

LMC MOUNTAINEERING CLUB

February 2024

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

| LMC Meets and Events Programme 2024 | | | |
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| Date | Event | Meet Leader | Comments |
| Sat 09/Sun 17 Mar | Crickhowell Walking Festival | Andy Johns | Not LMC. Book direct via the CWF website. |
| Tue 26 Mar - tbc | Explore the Elizabeth Line: Ealing Broadway to Hanwell | Marion Downie | Day walk |
| Thu 11/Sun 14 Apr | Exmoor | Heather McGinn | Long weekend - FULL |
| Sun 21 April | Hambleden, Henley-on-Thames | John Blight | Day walk |
| Sun 12 May | Spring Walk, Kent | Paul Ackroyd | Day walk |
| Fri 17/19 May | Peak District | David Wells | Weekend |
| 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) |

Continued overleaf/

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|----------------------------|---|---------------------|-------------------|
| Thu 12/Mon 16 Sep - tbc | Lake District | Sarah Dixon | Long weekend |
| 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 December | Londinium – history walk and Christmas social | Marion Downie | Day walk + social |
| Sat 18 Jan | AGM and Annual Dinner | Angela Leaman | |

LMC Meets Details

From Tue 23 January - Exploring the Elizabeth Line - Day Walks – Marion Downie

I have been given a handy book called 'Exploring the Elizabeth Line' by Jeff Lock. Many of the walks are short which seems ideal for the shorter days of Winter. With apologies to those members who are still working, I propose that we try a couple of these walks on a weekday as the Elizabeth Line doesn't always seem to be fully running at weekends.

Tuesday 23 January - Paddington to Kings Cross 5.5 miles

Meet at Paddington 11am at Platform 12 for a walk via Little Venice, Regent's Park and Camden Lock to Kings Cross.

Sunday 11 February – Canary Wharf to Greenwich

Replacement for the Manor Park Circular walk as Elizabeth Line is closed this weekend.

Tuesday 26 March – tbc - Ealing Broadway to Hanwell 5.5 miles

Cafés are promised (by the book) en route but, as it is winter, I suggest bringing some emergency rations just in case. If you are interested, please let me know. If dates don't work for you also let me know as there is flexibility, with the exception of Manor Park where the Temple only opens monthly.

Contact: Marion Downie.

Sat 9 / Sun 17 March - Crickhowell Walking Festival - Andy Johns

Leave behind those winter blues at Crickhowell Walking Festival 2024 – only a month to go! There are 81 walks over the nine days of the Festival: from 2 to 17 miles, valley strolls to demanding all-day routes on the high tops, graded from 1 to 4 'Boots'. Some new challenges are mixed in with old favourites, along with fresh special interest walks and evening events. This is not an organised LMC activity: you make your own local accommodation arrangements and book your own preferred walks and events. For the full programme and further information, see the CWF website to make your bookings. www.crickowellfestival.com

About a quarter of the walks are now fully booked, but with nearly a third of places left overall, there are still great walk opportunities for every day. For information on cancellations and refunds please read the 'Guidance, Terms and Conditions' page on the website. Please feel free to direct any pre-booking queries to Andy.

Sun 21 April – Day walk Hambleden, Henley-on-Thames – John Blight

I am planning a day walk on Sunday April 21st starting in the village of Hambleden, (in between Marlow and Henley-on-Thames). Meet in the pay and display carpark behind The Stag and Huntsman pub, postcode RG9 6RP ready for a 10.30 start. Please bring a packed lunch. We can stop for a drink in either Fingest or Turville. It will be between 9 and 12 miles depending on everyone's preferences and the weather. Please let me know if you are coming.

Contact: John Blight.

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

A delightful walk of about 8 miles through undulating woodland and 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 and 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 and Westerham although, for flexibility and 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.

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

There is one room left at the pub if anyone would else would like to join this meet.

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).
Contact: David Wells.

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 and the Rhinogs. There are also walks along the Mawddach Estuary at both high and 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 and south sides of the estuary. There are historical sites in the vicinity: the Roman forts of Brithdir and 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, Bryneglwy quarry and Abergynolwyn village - all part of the Slate Landscape of Northwest Wales, a World Heritage Site since 2021. Dolgellau has numerous places to eat and, 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 and 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. I will book an AirBnB type property somewhere convenient once I know how many people want

to come. I'm guessing it will be in the Aberystwyth area. This will require a firm commitment fairly soon. Can you please let me know if you would like to come by the end of February.

