
Tameside Ramblers - August 2023



Hi,

We have a bumper edition for you this time and thank you to the contributors !

It looks like we've all had a busy summer especially celebrating our 10th Birthday in style.

Alan

“Editor”

Email : alan@c-i-t.co.uk

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Chair Talk

Where has all that hot weather gone? Admittedly, it was a little too hot at times for comfortable walking but now it seems to be just cold and wet with an occasional nice day. But we don't let a bit of bad weather stop us walking, do we? In fact, most of our recent walks seem to have been completed in fairly good weather.

Thanks to the efforts of our dedicated hard-core of walk leaders, we are managing to fill our walks programmes each month. These are compiled for us every two months by Chris and Cathryn. We really could do with a few more walk leaders, to ease the pressure on the regulars. No need to lead a walk every month, just a couple of times a year would really help, and our existing walk leaders will be willing to initially 'buddy up' with any new leaders. Please let me, or any committee member, know if you are interested in becoming a walk leader.

Our membership has fallen a little in recent months; a few have moved area and some have let their memberships lapse and have left Ramblers and one member (who has never walked with us) has sadly died. Alan and Ann Lowe, two members from our early days, have moved house and consequently moved area. We wish them well in their new home and with their new Ramblers group.

We recently celebrated the 10th anniversary of Tameside Ramblers, and there is a report and photographs about it later in this newsletter.

Happy walking.
Stewart Ramsden

Pub Walk

On Wed 26th July, eleven of us enjoyed a 5 mile local walk led by Eddie, ending up for a great meal at the Waggon & Horses in Mottram.



Great to see people out for the walk & meal that we've not seen for a few months

AGM

The 2023 Annual General Meeting will take place on Saturday 11th November, at the Priory Tennis Club in Stalybridge.

This year, the AGM will be slightly different as we will be having a short talk from the Peak and Northern Footpaths Society (PNFS).

More information about the AGM will be sent to all members once the details have been finalised.

Pathways & Bridleways

Walkers are free to use all rights of way, but the signs will let you know who else you may bump into along the way. There are four types of rights of way:

1. Footpaths

Look for: Yellow arrows

OS Map: a green or a pink short-dashed line.

You have the right to walk and take a mobility scooter on these paths.

2. Bridleways

Look for: Blue arrows

OS Map: a green or a pink long-dashed line.

You have the right to walk, take a mobility scooter, ride a horse or cycle on these paths.

3. Restricted byways

Look for: Plum-coloured arrows

OS Map: a green or a pink dotted and dashed line

You have the right to walk, take a mobility scooter, ride a horse, cycle or travel in a horse-drawn vehicle on these paths.

4. Byways open to all traffic

Look for: Red arrows

OS Map: a green or pink line made up of crosses

You have the right to walk, take a mobility scooter, ride a horse, cycle on these paths as well as travel in a horse-drawn vehicle or drive a motor vehicle.

Rights of way make up the majority of the footpath network, but there are also:

5. Permissive paths

Look for: Any permissive signage and conditions!

There are no legal rights to walk these paths, but permission will have been granted by the landowner. There's no standard way to mark a permissive path, and they will likely not be on maps.

They'll be waymarked on the ground as a path, this could be in the style of a right of way as listed above or it could be a non-standard waymark to highlight that it is not a right of way.

Either way, there should be a notice at the start of the path to explain that it is permissive & outlining conditions of use.

6. And last but not least! National-Trails

Look for: The acorn!

OS Map: green or pink with a line of diamonds and the acorn symbol

Long-distance trails made up of rights of way & permissive paths, (you can walk on them all). The England Coast Path will be the 16th National Trail and is made up of open access land

10th Birthday Party

The 10th Birthday party for Tameside Ramblers was held on Saturday 13th May at the Broad Oak Pub in Ashton. We had around 40 attendees.

At its formation in 2013, the group had about 160 members, all having transferred from other Ramblers groups, Oldham, Manchester & Salford and Stockport. Over the years, the membership increased to 232 but during Covid the membership fell, as it did across the UK. We now have 216 members.

The night was organised by Pete & Ruth and had a DJ, Quiz, a poem reading and buffet food.

