, where this has been authorised by the committee.

It is important that we do not abuse this privilege from Northern.

Please note that the passes expire **31 March 2011** not at the end of 2010
Carola

Guide Book Plea

I've just had a super week in North Wales walking along some beautiful and historically interesting sections of the Dee Valley Way. The intention had been to do the Dee Way, following the River Dee from Chester to its source but we were so put off by the guide book taking us along the most boring stretches of river and inviting us to go through 8 foot high maize fields and several vague or downright misleading directions that we abandoned the idea and went back to good old OS maps.

The Wainwrights are classics and I found the Dales Way guidebook helpful and full of interesting snippets of information but perhaps we could share our experiences and recommend/deprecate the purchase of some guide books.

Apologies....1

I can only apologise profusely for the distinctly odd appearance of the last newsletter when viewed in e-mail form. I don't know how I managed it so daren't promise that it won't happen again!

Any offers of IT lessons (for a Mac please) would be gratefully accepted and appropriately remunerated - I'm thinking cake and booze rather than large amounts of dosh!

Apologies....2

On the same theme, my unreserved apologies to **John Gramshaw**.

I failed to notice that a slip of the cursor caused his name to disappear so he was not credited with writing the excellent appreciation of Sheila Barrass

Friends of DalesRail, Annual General Meeting Steeton Hall, 28 November 2010

Coffee will be available from 10.30 am, to be paid for on an individual basis. The AGM will commence at 11.00 am, followed by our speaker, Steve Hastie, Area Ranger/Project Manager Three Peaks. His presentation will be entitled "The Three Peaks Project". The morning session is due to finish at approximately 12.15. You are asked to vacate the room at this point to enable the hotel staff to set the tables for lunch which is planned for 1.00 pm. At 2.00 pm, there will be a digital presentation of photographs contributed by members. The meeting agenda is set out below.

Agenda for the Annual General Meeting

1. Chairman's welcome
2. Apologies for absence
3. Approval of the minutes of the AGM held on 29 November 2009
4. Matters arising from the minutes (not otherwise on the agenda)
5. Reports of relevant officers
6. Election of officers for two year period 2010/12
7. Election of committee members for two year period 2010/12
8. Election of scrutineer
9. Any other business
10. Closure of meeting

Photos: Please send your photos in JPEG format to Trevor Grimston, at least 2 weeks before the AGM.

Penny's Pantry

Here's a great cake or dessert for the Autumn when cooking apples are cheap or even free if you have got access to windfalls.

German Apple Cake

Ingredients:

1 lb cooking apples - peeled, cored and sliced
4 oz butter or margarine
4 oz granulated sugar
8 oz self raising flour, sifted + a pinch of salt
1 egg, beaten
4 oz sultanas
1/2 teaspoon ground cinnamon
2 oz demerara sugar

Method:

Grease +/- line with baking parchment a 7" round cake tin
Pre-heat oven to 190°C/Gas Mark 5

Melt the butter gently in a large saucepan. Remove from the heat and add the granulated sugar, flour, salt and egg. With a wooden spoon, mix everything to a stiff, smooth dough.

Put about half of this into the prepared cake tin and press down evenly with your hands.

Mix the apples, sultanas and cinnamon and put in the tin. Sprinkle the demerara sugar over the top and level it off with the back of a spoon.

Lastly, carefully put the remaining dough on the top and spread out to cover the apple mixture.

Bake for 50-55 minutes or until the top is golden brown. Cool in the tin for 10 minutes.

Sprinkle the top with icing sugar for a posh finish and serve hot or cold, with cream, custard or as it is.

It freezes well.

The only advantage of exercising every day is so that when you die, they'll say "well, she looks good, doesn't she?" !

Membership Notice

The committee have set the membership subscription at **£6 per annum**, per household, for the next year.

After some initial problems we are now able to send out the newsletter by e mail to those who have requested it in this format. If you are receiving it by post and would prefer it by e mail please contact Elizabeth Myers membership Secretary by e mail to elizabethannemyers@btinternet.com to ensure we have your correct e mail address.

