
Tameside Ramblers - Issue 21 - February 2020

Chair Talk

Welcome to the first edition of *The Tameside Rambler* of 2020. In May our group will be 7 years old; our very first walk as Tameside Ramblers took place on Wednesday 8th May 2013 and was a C+ grade entitled Werneth Wanderer and was led by Barry Higham. Since then, our walks and social events programme has contained the following (up to and including February 2020):

- Approx 600 walks – the total distance walked has not been added up but it must be in the region of 4,000 miles.
- Spring and Autumn weekends away, most years.
- A trip to China.
- 6 barbeques.
- Over 20 social events, including a trip to Chester, a trip on the Peak Forest Canal and a trip to Liverpool on the Manchester Ship Canal.
- 7 Annual General Meetings.
- 2 First aid courses for walk leaders (since supplemented by courses organised centrally by Ramblers).
- 3 Introduction to Navigation days.

I think that is a great achievement and I hope that we continue to be as successful in the coming years.

There are some great walks coming up in the March to June programme including two on the weekend away which is 4th / 5th April. This time it is in Haworth which is close enough for those not staying to come on one of the walks.

There is plenty of interesting reading in this newsletter, so I will let you get on with it.....

Stewart Ramsden
Chairman

Annual General meeting 2019

Our seventh AGM was held on Saturday 19th October 2019 at St. John's Church Centre, Dukinfield, following a short walk in the area. The meeting was attended by 20 members, which is about average for our AGMs although we would like to see a few more members attending. Those present were given a printed copy of the group's Annual Report and Statement of Accounts and a copy of the minutes of the 2018 AGM.

Members of the committee each gave a short verbal presentation of their reports and answered questions from the floor. Thanks were expressed to members of the committee for their work throughout the year and to the walk leaders, without whom we could not function as a walking group. At the previous AGM, discussions took place about comments from a few members that the majority of walks were at too high a grade, following which we asked our walk leaders if they could try to introduce a mix of walks that include some shorter, easier walks at a slower pace. It was reported at the 2019 AGM that an analysis of the walks over the 12 months between AGMs showed that the C and C+ grade walks were now in the majority rather than the B and B+ walks as had previously been the case. We also agreed to tighten up on the membership requirements for our Facebook group as the vast majority were not Ramblers members.

After a vote, the existing committee was re-elected unopposed. We still have a vacancy for the post of Footpaths Officer and if anyone is interested, please contact Stewart Ramsden.

Many thanks to Carol Dalton for organising the venue and thanks too to Margaret Sever for my delicious birthday cake which was enjoyed by those attending. The date and venue for the 2020 AGM is yet to be decided – the official notice will be published in the next newsletter.

Stewart Ramsden
Chairman

Weekend Away—Malham October 2019

A TALE OF TWO DAYS' WEATHER

To paraphrase the introduction of a Tale of Two Cities; 'it was the best of weather, it was the worst of weather', summing up the latest weekend walking event in late October.

Day One was the worst of weather with a very wet Saturday morning in Cowpe, deep in the Rossendale valley, which coincided with the Rugby World Cup semi-final between England and New Zealand. There was excitement amongst the brave hearts who had decided to venture out and it was somewhat prophetic that there were nineteen walkers; the winning score for England. Rumours were that some walkers were happily ensconced in a hostelry in Malham in front of a T.V. screen.

In the car park, people were sheltering under boot lids, whilst, some others sported some very colourful umbrellas as they prepared for Ken's walk. Thankfully, there was no wind so we didn't see some Mary Poppins floating skywards. Ken promised that the weather would ease as the morning progressed and it duly obliged.



We started with a gentle uphill climb before crossing a variety of terrains, in particular bogs and fast flowing streams. We had a couple of fallers; one at Becher's Brook and the other at the Canal Turn but both were up and running again soon afterwards as we followed the Rossendale Way. We passed the remains of Fo Edge farm, where the Lancashire dialect poet, Edwin Waugh wrote a lot of his work. Nearby was Waugh's Well, built in his honour.

