

LMC MOUNTAINEERING CLUB

June 2024

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

LMC Meets & Events Programme 2024			
Date	Event	Meet Leader	Comments
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
Thu 12/Mon 16 Sep	Lake District	Sarah Dixon	Long weekend
Wed 25 September	London Canal Walks: 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 November	Teddington to Chiswick	Charles Harrison	Day walk
Sat 14 December	Londinium – history walk and Christmas social	Marion Downie	Day walk + social

2025			
Sat 18 January	AGM and Annual Dinner Cotswolds	Angela Leaman	Weekend
Mar/Apr tbc	Yorkshire Dales	Angela Leaman	Weekend self-catering
Fri 13 / Mon 16 June	Exmoor	Heather & Andrew McGinn	Weekend
Sat 25 October	LMC - 50th Anniversary Reunion Salisbury	Angela Leaman	Club social

LMC Meets Details

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;

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;

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 Sheddou](#), 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;

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;

Fri 30 August / Sun 1 September – Ben Nevis – 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).

June Update : Five of us are now booked to go to Fort William in the hope that we will have one clear day's weather to climb Ben Nevis.

If anyone else is thinking of joining, please note that accommodation is expensive but there may be alternatives further afield or a friend recommends the camping pods.

Contact: Marion Downie;

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, Conistone 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;

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 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 ;

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

We now have ten people signed up for this weekend. All six rooms at The Firs B&B in Hay on Wye are reserved for us and fully taken up. Others are most welcome to join us, but you will need to make your own accommodation reservations – if you do this, please let me know where you are staying and if you wish to be included in supper bookings on Fri/Sat nights.

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:

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

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;

Sat 18 January 2025 – Cotswolds 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 7th December. After 7th 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;

www.hatton-court.co.uk; Hatton Court, Upton Hill, Upton St Leonards, GL4 8DE

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;

Fri 13 / Mon 16 June 2025 – Exmoor – Heather & Andrew McGinn

We are proposing to run another weekend meet at the Simonsbath House Hotel, Simonsbath, Exmoor next year. We have provisionally booked the hotel for the weekend and will get the prices for next year in September.

We have also asked that they include transport as well as dinner, bed, breakfast and a picnic lunch each day, because we felt that not needing to use cars on linear walks was a huge advantage giving us more time to enjoy cafe stops on the walk and a later start to the day. Again, it would be 2 days of walking plus a shorter walk on Monday before travelling back. Please let me know if you are interested in joining us for this meet so that we can gauge whether it is viable. Then in September after we know prices and date for deposit, we will ask for a commitment. At present we have the whole hotel, but numbers will depend on rooms and the capacity of the minibus.

Bookings will be on a first come first served basis. We look forward to you joining us.

Contact: Heather & Andrew McGinn;

Sat 25 October 2025 – Salisbury LMC - 50th Anniversary Reunion

Those that were there will remember the fantastic evening we had in 2015 to celebrate the 40th anniversary of LMC Mountaineering Club. Around 80 current and former members came together for dinner and a hugely sociable evening at Lensbury Club in Teddington.

Therefore we plan to do it again for our 50th! Yes, it all began in 1975.

Kirsty has been in touch with a long roll call of past members and we have had a very enthusiastic response. Therefore, I'm delighted to let you know that the LMC 50th Reunion dinner will take place on **Saturday 25 October 2025** at the White Hart Hotel in Salisbury. Further details will be released as plans progress, but in the meantime – **SAVE THE DATE!**

Contact: Angela Leaman;



The 1970s – the decade of happy campers and plaid shirts

Meet Reports

Manor Park Circular Walk – Saturday 11 May

On a gorgeous sunny day, the opening of the Temple in Wanstead Park coincided with the Elizabeth Line running to Manor Park station which enabled 4 of us to meet for the postponed February Manor Park Circular walk.

Within a few minutes of leaving the station, we entered Epping Forest and shortly thereafter began our circumnavigation of the City of London Cemetery (200 acres; built in 1826; grade-1 listed) and soon joined the Roding Valley Way. The River Roding rises in Molehill Green, Essex and flows for 50k to Thames where it enters as Barking Creek.

After about an hour of gentle strolling we reached some convenient picnic tables near the tea hut in Wanstead Park where we stopped for lunch.

Photo of us arriving at Wanstead Park

Rested and refreshed, we explored the extensive information boards available within the Temple and studied many of the artefacts on display.



The famous temple

We then set off in search of the Ornamental Water Walk and the grotto, both legacies of the original Wanstead House. The Ornamental Water Walk sadly lacked water so it was left purely to our imagination. The grotto is of greater interest but following a fire, is fenced off so can only be viewed from a distance.

Photo in front of the grotto

We then retraced our steps and resumed our circumnavigation of the cemetery. There was a bit of walking on streets but not too much. Intrigued by the mention of a café in the cemetery we went in search of it, but it was unfortunately closed. We then walked down the side of Alexandra Lake (created 1907 as part of an unemployment relief scheme), across Wanstead Flats and stopped in the Golden Fleece pub where we enjoyed a drink in the garden before heading home via the Elizabeth Line.

Marion Downie

Spring Walk, Kent – Sunday 12 May

Four members of the LMC, Charles, John , Marion and Paul plus 4 members of Paul's family , Mark, Rowan, Gilbert (11) and Tilda (7) met as planned at the Hosey Common car park on what proved to be the hottest day of the year so far, with temperatures touching 25° C.

