

# LMC MOUNTAINEERING CLUB

## May 2024

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### Contact Details

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**Next Newsletter:** Please send copy for the next issue to both editors  
 by midday on the 10<sup>th</sup> of the month.

LMC Meets & Events Programme 2024			
Date	Event	Meet Leader	Comments
Sun 12 May	Spring Walk, Kent	Paul Ackroyd	Day walk
Fri 17/Sun 19 May	Peak District	David Wells	Weekend
Wed 29 May	Regent's Canal : King's Cross to Limehouse Basin	Hilary Pettit	Day walk
Thu 13/Sun 16 Jun	Dolgellau	Charles Harrison	Long weekend
Sun 16/Sun 23 Jun	Wales Coast Path: Cardigan - Machynlleth	John Blight	Week/Long Distance Footpath
Sun 7 July	Guided London history walk + lunch	Angela Leaman + Kirstie Shedden (London City Guide)	Club social
Sun 4th August	Brookwood to Weybridge	Charles Harrison	Day walk
Fri 30 Aug / Sun 1 Sep	Ben Nevis	Marion Downie	Weekend (or longer)
Thu 12/Mon 16 Sep	Lake District	Sarah Dixon	Long weekend
Wed 25 September	Regent's Canal : Limehouse Cut, Lea River, Hertford Union Canal loop	Hilary Pettit	Day walk
Fri 18/Sun 20 Oct	Herefordshire and NE Black Mountains	Andy & Kirsty Johns	Weekend
Sun 10 Nov	Teddington to Chiswick	Charles Harrison	Day walk

Sat 14 Dec	<b>Londinium – history walk and Christmas social</b>	Marion Downie	Day walk + social
<b>2025</b>			
Sat 18 Jan	<b>AGM and Annual Dinner</b>	Angela Leaman	Weekend
Mar/Apr tbc	<b>Yorkshire Dales</b>	Angela Leaman	Weekend self-catering

## LMC Meets Details

### Sun 12 May – A Spring Walk in Kent – Paul Ackroyd

**A delightful walk of about 8 miles through undulating woodland & fields with very little walking on roads.** We will meet in the Hosey Common Car Park TN16 1PL, close to Westerham at 11.00. Parking is free. We will then walk to the National Trust property of Emmetts Gardens where the Bluebell display is normally spectacular. After a stop for coffee, we will continue via Toys Hill - this was devastated in the 1987 storm but is now regenerating - to Chartwell, the home of Sir Winston Churchill, also run by the National Trust. There may be time to visit the house & gardens: it is normally very busy so pre-booking tickets may be required. Thereafter, we can either return to the cars or continue on to the attractive village of Westerham where there are some hostelrys which merit inspection.

Refreshments are available at Emmetts Garden, Chartwell & Westerham although, for flexibility & to avoid crowds, a packed lunch is recommended. The start point is not easy to reach by public transport. If you would like to come but have no access to a car, please let me know: I will probably be able to pick you up at Bromley South station. Nearer the time, please let me know if you are intending to come.

**Contact:** Paul Ackroyd

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### Fri 17 / Sun 19 May - Peak District – David Wells

I am organising a long-awaited return to the Peak District (for me, at least 30 years later, am sure others have visited many times since!!). The Peak District National Park offers a large range of walks, from river walks along valleys such as Dovedale, walks around reservoirs and lakes, to the high and bleak moors such as Kinder Scout, the site of the 'great trespass' in 1932 which started the move to open access and national parks... The weekend will be centred at Bradwell, which is close to Castleton and Edale, the start of the Pennine Way, and will offer walks possibly direct from the accommodation, but at most, only short drives away.

Accommodation has been booked at Ye Olde Bowling Green Inn in Bradwell, a delightful looking country pub in a small village in the centre of the park. The inn is under new management (so ignore the poor reviews which predate) and has a restaurant as well. Rooms are also available on Thursday and/or Sunday night for those who wish. I suggest those interested book directly by calling the inn (on 01433 627539) and quoting my name. First come, first served! Please let me know if you plan to come. Once the accommodation is full, there are other options available in/around Bradwell, including self catering, but likely 1-2 rooms per location - if you go for this option, please tell me where you're staying. I will plan a full day walk

for Saturday and likely a slightly shorter walk on Sunday- depending on preferences of attendees. I will book dinners later for Friday (likely at the pub) and Saturday (to be advised).  
**April Update : There are now 8 people signed up for this weekend, some of whom are arriving on Thursday and a walk will be arranged for Friday for those interested. The final room originally booked has now been released but may be still be available, by checking directly with the inn, if anyone else still wants to join.**

**Contact:** David Wells

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### **Exploring the Regent's Canal and beyond – Day Walks – Hilary Pettit**

The first of Marion's Elizabeth Line walks earlier in the year was a very interesting walk along the Regent's Canal from Paddington to King's Cross and following that I have been given a book on the whole of the canal which looks worth more exploration. As these are relatively short, I have included these as mid-week walks with apologies to those who are still working.