In his volume, 'Rambles', Waugh gives this description,

'Yon moorland hills are blooming wild
At th' endin' o' July
Yon woodlan' cloofs, and valleys green-
The sweetest under th' sky
One could not disagree with the great man's sentiments.

Cloud cover was low and when we reached the top of Scout Moor, we came across a Don Quixote scene with giant wind turbines humming all around. In the story, he attacked the windmills in La Mancha thinking that they were ferocious giants but in reality, were the symbol of life, resilience and perseverance in a harsh environment, which was a very apt description .

Walkers were trying their best to cope with the conditions and, at this point, a collective decision was taken to take a shorter route back to the car-park, so we followed the Pennine Bridleway, past the disused Cragg Quarry to our starting point with the sun beginning to show itself.



Day Two was the best of weather. Sunshine greeted well-rested and refreshed travellers in Malham for Karen's walk; a most welcome change in the weather. A gentle, flat walk starting from Malham Smithy, along a gravel pathway, through kissing gates, led us to Janet's Foss, a lovely waterfall, situated in a National Trust woodland.



Karen explained the 'magical' story behind the name. Here was the home of Jennet, the queen of the fairies, in a cave behind the falls. In reality, the plunge pool was used by farmers for sheep dipping. This was a taste of what was to come as we joined other groups making their way to the highlight of the day, the cavernous Goredale Scar, a limestone ravine containing two waterfalls with overhanging limestone cliffs over one hundred metres high. Two hypotheses were that the gorge could have been formed by waters from melting glaciers or a cavern roof collapse. Here the group sang Happy Birthday to Cath on her special birthday, her 50th. There was one brave young walker who was climbing up the waterfall, despite Goredale Beck being in full flow.

On our way to Goredale Scar, we were in awe of a path leading up to one side of the ravine, not realising that we would have to climb it to get to Malham Tarn. To quote Stewart, "a gentle climb, nothing too steep."

Everyone was in agreement that the climb (hard slog) up New Close Knotts was worth the view, stretching as far as Pendle Hill. The cameras were out capturing the stunning views. We now had a

relatively flat walk across open moorland, passing limestone pavements on our way to Malham Tarn, which, according to Karen, is the highest lake in England. Malham Tarn is a glacial lake and is 377 metres above sea level. Lunch was eaten here before we started the last leg along part of the Pennine Way to Malham Cove. The Cove was formed by a large Ice Age river, 300 metres wide that dropped at this point 260 metres to the ground below.

This was the hardest part of the walk, scrambling over rocky terrain with the limestone being wet and slippery. Once again, the large limestone pavement above Malham Cove with its clints and grikes presented a challenge, so some walkers decided to take an alternative route to the steep man-made steps which led down from the Cove back to the village. We were rewarded with the sun setting on the white limestone face of the Cove to provide the perfect backdrop to a perfect day.



Many thanks to Ken and Karen for providing another rewarding week-end of walks for the twenty Ramblers who experienced the 'best of weathers, the worst of weathers'.

Donal Townson

Top Tips For Choosing The Perfect Boot

With so many types of walking boots available, and such a variety of features to choose from, it's important to know what it all means before choosing your boots. Having the right boots for your adventures will ensure you stay supported and comfortable for many years in the outdoors.

It's not just about having the correct boots, though: the right fit is essential.

Where are you going?

Walking boots are made with a specific environment in mind. Characteristics such as sole stiffness or ankle height will vary depending on the terrain and conditions you will be heading into.

If, for example, you intend to stick to well-trodden and predictable paths, you can go for a lightweight boot or shoe with a reasonable amount of flexibility. In less challenging terrain, flexibility is good as it helps your foot move naturally and can aid your comfort on longer journeys.

If, however, you intend to be moving over uneven or very steep ground then you will need a more rigid boot with good ankle support. Stiffer soles will provide a more stable platform to stand on, and a higher cut will support your ankles.