Contact: John Blight.

Fri 30 Aug / 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.

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

Sarah Dixon would like expressions of interest from anyone who would like to join her for a long weekend in the Lake District in September. Dates have provisionally been set for a weekend in the middle of the month but this is provisional. If you would like to come please contact Sarah asap to enable accommodation planning.

Contact: Sarah Dixon.

Meet Reports

AGM Meet in Salisbury 12 to 14 January

The AGM Meet Weekend got off to a great start with 13 members enjoying an excellent Indian meal at Anokaa on Friday evening and the White Hart Hotel proved to be an excellent venue.

Photo of everyone at the start of Saturday's walk

On Saturday morning, my friend and former Salisbury resident, Alan Mitchell, arrived to help guide us on a local walk from the White Hart Hotel which avoided anyone having to drive. The morning walk was to Old Sarum, an iron age hill fort and site of the earliest settlement of

Salisbury. We walked mainly along the River Avon but with a few diversions for flooded paths or works associated with the new flood management scheme.



Arriving at Old Sarum, we circumnavigated the outer rampart ditch with good views, particularly back down to Salisbury and the cathedral. Having completed the circuit, we crossed the A345 at which point Paul departed for a bus back into town so that he could visit the cathedral. The rest of the party continued on to Castle Hill park, Bishops Down and then back into Salisbury where most people opted to eat their packed lunch on handy benches in the cloisters of the cathedral where there was the added joy of a hot drink from the café. After lunch, a further three opted for sight-seeing with the remainder of the group heading out the back of cathedral close and across the Avon by St.Nicholas's bridge which enabled us to spend sometime musing over the height of the water and how close the houses were to being flooded. We continued up Harnham Hill before dropping back down to Harnham Mill on the River Nadder.

We saw where Constable would have painted his famous views of the cathedral looking over the water meadows. Although, as Alan pointed out, like all good artists, Constable applied a bit of artistic licence. The final stretch of the path involved a bit of careful wading to avoid getting very wet feet but compared with the previous day when Heather and Andrew had attempted it from the opposite direction it was at least passable.

Photo of Marion wading through the flooded meadows path ...

We all got back in good time to have a cup of tea and/or drink before convening for the AGM at 5.30pm and an excellent dinner. John Blight's completion of the South West Coast Path was recognised with a video and the presentation of a commemorative mug.

On Sunday morning, most of us headed out to the RSPB reserve at Langford Lakes. Stephen led us on a walk up onto the downs via Grovely Wood. It was a gorgeous sunny day and there were some spectacular views. We returned via the river Wylie, still very fast flowing but paths were drier than when Angela and Stephen had checked the route the week before.

We all enjoyed coffee, cakes or soup at the lovely RSPB café overlooking the lake before heading off for home. A brilliant weekend with a good variety of different walks that made the most of the flooded landscape and also provided a number of cultural alternatives.

Marion

Paddington to King's Cross via Regent's Canal on 23 January



Neatly slotting in between storms Isha and Jocelyn, four of us set off on the first of a series of walks loosely based around using the Elizabeth Line. For the record, 3 out of 4 of us managed to use the Elizabeth Line for at least part of our journey to Paddington Station where we started our walk.

The forecast was not good and we started in rain but it soon stopped and although a pretty miserable day weather-wise, it stayed dry for the rest of the walk and it was a fascinating and very enjoyable day out.

The walk took us through Little Venice, over the Maida Hill Tunnel, Camden Lock and ended at Coal Drops Yard/Granary Square behind King's Cross. We had a diversion into Regent's park to enjoy coffee and cake in the café overlooking the boating lake. This diversion also enabled us to view the entrance to Winfield House, home to the US ambassador, and the front of the Regent's Park Villas designed by Quinlan Terry. These villas (best seen from the canal) were each designed in a different style and named accordingly as Gothick Villa, Corinthian Villa, Regency etc and built between 1988 and 2004.

On reaching the end of the walk, we had a late lunch and then Alyson and I visited the nearby Canal Museum which we can both recommend.

Marion

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

Other Events / Items . . . *None this time*

Extra Elements: Books, DVDs, Films, other Walks / Climbs – views and comments .

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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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