#### **Wednesday 29 May – King's Cross to Limehouse Basin on Regent's Canal 5.5 miles**

Meet at King's Cross station at 11am outside the German Gymnasium for a walk taking in Islington, Haggerston and Mile End to Limehouse basin with plenty of transport options along the way. There is the option of a visit to the Ragged School Museum towards the end of the walk.

#### **Wednesday 25 September – Limehouse Cut, Lea River, Hertford Union Canal loop 5.5 miles**

Starting and ending on the Regent's Canal, the walk will take in Three Mills and the Olympic Park before ending in Victoria Park. Meet at Limehouse DLR station at 11.30am

Please let me know if you are intending to come.

**Contact:** Hilary Pettit

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### **Thu 13 / Sun 16 June - Dolgellau – Charles Harrison**

This weekend will be based in Dolgellau which allows access to areas not visited by LMC for some years: notably Cadair Idris & the Rhinogs. There are also walks along the Mawddach Estuary at both high & low level (the Mawddach Trail is along a former railway line that runs next to the river). Here we can benefit from bus services which run from Dolgellau along both the north & south sides of the estuary. There are historical sites in the vicinity: the Roman forts of Brithdir & Tomen y Mur (both on Sarn Helen, the Roman road that ran through mid-Wales); Castell y Bere built in 1221 by Llywelyn the Great; the Talyllyn Railway, Bryneglwys quarry & Abergynolwyn village - all part of the Slate Landscape of Northwest Wales, a World Heritage Site since 2021. Dolgellau has numerous places to eat &, currently, a good selection of accommodation (including the obligatory Shepherds hut!). If you would like to come along for all or part of this weekend, please book accommodation then let me know where you are staying & which nights.

**Contact:** Charles Harrison

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## Sun 16 / Sun 23 June – Wales Coast Path – John Blight

### Cardigan - Machynlleth

Following on from the epic South-West coast path journey, I'd like to start walking the Wales Coast Path this year. It's a lot longer – 870 miles – so it would take twelve years if we did a week a year. That might be a bit too ambitious so I would like to propose starting in Cardigan and working our way North up to, and including, Anglesey. That would be manageable in about four weeks. Who's up for it?

Week one will be a 72 mile stretch from Cardigan to Machynlleth, roughly 12 miles and 1900 feet of ascent per day. I've yet to work out each individual days' distances. I've chosen these dates so we can tack it on after Charles' Dolgellau weekend for those who want to do both.

**April Update: We have 5 people going and have booked an Airb&b in Central Aberystwyth. We will be arriving on Sun and walking for 6 days, Mon to Sat. If anyone else is interested, they will have to book somewhere for themselves.**

**Contact:** John Blight

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## Sun 7 July – “All Change at Kings Cross” – a guided history walk with lunch Angela Leaman

A guided walking tour (2 hours) exploring the history of Kings Cross followed by lunch at a local restaurant. Beginning at the iconic clock tower at King's Cross Station, the walk will be led by [Kirstie Sheddon](#), a qualified City guide and university friend of Stephen. More than just a gateway to other parts of the country, Kings Cross serves as a doorway to the past, ripe with untold stories and hidden facets. The walk will explore:

- **Reimagined Spaces: Modern Elegance Meets Historic Charm**  
Wander through the labyrinth of streets and passages to encounter public spaces that have undergone a metamorphosis.
- **The Green Lungs: Squares, Parks, and Public Areas**  
Far from mere decorative afterthoughts; communal grounds that promote artistic expression and social interaction.
- **Echoes of an Industrial Past**  
Fascinating remnants from Kings Cross's industrial heyday - train sheds, gas holders, and other industrial edifices.
- **Landmarks: Chronicling Transformation**  
Notable landmarks such as the British Library that exemplify the transformation of Kings Cross.

Please let me know if you would like to book a place.

**Contact:** Angela Leaman

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## Sun 04 August - Brookwood to Weybridge – Charles Harrison

This is a walk of 11 miles from Brookwood along the Basingstoke Canal to the junction with the River Wey & then on to Thames Lock at Weybridge (There is the option to join at Woking which would make it 7 miles). The day will finish a short distance away at our Chairman's house for tea & cake. Brookwood & Weybridge stations are on South Western Railway: David is happy for



people to park at his house then catch the train to the start point. Please let me know if you are interested.

