
Tameside Ramblers - May 2024



Hi,

Welcome to our latest news letter and many thanks to all the contributors.

Its encouraging to see that our group continues to flourish with new members, great walks and numerous social events.

To those who have “been in the wars” recently we wish them a speedy recovery and hope to see them back walking soon.

Alan

“Editor”

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

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Chair Talk

We are almost at the end of May, and what a month it has been so far: we have had all sorts of weather in the last few weeks from winter snows to summer sunshine and the Aurora Borealis, for those lucky enough to have seen it. Benefitting from the good weather was Pete's well-attended Wild Garlic Walk on the 11th May, which was Tameside Ramblers' sole contribution to this year's Greater Manchester Walking Festival; well-done Pete.

There was also the group's Spring weekend away to Whitby which was enjoyed by all who attended with two walks, one led by Cathryn, the other by Ken plus an evening ghost walk. Even our two casualties from walks in April managed to attend and participate in the walks. Many thanks to Cathryn, Mags, Jo and Ken for such a well-organised trip.

In addition, some of us attended Droylsden Little Theatre to see *My Perfect Divorce*, which was a one-woman performance, an amateur production but professionally acted. Thanks to Mags for organising this.

This month, Ramblers issued the Walk Leaders Handbook giving advice on good practice when leading walks and also containing the responsibilities pertaining to all walkers, whether leaders or participants. Appropriate advice about this has been disseminated to walk leaders and all members via email.

Since the middle of February, eleven of our members left the group although none of them were regular walkers and most had never walked with us. However, over the same period we have had twelve new members, so our membership is holding up.

Walks for June and July have been published and details for the summer BBQ, the autumn weekend away and our AGM in November are being worked on.

See you on a walk soon.

Stewart Ramsden

Chairman

Pub Walks

Our walk programme seeks to cater for all members from walks over Kinder to shorter walks with a Pub meal at the end.

We've also added short evening walks with a drink in the Pub at the end.

We thank Eddie & Geoff for developing these new "Pub" additions to the programme.

Walk Leaders

We are always dependent on Walk leaders for our great walks.

If you've not led a walk and would like to, but not sure how to go about it etc—then please one of our existing Walk leaders and we'll arrange to help you.

Walk Programmes

Looking for our walks ?

You can print off A4 size walk calendars from our web site at ;

<https://www.tamesideramblers.org.uk/>

Focus on Ed Stacey

I'm a covid lockdown member! I joined Ramblers in June 2020, having been an independent walker since June 2019, when I 'accidentally' walked the Pennine Way. I say 'accidentally' – more accurately it was unplanned.

I'd been a runner since taking part in the second ever Great North Run in 1982 – to raise money for Newcastle Hospital's premature baby unit because a football team friend's baby had been saved by the unit. (There's a recurrent 'sponsorship' theme to emerge here!).

That gave me the running bug which lasted for 37 years. Over the years I ran 26 big city marathons in the UK and abroad (my biggest was New York; fastest the London); hundreds of shorter races, and lots of longer ultramarathons.

I ran on the local hills and moors with Saddleworth Runners, so when the daughter of a friend organised her 'Back the Back' walk along the Pennine Way to raise money for scoliosis (spinal curvature which mostly affects fast growing young girls) I offered to help. I could be the local guide for the first few stages, knowing the area well through having run most of the local PW route's from Edale.

I could do the first 4 stages from home in Greenfield - but hang on! There's only 16 stages in total - so by the time I'd done Stage 3 - you can't give up then!

I went on to complete the whole route with the wonderful Freya - a 21 year old Durham University student who was successfully treated for scoliosis in her early teens. Walking the full 268 miles of the PW was not planned!

My wife Lyn saved me by booking places to stay as I walked each day - she got a genius rating on booking.com for last minute

booking! There were others walking with us - but Freya organised the event, and raised thousands of £s for scoliosis. Really enjoyed the PW, and I was getting slower and slower at running – so I became a walker.

But how did I end up in Saddleworth? Born and raised Chingford (yes I'm an Essex boy), left the South aged 18 to be educated at Sheffield Polytechnic and Durham University - and became a Northerner!

I've mostly worked with businesses - economic development in Corby, Leicester and Sunderland. Then to Oldham where Lyn and I settled in Greenfield in 1985. Son Robert born in Sunderland 1983; daughter Helen born in Oldham 1987.

