

## 20th season draws to an end

As we go to press our party is heading off to **GRADBACH** to explore the Roaches and the remote Derbyshire/Staffordshire borders, in our last away event of the year. We'll report on their experiences in our January newsletter.

As the year draws towards its close, it's time confirm your attendance at our **END-OF-SEASON PARTY** in December as we need to assess numbers. A change of plan this year, turning it into a triple celebration: details inside.

Plans for 2011 are falling into place and we have confirmed bookings for our away weeks. In May we'll be walking **THE HERRIOT WAY** in Yorkshire (more details inside), an event that has proved so popular that we are running parties two weeks in succession. Then in September we join a Holiday Fellowship group in the **CINQUE TERRE IN ITALY**, a famously inaccessible part of the Ligurian coast where five towns cling vertiginously to the cliff edges.

To kick off the year's weekend events, we are booking for our first away event of 2011, our 'luxury' weekend, this year to be spent on the **NORTH DOWNS**, right on the ancient Pilgrim's Way in a historic pub. In March we'll be visiting our old haunt at Parc-le-Breos in **THE GOWER PENINSULA**, where, amazingly, the owner still remembers our last visit more than ten years ago. June sees us on **THE LONG MYND**, based in a comfortable bunkhouse at Church Stretton: book soon as beds are limited. In July/August we are investigating another university-based weekend, as these have proved so successful in the past; and in October we plan to be on the Wiltshire Downs, though details are yet to be confirmed.

Of course, as always we need volunteers for our programme of day and summer evening walks through 2011, particularly the later part of the year. Why not take your fellow rambblers on your favourite local walk? We have almost 100 members: if everyone led just ONE walk, your turn would come round only once every FIVE years! Contact the Events Committee to volunteer.

### Stick 'em up!

Watch out when taking your walking poles abroad! Recent correspondence sent to us by Peter reports a traveller's problems at Zurich airport, where her pole was confiscated, "Walking poles are considered to be hitting devices and could be used to injure somebody", the security people commented. Only sticks needed by travellers to get around the airport may be carried in the cabin.

At British airports the list of banned items makes no mention of sticks of any kind and Heathrow Security says it does not regard them as weapons.

If your poles are important to you it seems best to stow them in your cabin baggage.

### More discounts for members

**Milletts/Black** are offering all our members their Specialist Card, which

will entitle you to a 15% discount, even on promotion or sale goods. What a bargain!

If you are on our emailers list you will shortly receive, via Carol, an email inviting you to apply. Complete this and the card will be mailed to you. If you are not on our email list, but would still like a card, contact Carol for a hard copy application form.

And remember you can get discounts at **Cotswold** by quoting our contract number (details from Bryan if you don't have the number) and showing your membership card; and from **Globetrekker** simply by showing your membership card.

### Mr Oliver Cockerpoodle

Those who mourned the passing of Alfie will be pleased to know that Nick has a new hearing dog named Mr Oliver Cockerpoodle, fortunately just Ollie to his friends. Nick reports that

**DAY WALK DATES 2011**

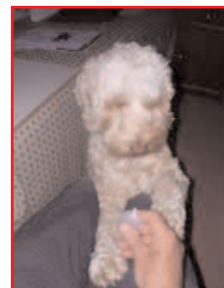
- Sunday 11th January
- Sunday 13th February
- Sunday 13th March
- Sunday 10th April
- Sunday 8th May
- Sunday 12th June
- Sunday 10th July
- Sunday 14th August
- Sunday 11th September
- Sunday 9th October
- Sunday 13th November
- Sunday 11th December

**AWAY TRIPS 2011**

- 25th to 27th February  
NORTH DOWNS
- 25th to 28th March  
GOWER PENINSULA
- 11th to 17th May and  
18th to 24th May  
THE HERRIOT WAY
- 24th to 27th June  
THE LONG MYND
- July/August  
UNIVERSITY WEEKEND  
*to be confirmed*
- 10th to 17th September  
THE CINQUE TERRE, ITALY
- October  
WILTSHIRE DOWNS  
*to be confirmed*

he's 'a bit of a handful' and loves his bed. If you want a laugh, consider a hearing dog who sleeps through the alarm clock!

Nick will be leading a walk for us in March, so a chance then to meet his new four-legged friend.