**Contact:** Charles Harrison

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### **Fri 30 August / Sun 1 September – Ben Nevis (or longer) – Marion Downie**

Way back in February 2020, I advertised my plan to have a weekend in Fort William to climb Ben Nevis and then Covid intervened. 2024 seems a good time to revive the plan and although I will plan it around the weekend of Saturday 31 August/Sunday 1 September to accommodate those who want to travel by sleeper, we can also extend the time either before or after. There are many other options for good walks in the area, particularly if we have enough cars.

Travel: train from London to Fort William, including a sleeper service from Euston, or fly to Inverness and hire a car (c. 70 miles) or take a train or bus. There is also a bus from Glasgow airport. Another option is to combine the weekend with a visit to Edinburgh for a bit of the Festival or Fringe.

Ben Nevis: Walk statistics for the Ben are 11 miles, 1,345m of ascent, taking 7 – 9 hours by the mountain path route (both up and down).

Please let me know as soon as possible if you are potentially interested and whether it would be for the weekend only or for a longer period, so that I can start looking at accommodation and planning logistics.

**Contact:** Marion Downie

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### **Thu 12 / Mon 16 September – Lake District – Sarah Dixon**

I have booked 2 next-door Airbnb [self catering cottages near Seathwaite](#), Broughton in Furness with 4 bedrooms and 8 beds, allowing 8 people to join the meet only if 2 couples are included for the 2 king sized rooms. There are two twins, so depending on gender mix we could fit in 6 non couples with 4 people sharing the twin rooms and 2 singles. The booking can be cancelled early September if no one is interested. The cost is £1,497 i.e. if 6 people come each pays £250 or £62/night.

It's in a great location with walks to Seathwaite Tarn, Coniston Old Man, Grey Friar, Harter Fell, Crinkle Crag and even Scafell perhaps, plus the choice of the lower fells to the south. There is a pub 1 mile away. We can get online shopping delivered.

In case the meet is oversubscribed, I can look for additional accommodation or find somewhere bigger. It's good to have a flexible cancellation policy, but this location looks great. Sadly no lake to swim in though..

Please let me know if you are interested.

**Contact:** Sarah Dixon

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### **Fri 18 / Sun 20 October - NE Black Mountains and Herefordshire hills – Andy & Kirsty Johns**

We now have seven people provisionally interested in this weekend. We have in place a provisional booking (of all six rooms) at The Firs B&B in central Hay on Wye – one (or maybe two) rooms are still available there so **please let us know if you would like to join us on this weekend** and we will add you to the list. Costs per room including full breakfast are £115 for double room and £95 for single room.

Our intention is to explore this corner of the Black Mountains in the Hay-on-Wye area, and/or areas such as the lower hills along the Herefordshire/Wales border and the Golden Valley. Distances are likely to vary between 8-12 miles, height gain between 1000-2000 ft. There is beautiful scenery all around, and autumn is a great time to see it at its best.

**Contact:** Andy & Kirsty Johns

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### **Sun 10 November - Teddington to Chiswick – Charles Harrison**

This is a walk of 7 miles from Teddington Lock along the River Thames to Strand-on-the-Green timed to coincide with the annual Draw-Off at Richmond Lock. This is when the weirs are left open to allow the river between Teddington and Richmond Locks to drain down at low water on each tide to allow for maintenance on riverside structures, providing a very different view of the river. The day will finish a short distance away at your Secretary's house for soup & bread. Teddington station is on South Western Railway; in Chiswick, the options are South Western Railway, London Overground and the District Line Please let me know nearer the time if you are interested.

**Contact:** Charles Harrison

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### **Sat 14 December - Londinium – A Saturday Walk around Roman London – Marion Downie**

This will be a stroll around the City, looking at some of the main Roman sites. The walk will be about 2.5/3 hours (allowing for lunch) but longer if we decide to stop at the Mithraeum or Amphitheatre (depending on demand). Meet at 11am outside the City Information Centre which is opposite St Paul's Cathedral on the route up from the Millenium Bridge.