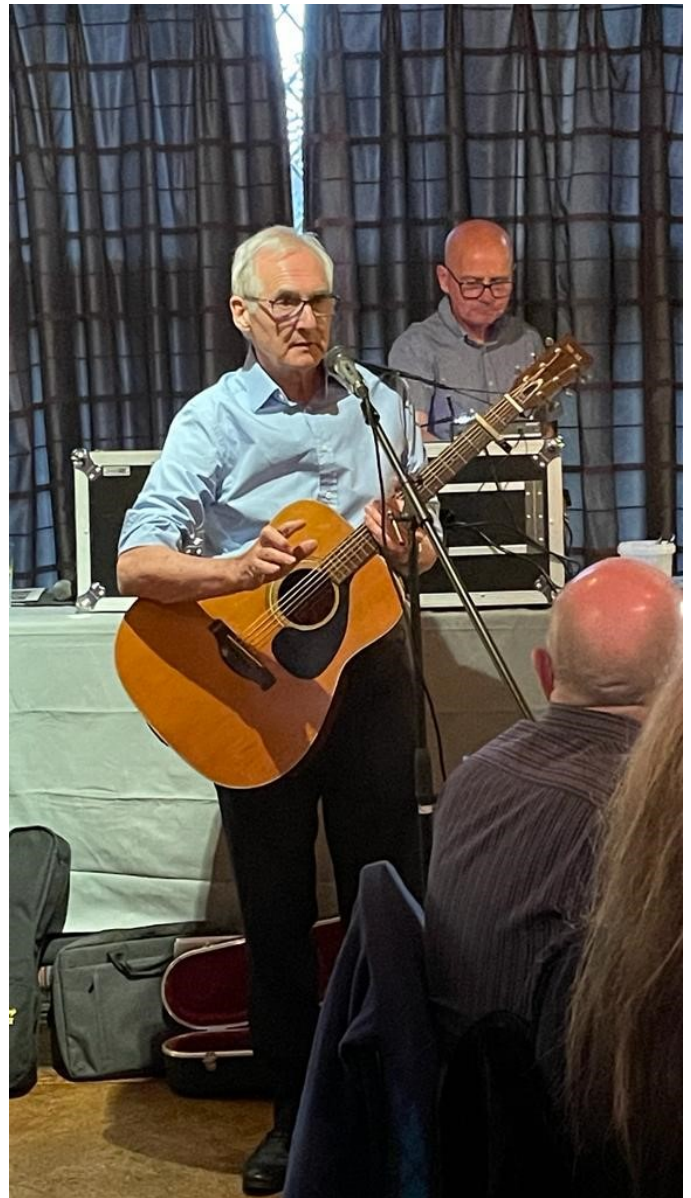
We were entertained by live music from Stewart, Ian & Margaret, with a rendition of 'The Manchester Rambler'; copies of the chorus had been handed out so that everyone could join in.

Stewart & Prue were presented with certificates by Alan on behalf of Ramblers Central office in recognition of their 10 year services as Chairman & Secretary respectively.

Sue read out a Ramblers special poem. (see page 12).

Our Chairman presented Pete & Ruth a gift voucher in recognition of their great work as Social Secretaries over many years. This event was the last they had kindly arranged to organise

As the beer took effect and the night moved on—we were treated to a bout of “Dad Dancing” at the end of the night



Stewart leading a musical piece

A great night was had by all.

Here's to the next 10 years !!

10th Birthday Party (2)



Stewart (Chairman) and Prue (Secretary) both had dedicated certificates presented to them on behalf of Ramblers Central Office.

10th Birthday Party (3)



10th Birthday Party (4)



10th Birthday Party (5)



Summer BBQ



This year's BBQ was kindly hosted by Ken & Margaret on 24th June, in Ashton, which happened to coincide with a certain person's Birthday (again!) – see photo below.

There was lots of barbecued food plus dessert and cakes. Everyone had a great time and the weather was perfect.



Summer BBQ (2)



GPS (Global Positioning System) Devices



A **GPS** (Global Positioning System) device is a hand-held receiver that picks up signals from satellites circling the earth, enabling you to locate your current position to an accuracy of 10-20m.