To renew, please send your cheque for £6 made out to Friends of DalesRail to:
Elizabeth Myers, 35 Waincliffe Drive, Leeds LS11 8ET

Kit Corner

My best purchase for a while has been a Rab Slipstream/Jetstream Jacket. This is ultra-lightweight/ waterproof/ breathable and very comfortable to wear, even in warm weather when you really don't want to put on a jacket. Like the one David recommended in the last newsletter, it has a longer back to keep the bum dry. The pockets are mesh lined and work as vents when the "sauna effect" takes over. The hood is, as the makers say, "grown on" and adjustable.

This all comes in its very own Bum Bag.

I purchased mine from "Go Outdoors" when there was a special discount event on.

The original price was £120. Go Outdoors price was £59.99 then an extra 15% discount .

This was not what I had gone to buy, but it was a bargain not to be missed!! And it proved to be a most suitable item of GEAR.

P.S. will we get extra discount for the free publicity for the shop!

Glennys Ash

Ed: I doubt it very much as they already have their own loyalty/discount card.

The only reason I took up walking was so I could hear heavy breathing again!

Map and Compass course:

This is for beginners and refreshers.

Part 1: at Addingham Methodist Hall on **Saturday March 12th** 2011 from 10am, with a follow up -

Part 2: at Grassington, in the fields in small groups with a choice of Sat 19th, Sun 20th or a weekday to be decided by the participants.

The Tutor will be Henry Mason, Chairman of the Craven Ramblers. Please note these dates in your diaries.

Further details from Diane 0113 2931924. Application forms will be in the next newsletter

Letters

Re: Thursdays Walks for members of FODR

I would just like to say a big thank you to all those who led Thursday walks this year. As you know I took over from Alan Jagger in co-ordinating these walks and quite simply - unless there had been those of you who have been willing to organise and lead these walks then I would have had nothing to co-ordinate! Your time in doing this has been MOST appreciated. THANK YOU!

A reminder too that these walks are open to all members of FODR and if you are free on the first Thursday in the month, please do come.

Val Stoneman

We all get heavier as we get older because there's so much information in our heads.

That's my story and I'm sticking to it!

Editor's Exhortations

Fill out the form for the AGM dinner: it's good fun, a good meal and the chance to meet people you don't usually walk with. The committee are there to hear your moans and suggestions and answer any queries; it's so much more satisfying to do it face to face!

Use the Nomination Form: we'd welcome your contribution however little time you can spare. Though we're particularly looking for assistance with the coach walks and secretarial role, anyone with a bit of computer nous could help with the programme layout for a couple of hours a year. Do remember you can and should nominate yourself!

Try leading/backing up: whether from the coach or the train, stroller or super-fit, we welcome fresh blood (not literally!) in the ranks. There's always help and support on offer if wanted.

New Years Dinner: If you didn't come last year, you missed a real treat. The meal was so good that you felt you'd had tremendous value for money and the service was very friendly. The lounge area by the bar was warm and inviting with plenty of room for us to sit around and catch up on the gossip.

Navigation Day: Look out for booking info on this in the next newsletter. It'll be the cheapest course with the best company you'll ever come across.

Deadlines to note:

November 12th....Booking for AGM lunch

November 12th....Photos in to Trevor

November 19th....Nomination Form

November 30th....Booking for North Wales

December 22nd...Book New Year Dinner

Dates for your 2011 diary:

March 14th.....Leaders and Back Ups meeting

March 12th/19th....Navigation Days

March 25th-28th....Mold

May 20th-21st.....Dufton

August 21st-27th....Weymouth

October 14th-17th....Kendal

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine!

Friends of DalesRail Membership Renewal Form

Name(s) :

Please note, include **all** people in your household as only members named on the form will be able to participate in members-only events eg holidays.

Address:

Contact telephone number(s):

e-mail address:

Do you wish to receive the newsletter via e-mail: Yes / No Please circle choice

Send this form with your cheque for **£6** made out to **Friends of DalesRail** to

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