Of course, walking encompasses many different landscapes and the majority of people will be somewhere in the middle of this scale, so err on the side of caution to make sure you're not caught out.

Are they waterproof?

Most boots are lined with a waterproof membrane, which is really useful for not only weatherproofing your boots but allowing you to cross streams without a problem on your adventures. But, to avoid soggy feet, you don't just want to keep the wet out; you need to let it out too, otherwise your boots will be full of sweat and condensation.

In other words, you need your boots to breathe. GORE-TEX® walking boots are particularly good at allowing sweat vapour to escape, but many different and effective waterproof membranes are available to suit everyone.

Another thing you can do to keep the wet out is to use a gaiter: a waterproof cuff that goes over the top of your boot and fastens around the lower leg. This helps prevent

water running down into your boot as you walk through rain, snow or wet grass. They are also particularly useful when walking over scree or loose gravel, as this type of terrain can flick into your footwear.

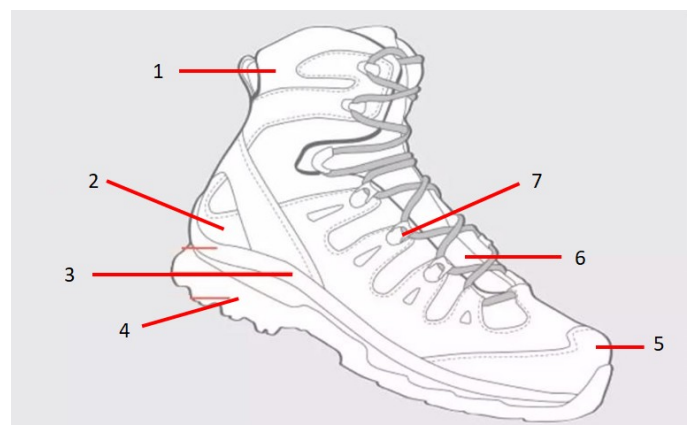
Leather or synthetic?

Thanks to advances in materials, the differences between leather and synthetic boots are increasingly small. In the past, it could have been said that leather boots were more durable and easier to care for, whereas synthetic boots were lighter and required less 'breaking in'.

However, today these differences are less pronounced, so the most important part of your decision should be the fit. If they fit correctly then this is the best place to start.

Do they fit?

The right fit is absolutely essential when choosing your walking boots. Boot fitting isn't just about the size of your feet, though - the shape is also a key consideration, from the width of your heel to the flexibility of your toes.



The Anatomy Of A Boot

- 1— A soft leather or wicking fabric lining provides comfort inside the boot
- 2— The heel-counter is buried away. Sitting between the lining and the outer, it provides the shape and structure at the back of the boot.
- 3— The midsole is buried inside the boot to provide the correct amount of flex
- 4— The rubber outsole provides grip
- 5— The toe-box
- 6— The tongue
- 7— Robust hooks, eyelets and locking cleats for the laces

THANK YOU TO COTSWOLD OUTDOOR FOR KIND PERMISSION TO REPRODUCE THIS ARTICLE

Technology Update: New Ramblers App

The Ramblers have launched their new App for mobile devices.

It is an expert guide to exploring the outdoors on foot. The Ramblers App is your walking companion, helping members find, join and enjoy Ramblers group walks in England, Scotland and Wales

Discover thousands of walks

Find Ramblers group walks in England, Scotland and Wales. Join our expert walks leaders in your local group or further afield as you travel across the country.

Fascinating articles

Amazing features, gear reviews, campaign updates and guest blogs by people who are passionate about walking and protecting our green spaces.

The latest offers

Exclusive member offers direct to your mobile, including 15% discount on all your walking gear at Cotswold Outdoors and Snow & Rock, 25% of all Cicerone walking books and lots more throughout the year.