Most modern GPS devices can then show that position on a map and, if you have stored a pre-programmed route, help you navigate along it.

GPS devices are similar to the SatNav devices now used by many drivers. However, while SatNavs use information about the road network to navigate step by step towards your destination, there is no equivalent “dataset” of information about off-road paths and access areas for walkers.

So although the GPS can help you find your way, it won't give step by step instructions like SatNavs.

Many walkers find GPS devices a useful gadget but they aren't a substitute for traditional maps and compasses in outdoor navigation. This is because:

- To use a GPS successfully you will already need to have a reasonable understanding and experience of map reading and navigation.

- GPS can't be relied upon, especially in remote areas where accurate navigation is safety critical. The signal may fail in particular conditions, the device may fail, or the batteries may run flat, particularly if you're unexpectedly delayed.

Some things to bear in mind when buying a GPS

- The more channels a receiver has the more chance the unit will find enough satellites to pinpoint your location accurately.
- An external power socket is a useful feature, for example if you want to save power when using your GPS in a car connected to a mobile charger or cigarette lighter, or use it with a solar powered charger.
- Good battery life is essential – and make sure you pack some spares.
- A good screen that displays quality colour will make the map more readable. Large screens are easier to read but are likely to use more battery power.
- Will the buttons work if you're wearing gloves? Will they be pushed accidentally when you put the unit in your pocket?
- If you want to store lots of routes then you will need plenty of memory space.
- Compatibility. Will your GPS connect to your computer (most will by using USB connections), and will it integrate with any electronic maps and mapping packages you want to use? Will it accept routes from your favourite online sites?
- Is it also equipped with a magnetic compass? This is a useful feature to have as a failsafe if connection with the satellite fails.

“Ramble On” by Sue Hudak

As spoken at our 10th Birthday Party :

We’ve been Tameside Ramblers for quite a while,
We’ve climbed many a hilltop and crossed many a stile,
We’ve strolled along rivers and paddled through streams,
We love all our walks – we are living the dream.

We’ve stayed at the Sill and walked Hadrian’s Wall,
We had such a good time – it was a ball,
We’ve trudged over Kinder and walks by a beach,
There isn’t a ramble that’s out of our reach.

Some hiked around Ironbridge and Conwy too,
Whether hilltop or valley there is always a view,
Some went to China and some went to Spain,
We trek in the sunshine and sometimes in rain.

Our Committee and Leaders work hard for our pleasure,
The hours that they give are way beyond measure,
The “socials” we’ve had arranged by Ruth and Pete,
Have always been fun – oh what a treat.

And now it’s our birthday we’ve reached ten years old,
We still welcome new members into the fold,
Our friendships have lasted over the years,
So lift up your glasses and wish everyone

“CHEERS !!”

Walking is good for you !

How walking benefits your physical health

Walking is a low impact, accessible form of physical activity which most people can participate in.

There is evidence that those who are currently inactive could achieve health benefits from just 10 minutes of brisk walking. These benefits can include increased physical fitness, healthier weight and a 15% reduction in risk of early death

People with existing health conditions such as high blood pressure, diabetes or lower back pain can benefit from just 10 minutes of daily brisk walking that can help them manage of their condition.

Regular physical activity is essential for a healthy lifestyle, but most of us don't do enough of it.

The Chief Medical Officer recommends that adults (19-64 years) should aim for 150 minutes of moderate physical activity such as brisk walking on a weekly basis. This could be split into 30 minutes of activity five days a week. Meanwhile, children and young people should engage in at least 60 minutes of physical activity every day (Department of Health, 2019)

However, around 27% of adults are achieving less than 30 minutes of moderate or vigorous physical activity per week and can be classed as physically inactive in England (NHS Digital, Health Survey, 2019)

In Wales 33% of adults could be classed as physically inactive (Welsh Government, 2019) In Scotland 66% of adults met the guidelines for moderate or vigorous physical activity in 2018 (Scottish Government, Health Survey, 2020)

33% of children and young people are active for less than an average of 30 minutes a day in England (NHS Digital, Statistics on Obesity etc 2019)