## Forthcoming Programme

All events in November, December and January

### Express interest!

Helps us get a handle on likely numbers. It does NOT constitute a firm booking.

### Book now!

To secure a place you need to confirm your participation with the named contact and send them a deposit cheque payable to St Albans Rambler.

All monies paid to SAR are accepted on the understanding that members agree the terms in the Finance Policy.

### Fully booked!

If you're interested in an event flagged fully booked, do ring the event contact. Participants drop out sometimes, especially for events planned a long way in advance. We may still be able to find you a space.

And apologies if you find many events fully booked. We have to work well in advance to secure the accommodation we want, especially at peak times.

### Your ideas?

Please ring one of the Events Co-ordination Team if you have an idea for a walk or event or have seen a good place to stay. Even if you don't want to organise or lead, we can pass ideas on for further investigation.

#### SUNDAY 12TH NOVEMBER 2010

#### November Day Walk: The Oxfordshire Escarpment

Autumn on the edge of the Chilterns: what could be better? Meg's walk takes in Christmas Common (site of the original re-introduction of the red kites we can now see every day around St Albans), Northend, the Wormsley Estate and Cowlease Wood and will cover about 8 miles. Packed lunch please, but a possible pub stop en route.

#### SATURDAY 11TH AND SUNDAY 12TH DECEMBER 2010

#### Capital Ring Final Stages

- ✓ Join in a wish The Saturday route (10<sup>1</sup>/<sub>2</sub> miles) starts at Osterley Lock on the Grand Union Canal and uses some stretches of that towpath, together with Brent River Park and leads up and over Harrow on the Hill to Kenton.
- ✓ No overnight travel to public transport that we will experience some of the delights of the Dollis Valley Greenwalk and Hampstead Garden Suburb, before we reach **THE END** at Highgate Station.

Do join us for all or part of the finale, even if you have missed some or all of the rest!

Final travel details will be confirmed the week before. We usually meet at 8.30 for 8.45am, with packed lunches, at St Albans City Station and are back by 5.30pm.

Book now!

#### SUNDAY 19TH DECEMBER 2010

#### Triple Celebration Party

The end of our 20th walking season including the completion of the Capital Ring, the approach of Christmas and the 70th milestone birthday for our chairman Mike – what better reason for a good party? Liz and Malcolm and Tina and Michael invite SAR members and partners to a cheese and wine party at Liz and Malcolm's house in St. Albans, from 8.00 p.m. 'till late.

There is no charge but donations to the NSPCC, selected by Mike, will be welcome. He explained: "In my work as a magistrate on the Family Panel I come across many cases of neglect. This will be a fitting contribution to a children's charity and also marks the end of my role as a JP."

For further details and to book contact:

Liz and Malcolm 01727 851420 or lizholliday@hotmail.com

Mike and Tina 01727 862788 or mshaw0@talk21.com



#### SUNDAY 26TH DECEMBER 2010

#### Boxing Day Reviver

A 6-mile amble starting from Aldenham Church to help you digest the turkey and Xmas pudding of yesterday. No doubt festive refreshments will feature somewhere!

#### SATURDAY 1ST JANUARY 2011

#### New Year Outing

Brush off the excesses of the New Year celebrations and get the New Year off to a good start by joining up on this easy 8-mile circular walk, starting outside the chicken pavillion on Redbourn Common. Our walk takes us along the Nicky Line to Rothampstead and returns via Redbournbury Mill, a circuit of just 4 hours so no need for an early start.

## Joining a day walk

Please ring the contact a few days in advance for full details: start time, directions, car sharing, etc. They will look out for you, especially if you are a new member.

If you're unable to come please try to let the organiser know, so we don't keep the whole party waiting. Most organisers can give you a mobile phone number.

## Your safety

Our leaders take all reasonable care for the safety of the party. But it's your responsibility to see that you are properly equipped, to take responsibility for your own safety and that of others. SAR has appropriate Public Liability Insurance but you should have your own personal accident cover.

## Our next

Our next committee meeting will be 16th December. If you have items for consideration please send to Angela by 6th December. The next newsletter will be on 1st January 2011. If you have anything for inclusion, please send to Dee by 13th december.