**Contact:** Marion Downie

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### **Sat 18 January 2025 - LMC AGM and Annual Dinner – Angela Leaman**

I am delighted to let you know that we will be returning to the Cotswolds for our AGM next January. The venue will be the Hatton Court Hotel which is located near Painswick and 12 minutes' drive from Gloucester station. The Cotswold Way passes close by and there is good walking to explore. The AGM and private dinner will be held in the Cotswold Room. I have a provisional booking for 14 rooms for Saturday night which will be held until the end of November. Bookings can be extended on request to Friday, for those who wish to arrive the night before. Walks will be arranged for mid-morning Saturday and on Sunday morning. To book your place please call the hotel directly on 01452 617412 and quote my name to link into the LMC group booking and discount rate. Guests will be required to pay in full for Saturday dinner/accommodation at the time of booking, but Friday night can be paid for on arrival. Friday dinner can be at the hotel, or there is a cheap and cheerful pub 5 minutes' drive away at the Kings Head in Upton St Leonards.

The rates are as follows:

**Saturday DB&B:** Double £149 (total for 2 people); Single occupancy £129.

**Friday B&B:** Double £109; Single £99. Note there is no provisional booking held for Friday. The hotel is unlikely to be busy but advise booking earlier to ensure availability if staying two nights. All rooms will be Executive/Superior grade.

**T&C:** Bookings can be cancelled free of charge until 7<sup>th</sup> December. After 7<sup>th</sup> December we can cancel 2 rooms free of charge up to 48 hours prior to the event. Further cancellations will be charged in full.

Hope to see you then.

**Contact:** Angela Leaman;

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### **March/April 2025 - Yorkshire Dales – Angela Leaman**

Expressions of interest are sought for a self-catering trip to the Yorkshire Dales next spring. If you think you may be interested let me know, so I can get a feel for numbers to find a house to rent for a long weekend.

**Contact:** Angela Leaman

## **Meet Reports**

### **LMC Exmoor Meet 11<sup>th</sup> – 14<sup>th</sup> April**

The Exmoor meet was attended by thirteen members.

Heather and I arrived on Wednesday, 10<sup>th</sup> April; welcomed by pouring rain and strong winds. In fact the weather had been pretty atrocious for several days and everywhere looked waterlogged. The weather forecast for Thursday was not great but it looked like the Friday through Sunday, the walking days, would at least be dry.

The Simonsbath Hotel, which is owned and hosted by Andrew and his wife, Louise, was as welcoming as ever as were all the staff. Andrew's input on the Wednesday night for the planned walks was not promising! As things turned out every walk was different to that originally envisaged.

By late Thursday afternoon everyone had arrived, apart from Charles who just made dinner at 7pm – he had had a lovely day on steam trains. Getting to Simonsbath had also been made more challenging by one of the two main roads being closed. Anyway, the fire was on, drinks obtained and the first dinner consumed. I think that although the jury was still out these first few hours of great food and hospitality pointed to a very enjoyable stay.

Friday's walk was meant to be from the coast back to Simonsbath. Andrew had quickly convinced me on Wednesday that given the conditions underfoot, it was best to walk the route in the other direction, ending up at Lynmouth. This also meant less climbing, better views and more time in the valleys around Watersmeet. It also provided two options on walk length.

The day dawned and remained, glorious. The starting climb up to Dure Down was nice and gentle, we passed Exe Head and stopped for a coffee break in a little valley where the Hoar Oak Waters met the Tarka Trail. We then crossed the moor on the Tarka Trail, seeing Exmoor ponies and other wildlife that others are far better positioned to describe. Then down into Combe Park, where my lunch planning went astray – I had spent too long walking so lunch was called by a majority vote. From here to Watersmeet the river poured down to our left. We split



here with some going straight to Lynmouth; others going up the East Lyn River, crossing at Ash Bridge and back to Watersmeet. The café there was irresistible – with a welcome break before also walking to Lynmouth. The day was made possible by Andrew picking us all up in Lynmouth in a mini-bus, whisking us back to Simonsbath. Drinks, dinner and more drinks that evening.

*Photo of group on Tarr Steps*

Scrubbing the planned Dunkery Beacon to Simonsbath walk for Saturday (due to the roads being impassable from all three directions we tried) it was replaced with a walk from the Tarr Steps up the River Barle valley to Simonsbath. With Andrew driving us all to the Tarr Steps in the morning we had a leisurely breakfast and more time to enjoy the countryside.

Unfortunately, Stephen and Angela had to go searching for a lost satnav on Dure Down, so missed the first part of the walk (the wettest) to Withypool. Withypool provided another lovely café, cream cakes, ice-cream, etc (and a vintage Shell petrol station - *photo with the all the ex-Shell employees removed*) which was followed not long after by lunch. One day I'll get the food planning correct. Meeting up with Stephen and Angela as we continued, we all finished the day together. Unfortunately, the rain started before we returned to the hotel but all the gear was dried out on newspapers by radiators or in the boot room. The evening was again drinks, dinner and more drinks – plus now the regular selection of options for breakfast and lunch for the following day.