In Wales only 51% of children and young people (aged 3-17 years old) met the government rec-

ommendations (National Assembly for Wales, 2019)

How walking benefits your mental health and wellbeing

Physically active people are nearly 30% less likely to become depressed and staying active helps those who are depressed recover

According to the NHS, 1 in 4 adults and 1 in 10 children experience a mental health problem in England <https://www.england.nhs.uk/mental-health/>

Being physically active helps people manage stress, anxiety and intrusive thoughts. It can also help improve self-esteem and mood (Mind, 2019)

Regular physical activity can also reduce your risk of becoming depressed by 30% (Public Health England, 2019)

Being active on a regular basis can also lead to people having more energy, feeling more relaxed and having a better concentration and memory (British Heart Foundation, 2018)

People who walked to work reported greater job satisfaction and wellbeing in a study of over 26,000 employed people living in England (Chatterjee etc, UWE Bristol, 2017)

Group Walking and the effects on wellbeing

Loneliness can affect anyone, it will vary throughout our lives and between 5% and 18% of adults are estimated to often or always feel lonely (National Statistics on Loneliness, 2018)

Group walking enables people to make friends and form social connections, get closer to nature and take part in exercise.

Group walks can help tackle loneliness as they provide a chance to 'get out of the house' and connect with the local community, both for volunteers leading walks and for attendees.

Walking for Health group walks have reduced loneliness and social isolation for those attending (ECORYS and University of East Anglia, 2016)

Weekend Away—Hartington



Weekend Away
6th / 7th / 8th October in
Hartington



To register your interest please email ;
Hartington@tamesideramblers.org.uk

Bank House Guest House

W: visitbankhouse.co.uk

P: 01298 84465

Biggin Hall Hotel

W: bigginhall.co.uk

P: 01298 84451

The Manifold Inn

W: themainifoldinn.co.uk

P: 01298 84537

Hazel McMurtrie has offered to lead a short walk on the Friday afternoon for those arriving early and you should contact Hazel directly at hazelmcmurtrie@yahoo.co.uk if you wish to take part.

Saturday and Sunday walks, which will appear in the October Walk Programme,

You do not have to attend the full weekend to enjoy any of the walks. Please just let the walk leader know in advance to expect you.

On Saturday evening, we have booked a function room at The Charles Cotton Hotel and to reserve your place, please pay £5 to Tameside Ramblers bank account. You can contact our treasurer, Jo Manning at treasurer@tamesideramblers.org.uk, for the bank details.

The deadline for choosing your meal is 31st August 2023, when the balance will have to be paid. Again this is to be paid to our Tameside Ramblers account.

If you are coming along to the weekend please email Cathryn at ;

Hartington@tamesideramblers.org.uk

Look forward to seeing you there.

Cathryn

This autumn's weekend away will take place in Hartington.

Those wishing to attend the weekend should book their own accommodation and a list of suitable accommodation is below.

YHA Hartington Hall

W: <https://www.yha.org.uk/hostel/yha-hartington-hall>

Charles Cotton Hotel

W: <http://charlescotton.co.uk/>

P: 01298 84229

Jug & Glass Inn

W: <https://www.jugandglassinn.com/>

P: 01298 84848

Parsons House B & B

P: 01298 84801

W: <https://www.whitepeak.online/parsonshouse>

In Case of Emergency Procedures

The Ramblers recommends that you always have "In Case of Emergency" information on you when out walking.

Carrying an "Emergency Card" ensures the emergency contact details and medical information that this contains gives invaluable information in the unlikely event that something unfortunate happens not only on a walk, but generally when you are out and about.

Limited numbers of the Ramblers "In Case of Emergency" card are available from Stewart.

Accidents and Emergencies

Call 999 in case of an emergency during a Ramblers activity.

If you are in a remote location and believe you'd benefit from a MRT (Mountain Rescue Team) then mention this on the call.