Digital membership card

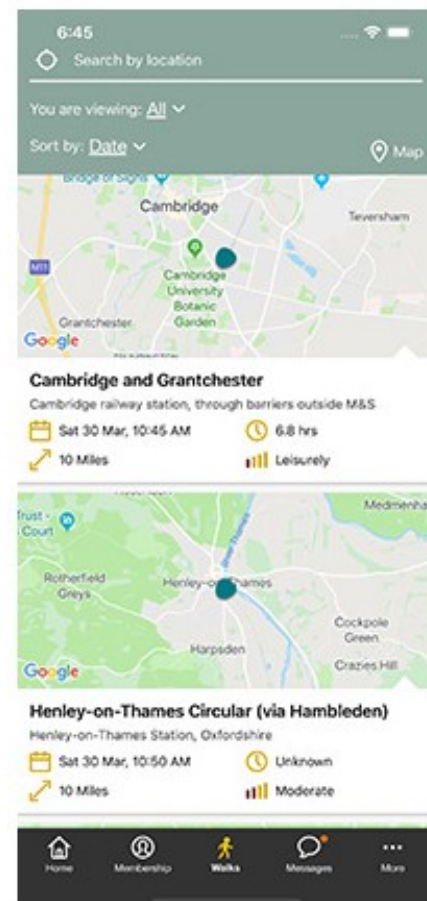
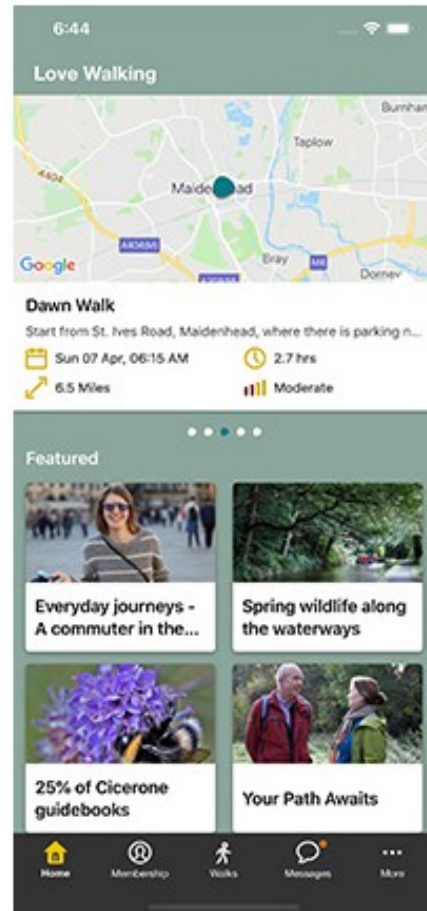
Your membership card will always be with you in the Ramblers App.

Digital walk register

Upgraded walk register, quicker and easier to use so you can get on with your walk.

New Content

Over 3,000 high-quality GB routes from 1 to 14 miles long to download and follow. All have start location, checked & detailed waypoints so you'll never get lost and stunning photography.



Mountain Rescue

We are very fortunate to have a mountain rescue service that is not only very efficient but is also free. It is free because all members of the mountain rescue teams are volunteers; they undergo rigorous training and re-training and give their time freely. The teams are on-call 24 hours a day every day of the year. This means that we can go on our walks, often in remote terrain in areas such as the Peak District and Lake District, knowing that if any of our party had an accident or became ill, we could call on Mountain Rescue to assist us to safety.

There are 48 mountain rescue teams (MRTs) in England and Wales and in our own locality there are no less than 7 mountain rescue teams in the Peak District Mountain Rescue Organisation (PDMRO) – these are Buxton MRT, Derby MRT, Edale MRT, Glossop MRT, Kinder MRT, Oldham MRT and Woodhead MRT. There are mountain rescue teams also in Scotland and Ireland.

It has not always been like this and in fact organised mountain rescue is a relatively recent innovation. A tragic accident in 1903 in which four climbers, all roped together, fell to their deaths from Scafell Pinnacle, in the Lake District, made climbing clubs realise that something was needed. Within a year, rudimentary first aid and mountain rescue equipment began to appear in key areas.