**SUNDAY 9TH JANUARY 2011**

### **January Day Walk: Redbourn and Harpenden**

A very local walk today given that it will be dark quite early. We'll start at Batchwood Hall car park and then follow the Ver Valley Walk to Redbourn. At Redbourn we'll take the Nicky Line to Harpenden and then footpaths across Harpenden Common and the golf course to Childwickbury before returning to Batchwood. If we make good time there may be an opportunity for a drink at the pub near the golfcourse. Total distance 8.5 miles.

**SATURDAY 13TH FEBRUARY 2011**

### **February Day Walk: The Chalfonts**

Hopefully the weather will favour us with one of those crisp winter days as we explore the Chilter countryside around the villages of Chalfont St Giles and Chalfont St Peter. 8-9 miles

**Book now!**

**FRIDAY 25TH TO SUNDAY 27TH FEBRUARY 2011**

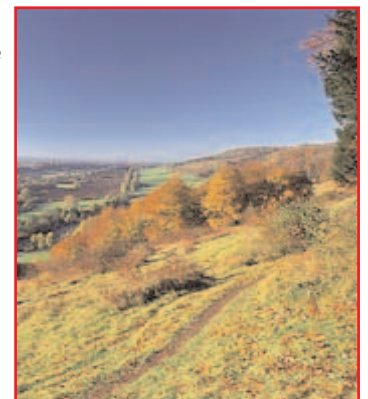
### **The North Downs**

Our base is the modest village of Thurnham, nestling at the foot of the North Downs north of Maidstone. This chalk ridge runs from the Hampshire border through Surrey and Kent to the White Cliffs of Dover.

The Black Horse, perhaps once a forge with associated barns, has been a pub since c.1750. We shall have a number of the pub's 30 rooms, in a separate annexe, and they will be developing a special set meal for us on Saturday night.

We shall walk direct from the pub on both days, heading east on one day and west on the other. Both routes will take in stretches of the North Downs Way and the ancient Pilgrim's route from London to Canterbury. Walks will be Grade D+ with steep climbs to bring us to the ridge, and it may be slippery underfoot.

**We have achieved a great price of just £130 per person in a twin or double room. Single occupancy £175. The price will include two nights B&B, dinner with wine or other drinks on Saturday and tea and cakes before departure on Sunday. To confirm your place send a cheque for £75 to Dee now; balance payable in January. A substantial number of participants are already booked but we may be able to accommodate more, subject to availability of rooms at the Black Horse.**



## Advance dates for your diary

**Book now!**

**FRIDAY 25TH TO MONDAY 28TH MARCH 2011**

### **The Gower Peninsula**

After a gap of at least 10 years we return to Parc-Le-Breos House (*right*) (the owner still remembered us – is that a good or bad sign?), about 20 minutes from Swansea in the heart of the Gower Peninsula. The house is a 19th century hunting lodge with 12 en suite rooms, and has recently been upgraded to a Wales Tourist Board 4\* farmhouse facility.

Walking will be Grade D, direct from the house on all three days.

**Three nights accommodation with breakfast, packed lunches and evening meals will be £175. A £50 deposit will secure your place and the balance will be payable in February.**

[www.parc-le-breos.com](http://www.parc-le-breos.com)



**Peter and Marion 01582 713206**

**Last  
Chance!**

**GROUP 1: WEDNESDAY 11TH TO TUESDAY 17TH MAY 2011**

**GROUP 2: WEDNESDAY 18TH TO TUESDAY 24TH MAY 2011**

### ***The Herriot Way***

A fantastic level of interest in this route means we are running two parties in succession, Group 1 led by Mike and Ginny and Group 2 by Peter and Marion.

This 52-mile circular walk in the Yorkshire Dales crosses beautiful valleys, open fells and heather-covered moorland in the area made famous by vet James Herriot. It was planned to make use of four local hostels: however, Aysgarth has closed and Keld is now an expensive restaurant!

You may recognise Aysgarth Falls (pictured) as the site of the fight between Robin Hood and Little John in Kevin Koster's film – just a taste of the great scenery in this area.

We shall be seeking B&B accommodation in the villages, hence the need to book this far ahead. We expect to cover about 13 miles a day of Grade C to C+ walking, and baggage will be transported.