Then contact the Ramblers on

incidents@ramblers.org.uk

IN CASE OF EMERGENCY CARD

PLEASE CARRY ON ALL WALKS

Personal Details

Name
Address
Contact number
Date of birth

Medical Information

Medical Conditions & Allergies
Medication

Primary Emergency Contact

Name
Relationship
Contact number

Secondary Emergency Contact

Name
Relationship
Contact number

Contacting the emergency services

With a phone signal Dial 999 or 112 and ask for Police/Mountain rescue. It will pick up any available network.	With a reduced phone signal Try to use Emergency SMS to text an emergency message to 999 or 112. Register your phone in advance at www.emergencysms.org.uk
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Any emergency message should contain:
Your location (ideally terrain plus grid reference), name, gender and age of casualty, nature of injuries or incident, any known medical conditions, number of people in the party, the colour of your clothing/equipment, your mobile number.

If you can't get any message through, the International Distress Signal is 6 blasts on a whistle or 6 torch flashes – at 1 minute intervals.


ramblers
at the heart of walking

VERSION 2.0 SEPT 2017

Oldham Mountain Rescue (OMRT)



On 30th March we hosted a presentation by Oldham Mountain Rescue Team at the Fairfield Arms / Audenshaw which was attended by around 25 people and raised over £240 for OMRT. The presentation, which ended with a Q&A session, was very informative and it really opened our eyes to what is involved with mountain rescue and to the dedication of the team members.



OLDHAM MOUNTAIN RESCUE TEAM 

A Charitable Incorporated Organisation
Registered in England and Wales No: 1088825
Patrons: Mr. P. Mallinson,
Mrs. M. Millench, Mr. D. Keegan

Tameside Ramblers
c/o Mr S Ramsden



3rd April 2023

Dear Stewart,

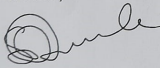
Donation to Oldham Mountain Rescue Team

On behalf of the Team, I would like to thank you and your fellow 'ramblers' for your recent kind and generous donation of £240.00 to our funds. Contributions such as this help us provide assistance to the many people who find themselves in the unfortunate position of needing our help.

As you may know we receive no central funding meaning that the support from organisations such as yours is essential for our day-to-day operations.

Your support for our Team is greatly appreciated by all of our members.

Yours sincerely



Sean R Reade
Secretary
Oldham Mountain Rescue Team

Mountain Rescue within the UK is a charity providing free services and is maned totally by volunteers who not only give their time for callouts, but also regular training, maintenance of equipment and fundraising.

If we could provide you with any further information about our Team, please feel free to contact us.

Registered Office: Unit 19 Boarshurst Business Park, Boarshurst Ln, Greenfield, OL3 7ER.
Email: admin@omrt.org Website: www.omrt.org

The West Highland Way



Having mentioned to Stewart our chairman I was to attempt my first long distance trail, he asked if I would write a few words for our newsletter.

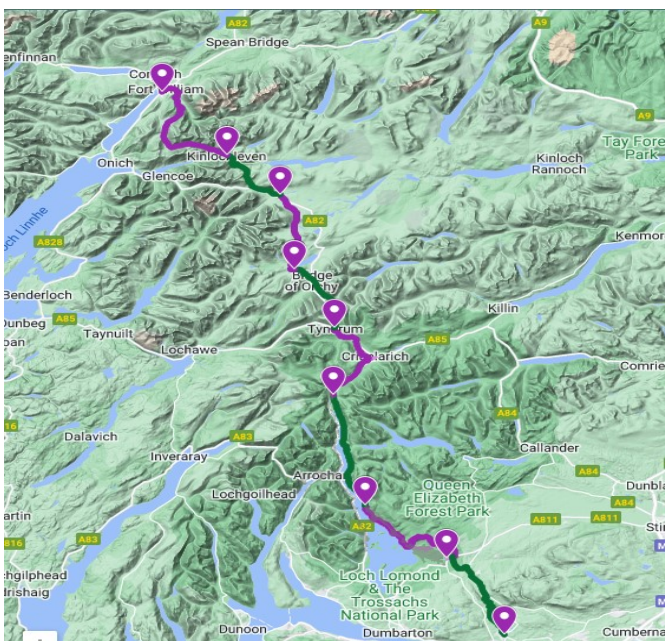
I began the linear route of the West Highland Way in Scotland on Good Friday 07/04/23 and was taking the south to north route. This direction of travel ensures the prevailing south westerly wind and rain are behind you as is the sun.