We're an active and sporting family; Lyn league tennis, badminton, pilates and walking shorter distances. Robert league badminton and snowboarding. Helen road and track cycling and ice hockey. Me - badminton, league table tennis, football, swimming, pilates and now of course walking. All four of us go leisure cycling.

My work here in the North West was mostly involved with businesses; Oldham Economic Development; Enterprise Agency; Chamber of Commerce; Business Link and running my own businesses.

I was also Business Editor for the Guardian Weekly Newspaper Group for seven years, and lectured in Business Studies for five years at Huddersfield University.

Ed (2)

Other significant stuff? Theatre - journalistic critic and Coliseum board member. The Coop Group and the co-operative movement.

The environment - I'm an eco-warrior and we self built our eco house in 2011. I've cycled LEJoG - Land's End to John 'O' Groats and most of the long distance bike routes in the UK; Ireland and some on the continent.

I'm now exploring the UK's National Trail long distance walks - hence my enjoyment of walking with the Ramblers!



Ed at the start of the coastal part of the Cleveland Way - Saltburn to Filey

Walk Leader Training



The Ramblers walk leader guidance is now on their website

They have been working with volunteers, areas, groups, partners, trustees and staff to update our walk leader guidance and are delighted to say it's now available on the Ramblers website.

At the heart of their refreshed guidance is The Walk Leader Handbook, which outlines eight guiding principles to leading safe, welcoming and enjoyable walks.

The handbook is accompanied by a suite of downloadable templates to help you plan and lead walks.

From 15 May, new walk leaders will need to read and sign up to this, and complete our two e-learning modules, before leading a walk.

The first of the eight guiding principles is *We Work as a Team* and this includes a paragraph about Walkers - i.e. all of us who are being led on a Ramblers walk. The guidance reminds us that we too, as walkers, have responsibilities when out on a group walk. These include:

Choosing walks that are within our capabilities. All of our walks are graded for difficulty and the walks programmes give brief details of each walk, including references to steep hills, etc. If you are not happy with steep hills or rough terrain, then the B grade walks are probably not for you. But if you would like to try a C+ instead of your usual to drink (but not alcohol!) as it is important to keep hydrated, especially in warmer weather.

Follow walk leaders' instructions. This is important for everyone's safety.

Carry emergency contact information. Accidents and injuries on our walks are rare, but on two recent walks accidents occurred requiring hospital treatment. In these situations, we may need to contact a member of your family or close friend so the walk leader needs to know who to contact. Names, and telephone numbers of emergency contacts could be on the home screen of your mobile phone, on a sticker inside the phone's cover. Ideally you should carry an In Case of Emergency (ICE) card, easily accessible within your rucksack. Many of our members will already have these but if you need one,

Upcoming

speak to the walk leader on your next walk. If he/she doesn't have any then arrangements can be made to supply you with one.

Look out for each other. Offer assistance if someone is having difficulties negotiating a stile, for example. If you see someone is struggling, offer help and alert the walk leader. If someone tells you they need a comfort break, make sure they are not left behind by alerting the walk leader or back marker.

Volunteer to be a back marker. Walk leaders will ask for someone to be a back marker, or even a middle marker if the group is large. If you feel confident enough, then please volunteer.

Many thanks for reading this, we want everyone to enjoy their walks and to be safe.

*Regards,
Stewart Ramsden
Chairman, Tameside ramblers*



AGM Date

Please reserve the date of
9th November for this years AGM.

To be held in Broadbottom – details to
be confirmed



Summer BBQ

- Saturday 29th June and will be held in Ashton,
- Starts 6:30pm,
- Bring your own alcoholic and soft drinks,
- Limit of 16.

Contact Ken or Margaret at
BBQ@tamesideramblers.org.uk

The cost will be £10.00 per person

**Also advise Ken or Margaret about
any special food requirements**



**Our Autumn weekend
away will be on October
4th – 6th in Pateley Bridge**

More details to follow

Whitby Weekend



What a Wonderful Wandering Weekend away in Whitby.

Friday teatime we ambled up the 199 steps to meet at Whitby Brewery for a pre- drink for courage (any excuse) before the Ghost walk organised for a 7:30 pm start from St. Mary's Church.

It was led by the very engaging Rose with Curious stories, Ghost stories, folklore and history.

On Saturday, Cathryn led a superb 8 mile Walk from Whitby to Robin Hood's Bay first half on the cinder track in glorious sunshine and the 2nd half on the Coastal path of the Cleveland Way where we met low cloud and a cold mist along the cliff tops.