The short walk on the Sunday was again different – now around Selworthy Beacon. Woods, sea views, gentle climbs, lunch and of course a café for those so inclined were all provided. We said goodbye to Alan and the rest of us drove to the start point.

At the end of the walk Marion and Hilary stayed Sunday night at Simonsbath, the rest of us headed home.

*Photo Overlooking Porlock Bay from Selworthy Beacon*

I think the meet was a success, with so much due to the great hosts. Andrew's local guidance on the walks, his driving on the Friday and Saturday, which was not planned and for which we all contributed £2.50 for petrol, plus his anecdotes and tales which kept us amused in the evenings. The food was great, breakfast, lunch and dinner. The staff were all so helpful. The bottom line is that another visit will be arranged for 2025. The challenge will be to live up to this experience!

**Andrew and Heather**

## **Hambleden Day Walk – Sunday 21<sup>st</sup> April**

On a fine, but chilly, Sunday morning four of us set off for an eleven mile circuit from the picturesque village of Hambleden in the Chiltern Hills. We've done this walk several times recently, although we haven't followed the same route exactly each time. We headed off in an anti-clockwise direction, climbing steeply up Pheasant's Hill and on to the village of Frieth. A gentler downhill section through Mousells Wood took us to Fingest, the scene of several "Midsomer Murders". We all declined the option of a steep climb up to the Turville Windmill and skirted round the bottom of the hill where we stopped for lunch whilst we marvelled at the



village of Turville, famed as the set for the Vicar Of Dibley. After lunch we meandered up to Gussetts Wood before joining The Shakespeare Way and the long descent back to our cars.

**John Blight**

### **Edgware, Highgate and London Railway walk – Sunday 28 April 2024**

Four intrepid railway walkers met in the cave under the M1 known as Mill Hill Broadway Bus station to trace the old line which once linked Edgware and Mill Hill East until it was closed in the 1960s.

We proceeded to the walk start on the Mill Hill Old Railway Nature Reserve (900m long and 10m wide)

Though broadening out in places, with 60 years of growth to see (*photo removed*).

This led to a section where the Midland Railway, the M1 and Watford Way had removed the trace of the line, except for a bit that was re-used as a M1 slip road, but we were soon back into dense woodland on a broad path with only concrete posts for the Underground cabling for company. The rain picking up, we came to a large bridge that was unsafe to go under and diverted up the bank ... emerging to the familiar red roundel and blue bar ... we sought shelter, rest and coffee by jumping onto a tube train to a familiar refreshment place. Other bits of old railway remain to be found!

**David Abbott**

Out Walking Reports & / or Photos . . . <i>None this time</i>
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Other Events / Items
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### **Everest 24 Exhibition – Royal Geographical Society, London**

Angela has spotted that an Everest exhibition opens next month for a few weeks.

[Everest24 - RGS](#)

This exhibition will commemorate the 100th anniversary of the 1924 British Mount Everest expedition during which Man Bahadur and Lance-Naik Shamsheerpun tragically died and George Mallory and Andrew Irvine disappeared pushing for the summit.

Coinciding with the release of a new Society book on the expedition, the exhibition seeks to show a range of photography, mapping, and original artefacts from the three 1920's expeditions.

7 May 2024 - 11 June 2024    Open weekdays from 10.00am to 5.00pm.

### **Walk this way – a lifetime of walking**

Those of you who are members of the Shell Pensioners Association (SPA) will by now have received the latest Spring 2024 issue of the triannual SPA News, either by hard copy or digitally. Some of you have already spotted Andy's article, "*Walk this way: A lifetime of walking*" on p.18, which includes a photo of LMC members at the start of the 1982 Fourteen Peaks epic, and also a mention of the LMC 50<sup>th</sup> Reunion next year. If you are in receipt of a

Shell pension, you can join the SPA for a one-off payment of £10 – joining instructions and details of member benefits are on the home page: <https://shellpensioners.org.uk/>.

Kirsty Johns

Extra Elements: Books, DVDs, Films, other Walks / Climbs – views & comments . . .  
*If you've read any walking / mountaineering / travel books which you've enjoyed, please share.*

LMC Newsletter link to send to *interest future possible members*:

<https://www.hillsandvalleys.co.uk/LMC/LMCdownloads.htm>

BMC: <https://www.thebmc.co.uk/> Newsletter at: <https://www.thebmc.co.uk/newsletters>

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