The trail starts ten miles north of Glasgow in Milngavie and takes you through East Dunbartonshire, Stirlingshire, The Loch Lomond and Trossachs National Park, Argyll and Bute, The Highland and finishes in Fort William at the foot-hills of Ben Nevis.

Accommodation booked I was set to complete the ninety six mile (254 km) walk over seven days, using a luggage transfer service.

The first day I set off on a bright and frosty morning with feelings of excitement and slight trepidation, my first destination was Drymen. The trail started gently through parks and woodland and quickly leads you to the genuine countryside with views of the Campsie Fells and shortly after you could see the Highland beyond. We took a short detour from the trail to visit the fortified remains of the 14th century Mugdock Castle. Then crossing grassland the walk is straight and level and continues over farmland. Glengoyne distillery being yards from the trail was an opportunity for an enjoyable tour and tasting session, also giving a chance to shade from the hot sun. The Way then joins a minor road for two miles before reaching Drymen. (15.2 miles)

Saturday, the next destination was Rowardennan on the east bank of Loch Lomond. This section takes you to the edge of the Highland. A slight detour to Conic hill proved worthy of spectacular views of Loch Lomond and in the distance the Arranchar Alps and Ben Lomond, the most southerly Munro (Scottish mountain over 3,000 ft). Also from this vantage point you could see a distinct row of islands over Loch Lomond which mark the geographical fault line which separates the Highland from the Lowland. Geologists believe the fault line was formed some 600 million



The West Highland Way (2)

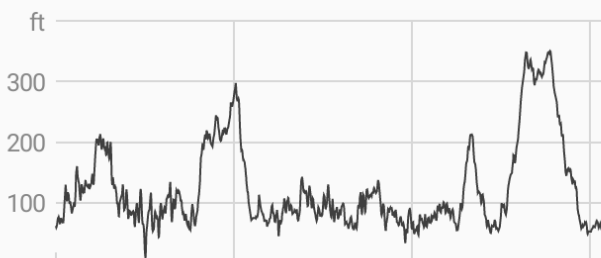
years ago. A very steep decent then leads you into Balmaha on the south east banks of Loch Lomond. A meandering narrow path then takes you along the banks of Loch Lomond to the west base of Ben Lomond 3195ft (974m) and Rowardennan. (16.2 miles)



Easter Sunday 8th April, onwards to Inverarnan. This section I found particularly enjoyable. Continuing on the narrow path close to the edge of Loch Lomond I found constant falls and climbs amongst rocks, crags and boulders that occasionally overhung the loch. Oak woods provided welcome shade, also there were many rocky coves and tiny beaches to discover along with Rob Roy's cave and the cosy Doune Brye Bothy.

Now leaving the banks of the largest stretch of fresh-water in Britain (23 miles in length, five wide) it was less than half a mile to the hamlet of Inverarnan. (14.8 miles)

Elevation profile



Easter Monday—Inverarnan to Tyndrum .

Comparatively easy terrain and straight forward following the river Falloch through Glen Falloch and

through a large conifer plantation. The Highland railway line and A82 are both visible and within earshot for a while on this section unfortunately. Having passed Crainlaric more than half the route was now complete. (13 miles)

Tuesday 11th April. This was to be longest section at almost twenty miles to the isolated Kingshouse Hotel in Glen Etive. After reaching the Bridge of Orchy the trail takes you directly over Rannoch Moor, which is fifty square miles of boggy moorland. No way markers or escape routes are on this exposed section known for it's notoriously cruel weather. As you cross the moor you are rewarded with breathtaking views to the east and west of the largest mountain amphitheatre in Scotland.

Including vast moorland and Loch Tulla and Loch Ba to the east. Glencoe now in view I gradually descended into Glen Etive. Here the well known Buachaille Etive Mor with its four summits along a five mile ridge standing at 3,350ft (1,021m) awaits. An impressive end to a long walk especially with snow now falling. (19.5 miles)

The penultimate day was to Kinlochleven. Setting off in sleety snow towards the Devil's staircase and beyond was arguably the most dramatic section of the West Highland Way and with it's now lower snow line I found a little daunting. This thankfully was the shortest section and gave ample time to tread carefully along the steep and rocky snowy paths ahead.