Photo of the group and rhododendrons

We set off for Emmett's garden through woodlands and fields meeting up with a slightly larger group, who were also heading for the same destination. On the way we were able to see some bluebells which were not yet past their best. At Emmett's garden, which is run by the National Trust, the normal spectacular bluebell display was, unfortunately, well over but the rhododendrons and azaleas were in gorgeous bloom. Naturally we stopped for refreshments: coffees and ice creams.

Thereafter, we set off again through gorgeous ancient forests paths for Toys Hill. This is another National Trust property, which was devastated by the storm of 1987, but has now substantially regrown, although it will be several hundred years more before it regains its former glory. There is a mass of paths through Toys Hill and we did get slightly lost but nothing serious and in the process managed to stumble on the site of the Weardale Manor with splendid views over the Kentish countryside.

Brief history of Weardale Manor (the time pressed among our readers may ignore)

Weardale Manor was built by Lord Weardale in 1906 and had 145 rooms and a 12 foot wide mahogany staircase, surrounded by landscaped gardens. When Lord Weardale died in 1923 Lady Weardale found the loneliness hard and after that decided to live permanently in London. When Lady Weardale died in 1934 attempts were made to sell the property but such a huge house had been built at the wrong time. It was not possible to find the number of servants to maintain such a large property. By 1939 the house was in such a dilapidated state that it was pulled down. The Weardale Estate was given to the National Trust in 1940.

On departing from this archaeological point of interest, Paul and his family lost contact with the other LMC members. However, thanks to the wonders of modern telegraphic technology we were soon reunited and set off along the Greensand Way to Chartwell, the home of Churchill and again in the care of the National Trust, and its most visited property. Fortunately, it was not as busy as it sometimes can be and we were once again able to take advantage of the facilities for further refreshments. Although there was some interest in visiting the house and gardens, we concluded that time did not really allow for this and several people decided that they would return for a more leisurely visit.

The consensus was that, given the heat it was, by this time, best to abandon plans for a walk down to Westerham and instead retraced our steps through the woods to the cars. A glorious day walking through some of Kent's most lovely ancient woodlands.

Paul Ackroyd

Peak District 16-19 May

A group of 8 intrepid walkers ventured to the little-known village of Bradwell, a mile from Hope and two from Castleton, featuring a cement works, two pubs, a Co-op and some great walking. Our home for the weekend was the Olde Bowling Green Inn, a recently renovated pub under the new and enthusiastic management of Sam and chef John but lacking any terrain remotely flat enough to have ever sited a bowling green!

Arrivals and departures were spread between Thursday and Monday, so on a bright Friday morning after a huge English breakfast (and some drinking on Thursday evening between the two village pubs), early arrivals John, Rita and Gerry and meet leader David set out past the cement works for an epic hike via Hope, climbing Lose Hill (pictured below), Mam Tor, then down and back up to Rushup Edge, before heading cross country through a stunning valley complete with many sheep, a very unclear path and no walkers. The route back was maybe a bit longer than we had hoped, through the old quarry and over many stiles (apologies to John's knee!), eventually being relieved to spot the cement works chimney, which became a useful landmark for the weekend! A beer in the pub garden provided welcome relaxation after the advertised 12 mile walk was confirmed at 14....

Photo of group on Lose Hill

We were joined for dinner by Angela and Steve, Charles and Alan, all having made good time and had a great dinner at the pub, where the food featured many pies and also great desserts.

Saturday started a little misty, but with plenty of warm sunshine promised, we drove to park with the crowds at Edale and brave the bogs of Kinder Scout. Our route up Golden Clough was thankfully empty of walkers, but we saw the crowds below us heading up both the Pennine Way and Grinds Brook.

Whereas we skirted East over the tops, finding remarkably little bog, stopping for sunny coffee breaks and a photo shot at the Druid Stone (as in the picture) which Steve assured us was natural and hence not much to do with Druids. The descent of Crookstone Hill brought us to lunch above Ladybower reservoir. At this point, 3 decided to take the short route back, whereas

the other 5 dropped down to Ladybower, before climbing back up, along the Roman Road, spotting the cement chimney again, before skirting above the valley to thankfully arrive back at Edale having completed 13 miles before the tea shop shut!

Photo of group at the Druid Stone

Evening was always a bit of a risk; we had booked a month earlier the top Italian restaurant (1530) in Castleton, but its popularity meant we had to eat outside.... So dressed in thermals and coats, we arrived to find a balmy summer evening and a delightful, protected terrace at the back of the restaurant. Universal acclaim for the food, particularly a 4 cheese fondue available as a starter, which we all raved about - the food (and the weather) was regarded as a highlight of the weekend!

Sunday once again promised warm sunshine, but the exertions of the previous day were a bit much for 2 of the party, and Charles had an important commitment to cheer Brentford to an unwanted 4-2 loss at home to Newcastle.... So the remaining five headed south to Chee Dale, and a delightful morning walk following the river Wye and its stepping stones, before leading back over the tops to arrive at the café. Rita and Gerry promised to test the outdoor pool in Hathersage on Monday to round off the weekend.

*Photo of four of us in Millers Dale contemplating days gone by
when watching the rock climbers on the face opposite!*

All round a great weekend, with perfect spring weather completely changing my memories of the Peaks – hopefully it will not be another 35 years before I return!

David Wells

Out Walking Reports & / or Photos . . . *None this time*

Other Events / Items

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 50th 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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