Finishing at the Bay Hotel for a refreshing drink and returning by bus back to Whitby .

Saturday night we all met for a lovely meal at the famous Magpie cafe renowned fish restaurant. After 2/3 Courses and drink we went for a further late ramble to the end of the pier to view the

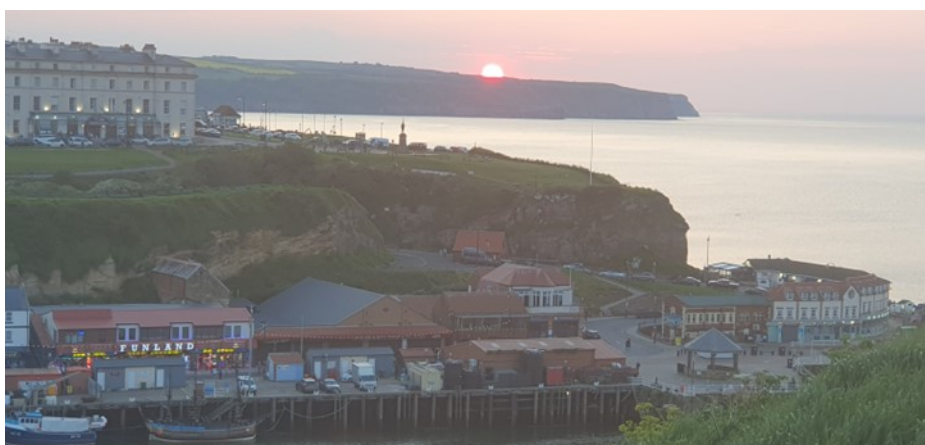
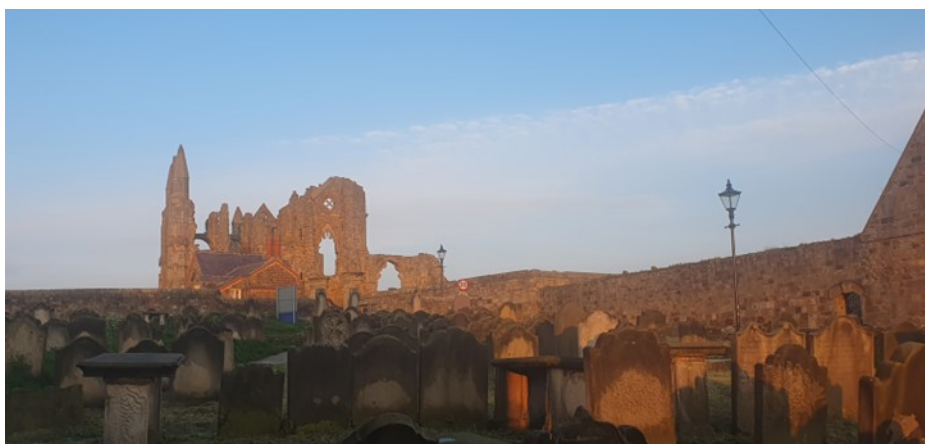
Northern lights - alas without success we retired for the night.

On Sunday Ken led a super 8 Mile hike from Goathland—famous for its location for Heartbeat where the village was called "Aidensfield". Walking over moorland we spotted many lapwings and curlews.

We returned via Goathland Railway Station which appeared in the Harry Potter films as "Hogsmeade" where ice creams were welcome.

We ended a Great Weekend with a drink at the Goathland Hotel or "Aidensfield Arms" as in Heartbeat.

Whitby Pictures







Massive Thanks again to Cathryn and Ken for leading the great walks and Cathryn and Mags for Organising a Wonderful Event and kudos to all fellow ramblers for making it a special weekend.

Mark B.

Back to the Future

On the 24th April 2024, I attended a two-day event at the Outward Bound centre at Eskdale, in the Lake District, 59 years after I had last been there. It was a return to a place that had in many ways, shaped the rest of my life.

Little did I know, as the train pulled into Ravenglass Station on the afternoon of Saturday 13th March 1965, what the next four weeks would have in store for me, nor that they would instil in me a passion for a lifetime of hill- and mountain-walking. I had been sponsored by my then employer, Ferranti Ltd., to attend a four-week residential course at the Eskdale Outward Bound Mountain School, which was the second Outward Bound centre to open, the first being Aberdovey Sea School, but Eskdale was all about the mountains. I, and a few others, descended from various parts of the train, and were transported to Eskdale.