However, it was an accident in the Peak District in 1928 which prompted major action leading to what we have today. The accident happened on Laddow Rocks, (over which several of Tameside Ramblers' walks have passed), and involved a climber being badly injured after being knocked off by another climber who fell from a higher level. The rescue from Crowden proved very difficult and even the finger post from the Crowden path was used as a makeshift stretcher. Following this, a number of mountain rescue teams were formed in the subsequent decades.

A First Aid Committee of Mountaineering Clubs was eventually formed to bring some organisation to the variety of mountain safety efforts around the country and in 1950 it became the Mountain Rescue Committee (now renamed Mountain Rescue Council).

Our local MRTs were formed from the mid-1950s to early-1970's; the Peak District Mountain Rescue Organisation was formed in 1964, following the death of two climbers in an avalanche in Wilderness Gully in Chew Valley, during the bad winter of that year and a multiple fatal accident, also in 1964, during the annual Four Inns walk.



The teams are continually updating equipment, from Land Rovers equipped in a similar way to ambulances, to acquiring the latest radio equipment. In February 2019, Buxton MRT became the first team in Mountain Rescue England and Wales to be granted approval by the Civil Aviation Authority (CAA) for the use of drones, enabling the team to use them to search for missing persons in places where access is difficult or unsafe for team members.

Whilst accidents do happen and people can become ill during walks, we all have a duty to minimise the risks by being properly prepared and to wear appropriate clothing and footwear for the expected conditions during our walks. It costs tens of thousands of pounds each year to keep each of our mountain rescue teams operational, the vast majority of which comes from fundraising events and public donations, so the next time you see a mountain rescue collection tin, perhaps in a pub at the end of a walk, please drop a pound or two in.

If we can, we will organise a talk from a Mountain Rescue Team as one of our social events in 2020.



Find your local mountain rescue team

Lake District

- Cockermouth MRT
- Coniston MRT
- Duddon & Furness MRT
- Kendal MRT
- Keswick MRT
- Kirkby Stephen MRT
- Langdale Ambleside MRT
- Patterdale MRT
- Penrith MRT
- Wasdale MRT

North East

- Cleveland MRT
- North of Tyne MRT
- Northumberland National Park MRT
- Teesdale & Weardale SMRT
- Swaledale MRT (Mountain + Cave capability)

Yorkshire Dales

- Cave Rescue Organisation (Mountain + Cave capability)
- Upper Wharfedale FRA (Mountain + Cave capability)
- Scarborough & Ryedale MRT

Mid Pennine

- Bolton MRT
- Bowland Pennine MRT
- Calder Valley SRT
- Holme Valley MRT
- Rossendale & Pendle MRT

North Wales

- Aberdyfi MRT
- Aberglaslyn MRT
- Llanberis MRT
- North East Wales MRT
- Ogwen Valley MRO
- South Snowdonia SRT

South Wales

- Brecon MRT
- Central Beacons MRT
- Longtown MRT
- Western Beacons MRT

Peninsula

- Cornwall SRT
- (Mountain + Cave capability)
- Dartmoor (Ashburton) MRT
- Dartmoor (Okehampton) MRT
- Dartmoor (Plymouth) MRT
- Dartmoor (Tavistock) MRT
- Exmoor SRT

South West England

- Avon & Somerset SAR
- Severn Area Rescue Association

Peak District

- Buxton MRT
- Derby MRT
- Edale MRT
- Glossop MRT
- Kinder MRT
- Oldham MRT
- Woodhead MRT

ASSOCIATED ORGANISATIONS

Cave Rescue

- COMRU
- Derbyshire CRO
- Devon CRO
- Gloucestershire CRG
- Mendip CR
- Midlands CRO
- North Wales CRO
- South East CRO
- South & Mid Wales CRT