The West Highland Way (3)

At the top of the Devil's Staircase the highest point of the trail, we noticed blue light shining upwards from beneath the snow in a deep foot-print, fascinating to witness.

A fairly long and winding track then leads you from the Highland tops down to the idyllic setting of Kinlochleven with the Mamores ridge to the north of the village and Glencoe visible to the south. (10 miles)

Final day Thursday 13th April. A steep sustained climb takes you out of Kinlochleven which then leads you through a high pass with spectacular views of Loch Leven and Glencoe. The route is tough and undulates through forests and rises to the broad scenic pass of Lairig-mor. Again you are surrounded with incredible highland views which continue to Glen Nevis.

The path then descends and climbs before revealing my first glimpses through dense conifers of Ben Nevis 4,413ft (1,345m) the highest mountain in Scotland and also the highest land in any direction for 449 miles. I was totally captivated, I found Ben Nevis extremely imposing. Now with Ben Nevis standing to the east I descended into Fort William, I set off at 08:30 that day and reached my final destination 15:00. (14.3miles)

The trail generally meanders through the hills and mountains opposed to taking on large summits, and I found the route easy to navigate on mainly good paths. Fortunate to experience plenty of fine dry weather, thus my rucksack cover only made three short lived appearances.

I'm also happy to report I sustained no foot blisters, and put this down to wearing hiking boots I've worn for a couple of years along with familiar socks.

One of just a couple of regrets was to have insufficient time to climb one or two of the impressive and dramatic Munro's on the Way. As you will appreciate walking immersed in the Scottish wilderness surrounded by it's magnificent mountains was an exceptionally enjoyable experience and a challenge well worth taking on.



Total miles 103.7 ascent 10,442ft as tracked on my Outdoor Active phone App.

Fiona Brown

For more details of the Walk, see;

www.westhighlandway.org/

What's App Group



We have a further group for the sale etc of walking gear.

Ideally those selling equipment would make a contribution to the Groups funds (but this is NOT obligatory).

For those not currently subscribed then please let Alan or Stewart know so we can add you.

Walkers warned not to use Google Maps on their phone

"There is no substitute for a map and compass and being able to use them. They can save one's life."

People have been warned not to rely on smartphones for directions when out walking in the countryside after a man had to be rescued in the Lake District. More than 70 people were involved in a rescue operation after he became lost in treacherous conditions.

The mountain rescue team said the walker was "very, very fortunate" to survive. He got into trouble on the ridge between Scafell Pike and Great End.

Wasdale Mountain Rescue Team was called in by Cumbria Police and made contact with him despite a weak mobile phone signal. They advised him to stay where he was and shelter from the wind.

However when they were unable to find him at that location a wider search was "mounted in incredibly difficult conditions". It had to be called off in the early hours, with the search resuming at first light.

WMRT said: "We rarely comment on a rescue, but in this case we would like to say he was very, very fortunate to have survived. We also have to say that Google Maps on smartphones are not suitable for navigating on the hills.

"They lack detail and of course will not work with a flat battery. There is no substitute for a map and compass and being able to use them. They can save one's life."

It said wet and misty weather made ground searches "very challenging". It meant helicopter support could not be brought in, the search team added.

The Committee

Chairman : Stewart Ramsden

Email : chairman@tamesideramblers.org.uk

Group & Membership Secretary : Prue Ramsden

Email : secretary@tamesideramblers.org.uk

Treasurer : Jo Manning

Email : treasurer@tamesideramblers.org.uk

Footpath Officer : Vacant

Walks Coordinator : Christine Harrison

Email : walks@tamesideramblers.org.uk

Walks Coordinator : Cathryn McDowell

Email : walks@tamesideramblers.org.uk

Committee Member : John Harrison

Social Secretaries : Vacant

Email : social@tamesideramblers.org.uk

Web Master : Alan P James

Email : webmaster@tamesideramblers.org.uk

Any thoughts or proposed contributions for the
next news letter should be sent to Alan at ;

alan@c-i-t.co.uk