On arrival, we were told which 'patrol' we were allocated to; the patrols were named after famous mountaineers and explorers: Mallory (Everest), Nansen (Norwegian explorer), Shackleton (polar explorer), Slingsby (mountaineer), Watkins (Arctic explorer), Wilson (died attempting Everest), Young (climber and mountaineering author) and Scott (of the Antarctic) – this was my patrol. There were about 90 of us in all, aged from 17 to 20 and all from different backgrounds. At 17, I was one of the youngest and as an inner-city boy, I had very little experience of the great outdoors. How that was to change!

We had been sent a list of clothing we should bring (all other equipment was



supplied by Outward Bound) which included strong boots and warm trousers. My parents were as ignorant of correct mountain attire as I was and I turned up with a pair of 'Tuf' work boots (with steel toe-caps) and a pair of green corduroy trousers; the boots proved to be fine, but not so the trousers!

There were 11 of us in my patrol; a couple of apprentices like me, police cadets, trainees from various professions, and a public schoolboy. We were housed in a dormitory with 12 bunk beds, but meals and tuition were taken in the large Victorian mansion that had been purchased by the Outward Bound Trust. It was there that I learned the basics of hill- and mountain-walking skills that have served me well ever since. In groups of three or four, we were shown how to pitch and strike a tent (put one up, then take it down). We then had to do it blindfold! We learned to rock-climb and abseil and how to read a map and use a compass.

When we were judged to be sufficiently proficient, it was time for our first 'expedition'. And it was snowing. We were equipped with huge, heavy ruck-

Back to the Future (cont)

sacks, two sleeping bags each, food for three days, and paraffin Primus stoves and fuel and route information. My patrol was driven in a couple of Land Rovers to Wasdale with instructions to pitch camp at a place called Hollow Stones, which was located on the flanks of Scafell Pike. It was still snowing. We set off and were soon walking in snow to mid-calf depth and of course we didn't have gaiters.

At one point, I looked behind me and was horrified to see that my corduroy trousers had left a trail of green dye in the snow. We reached our intended camping area, cleared snow to pitch the tents and settled in for the night. We melted snow, as the streams were frozen and prepared our meal.

There was dehydrated potato and dehydrated meat powder, so we mixed them together, added boiling water to produce a surprisingly palatable brown sludge. Another day walking and another night camping, then we were collected at Wasdale Head.

After the expedition, we had to undertake a solo overnight trip, sleeping in a bivouac. We had been shown how to make a bivouac using only a six-foot square ground sheet, plus a six-feet by eighteen inch ground sheet, string, small rocks, and a stick. No stoves, we had to make a camp fire. Fortunately, the snow had cleared by then but unfortunately, I found in the morning that the egg I was going to boil for breakfast had broken.

Each morning before breakfast, when we were at the centre and not out



OUTWARD BOUND MOUNTAIN SCHOOL
ESKDALE



Stewart Leslie Ramsden
has completed Course No. A.150
a course of training and mountain expeditions
at the Outward Bound Mountain School,
Eskdale.

Achievements (See notes on reverse)

Proficiency in Training:	Merit	
Practical Application of Training:	Merit	
Athletic Events:		
	Time	Standard
Fall Run	3.40	--
Steepchase	7.11	--
Cross-Country	14.55	--

Stewart Leslie Ramsden
1965

camping, we had to run around the tarn which was a little way from the main house. We could only wear a pair of shorts and canvas pumps (trainers hadn't been invented). About three-quarters of the way round, there was a stream carrying water into the tarn, with a waterfall of about a ten-foot drop into a pool. The waterfall was held back by a small sluice gate, so only a trickle entered the pool.

As we reached that point, we had to strip off completely, and one by one stand in the pool; an instructor then lifted the sluice gate and we had to slowly turn through 360 degrees under the freezing water. We could then don our shorts and shoes and soggily return to our dorm.

Other activities included fell running and obstacle courses including a rope course in the trees.

That month taught me a lot; not just about being in the hills and the skills involved, but about myself and others, that I could do more than I thought I ever could. Since then, I have done things I never thought I would or could do: climbed mountains in the Alps, staying at high altitude for two weeks at a time, trekking in Nepal, and North Africa, wild-camping at over 3,000 metres.

And my return to the Outward Bound centre 59 years later? There were 15 of us, all in our seventies, although we had all been on different courses. We did some abseiling, and some canoeing on the tarn and reminisced. We learned that now, the courses only last for 5 days, Monday



to Friday, that smoking is allowed (it wasn't when we were there), that accommodation is now in two and three-bedded ensuite rooms (not dormitories), and that there is a bar! We didn't have one back in the 1960s but we thought it churlish not to take advantage of it, now there was one. So we did.