Search Dogs

- Lakes District Mountain Rescue Search Dogs
- Mountain Rescue Search Dogs England
- SARDA Wales
- SARDA South Wales

RAF

- RAF Leeming MRT
- RAF Valley MRT

**If you require mountain or cave rescue assistance:
Dial 999. Ask for 'the Police', then 'Mountain Rescue'
or 'Cave Rescue'**

To find out more about mountain and cave rescue in England and Wales go to mountain.rescue.org.uk or caverescue.org.uk

Or find us on social media via
Facebook: @MountainRescueuk • Twitter: @mountrescueuk

What Is Wind Chill ? - By Ken Sever

The human body has a core temperature of roughly 37°C. The air around it is usually below 37°C - meaning that we lose heat from anywhere not covered by clothing. When it is still we are mostly losing heat by convection.

But when a breeze hits the face the initial heat loss is from conduction. The wind cools the temperature of the skin almost to air temperature. Convection also plays a part, helping to circulate the warm air away from the face. If the skin is wet there will be additional cooling from the evaporation of moisture.

The stronger the wind the faster the cooling, the lower the temperature, the more impact the wind has. This also applies when wearing clothing. As you generate heat by being active, the wind can cause clothing to cool consequently filtering through to the body and causing cooling.

Wind Chill effect

It's most apparent when temperatures dip below 10°C degrees and wind speeds exceed 3 mph. The impacts on the human body can range from annoying to deadly. It can cause frostbite within a matter of minutes and a full-blown medical emergency if hypothermia sets in

Checking Wind Speed With An Anemometer

An **anemometer** is an instrument that measures wind speed and wind, the **speed** of that **wind** can be **measured** using a tool called an anemometer. Anemometers have been around for hundreds of years. They're extremely useful devices that **measure wind speed** and sometimes other climate or weather information.

Anemometers come in a variety of types. (see photo).



There are professional ones that are located on the top of mountains or buildings down to small pocket sized digital ones that can give a very good indication of wind speed and wind chill. An average price would be around £30 to £60.

Calculating Wind Chill

Many formulas exist for wind chill because, unlike temperature, wind chill has no universally agreed upon standard definition or measurement. All the formulas attempt to qualitatively predict the effect of wind on the temperature humans *perceive*. Weather services in different countries use standards unique to their country or region.

Typically we use the table below which is very subjective and also with many other influences can put its accuracy into question.

For Example

Take the ambient temperature at 4°C and a wind speed of 15mph. This shows a wind chill of -1°C.

This is typical of many of our winter walks but because we keep moving, have correct clothing and generate personal heat, we don't realise it is -1°C. Only if the situation meant that we had to stop for a prolonged period, would this become a serious problem with the extreme onset of Hypothermia

Wind MPH	Wind Chill "Feels Like" Table														
	Temperature (°C)														
0	10	9	8	7	6	5	4	3	2	1	0	-1	-2	-3	-4
5	9	8	7	5	4	3	2	1	0	-2	-3	-4	-5	-6	-7
10	8	7	5	4	3	2	0	-1	-2	-3	-5	-6	-7	-8	-10
15	7	6	4	3	2	1	-1	-2	-3	-5	-6	-7	-8	-10	-11
20	6	5	3	3	1	0	-1	-3	-4	-5	-7	-8	-9	-11	-12
25	6	5	3	2	1	-1	-2	-3	-5	-6	-7	-9	-10	-11	-13
30	6	4	2	2	0	-1	-3	-4	-5	-7	-8	-9	-11	-12	-13
35	5	4	2	1	0	-2	-3	-4	-6	-7	-8	-10	-11	-13	-14
40	5	4	2	1	-1	-2	-3	-5	-6	-8	-9	-10	-12	-13	-15

Xmas Meal

Our annual Christmas meal was again held at Wetherspoon's (Glossop) and attended by over 20 people (?)

A great time was had by all.

Thanks to Pete for organising



The Committee

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