It was wonderful to visit the place again, touring the extensive grounds to see where we undertook the ropes course, etc., and to meet the instructors who assisted us septuagenarians with the abseiling and canoeing, but it was sobering to realise that when I and the other alumni attended our courses all those years ago, none of the current instructors had even been born.

Stewart Ramsden

DO THE RINGWAY NONSTOP!

No – I’m not suggesting any of us should tackle the 200 miles non stop – but a Greenfield neighbour of mine has! Colin Green - a 53 year old ultrarunner started from Greenfield Station at 8.00am on Friday May 3rd, and finished there at 8.12pm on Monday May 6th. Colin had completed the route in 84 hours 12 minutes. For those of us who walked the Broadbottom to Greenfield Stage 8 GMR on April 20th - total respect! It’s probably the toughest of the 20 stages; certainly one of the longest, and definitely the highest point where it crosses Saddleworth Moor. Not one I would chose as the finishing stretch! But as Tameside Ramblers we are gradually clocking up the different stages; having already walked numbers 1, 2, 7 & 8 , with Stage 3 in the July programme.

The 20 stage route that roughly follows the boundary of Great Manchester is monitored by the Go Jauntly app - which is brilliant! Detailed turn by turn directions backed up by photos so you can see exactly which path /bridge/turning to take. Since July last year the app has recorded more than 3000 walkers on the trail, and many thousands more will have been walking the routes following the sticker and roundel signage

– some of which has been put up on the Tameside stages by Stewart Ramsden and Ed Stacey. About 70% of the route is now signed, and the plan is to complete signage by September this year.

The Go Jauntly app awards badges (digital - not ‘real’ metal or cloth ones) for each stage completed, and there is a 200 miles /20 stage challenge option that hundreds of people have signed up for - and 2 people had already completed this challenge in March.

Ed Stacey.



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

Weekend Away

Tameside Ramblers Autumn Weekend - Pateley Bridge 4-6 October 2024



(photo by Yorkshire Lad – Paul T on
flickr <https://www.flickr.com/photos/16714425@N04/53245569472>)

The Autumn trip away for our group is to Pateley Bridge and will take place on Friday 4 October to Sunday 6 October 2024

Those wishing to attend the weekend should book their own accommodation and a website for accommodation in Pateley Bridge is <https://pateley-bridge.com/accommodation/>

Booking early to avoid disappointment is recommended

A reservation for the group has been made at The Crown Inn on Saturday evening for 7.30pm and the set menu is below. A £5 deposit is required on booking your place

The proposed walks for the weekend are as follows. Both start from Pateley Bridge

Saturday – Brimham Rocks 8.75 miles C+ highest point 923ft lowest point 381 ft

Sunday – Greenhow Lead Mines 8.5 miles C+ highest point 1,375ft lowest point 381ft

To register your interest in attending the weekend please email Pateley.bridge@tamesideramblers.org.uk and whether you would like to offer car-sharing for the weekend

Crown Inn Menu

The Crown Inn, 19 High Street, Pateley Bridge, Harrogate, HG3 5AP

www.crownpateley.co.uk



Two Courses £25 per person

Three courses £28 per person

£5 deposit required

Starters

Classic Prawn Cocktail served with Marie-Rose sauce

Chicken Liver Pate served with toast, salad and caramelised red onion chutney

Roasted Tomato and Basil Soup served with warm bread and butter

Main courses

Steak and Ale Pie served with seasonal vegetables and a choice of chips or new potatoes

Beer-battered Fish and Chips served with mushy peas

Spinach and Ricotta Ravioli served with roasted tomatoes, mushrooms and drizzled with fresh pesto and balsamic vinegar

Classic Crown Burger topped with cheese and bacon and served with chips, onion rings and salad

Malaysian Chicken Curry served with rice and flatbread

Desserts

Please see the dessert board in the restaurant for the desserts of the day

Some of the dishes may contain allergens – please make sure you inform me of any allergies you may have

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 : Ed Stacey

Email : footpaths@tamesideramblers.org.uk

Walks Coordinator : Cathryn McDowell & Karen Wang

Email : walks@tamesideramblers.org.uk

Social Secretaries : Cathryn McDowell & Margaret Sever

Email : social@tamesideramblers.org.uk

Committee Member : Chris Eckersall

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