**Cost of 6 nights B&B, packed lunches, dinners and transport to and from the start point expected to be c. £420. A £100 deposit is required now to secure a space; £44 of this will be non-refundable.**

**Group 1 is fully booked but there are still two spaces on Group 2. If you would like these, or would like to be on the reserve list, contact the leaders now.**



**Express  
interest!**

**FRIDAY 24TH TO MONDAY 27TH JUNE 2011**

### ***The Long Mynd, Shropshire***

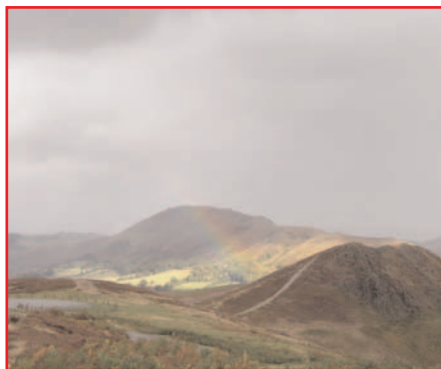
We will be staying three nights in a well equipped bunkhouse set in the heather moorland at the heart of the Long Mynd close to Church Stretton. We will be self catering, but the Yew Tree pub is nearby for an alternative meal one evening if desired.

There will be two longer walks on Saturday and Sunday and a shorter walk for those who want it on Monday before we return home. We can walk straight from the bunkhouse for a circular route one day and take the local bus to the start of the walk on another.

Walking is likely to be Grade C.

Numbers are limited, so will be allocated on a first come first served basis whilst making the room allocations, male/female split, achievable.

**The cost per person for three nights accommodation, breakfast, packed lunches and evening meals will be in the region of £100.**



**Book  
now!**

**SATURDAY 10TH TO SATURDAY 17TH SEPTEMBER 2011**  
**A week in Italy's Cinque Terre**

We shall join a Holiday Fellowship guided group to explore the five picturesque coastal villages of the Cinque Terre from our comfortable 3\* hotel in Bonassola, linked to the Cinque Terre by train. HF guides will offer a choice of two walks on each of the five walking days. Walking grade expected to be C+ to D. There will be one free day.

For fuller details about the walking visit  
[www.stalbansrambler.com/programme](http://www.stalbansrambler.com/programme) and click on the link.

**Cost for seven nights half board, flights (from Luton if possible) and transfers at the Italian end will be around £800. A limited number of single rooms available, no supplement. Allow also for travel to the airport, lunches and some local travel. A deposit of £75 is required by January to secure your place and the balance will be payable 12 weeks prior too departure.**

[www.hfholidays.co.uk](http://www.hfholidays.co.uk)



**Peter and Marion 01582 713206**

## Recent local outings

### SEPTEMBER DAY WALK: MUCH

**HADHAM.** Fifteen of us met in Much Hadham on a beautiful sunny morning. As we walked along the High Street Brian pointed out the Red Lion Hotel. Some years ago, whilst undergoing a refurbishment, the builders discovered a hidden Tudor staircase and the skeleton of a 17-year-old girl from the same period.

A short way from there we came to the 14th century Church of St. Andrew. The palace at the rear of the church, now a private residence, was the birthplace of Edmund Tudor, father of Henry VIth and founder of the Tudor dynasty.

From the church we walked through beautiful countryside passing through Green Tye to Perry Green, the home of Henry Moore. As we skirted the property we were able to catch glimpses of his sculptures through the trees.

Our next point of interest was an imposing house called Whichways. Whilst the present tenant was digging locally he found a number of dog tags and has since discovered that the site was the location of Wynches Camp. This was a Second World War base which, at different times, was used by both American servicemen and up to 10,000 German POWs.

We stopped at the Green Man in Widford for lunch and a welcome refreshing drink. After lunch we visited the 13 century church of



**Brian promised us refreshments ... No horses beyond this point. Cream teas.**



St. John the Baptist. Buried in the old churchyard is Mary Field, grandmother of the writer Charles Lamb. We continued on our way through very attractive countryside and pretty villages to Hadham Mills. Here we walked in woodland following the path of the River Ash. We passed through Hadham Cross on to Moor Place (unseen due to a thick screening of trees) which belongs to the family of a

former Governor of the Bank of England. The house is now up for sale but I fear beyond the means of most of the SAR membership. Finally we returned to Hopleys Garden Centre in Much Hadham for a very welcome and excellent homemade cream tea.

A very enjoyable 12 miles full of interest and beautiful scenery, thanks to Brian and Alison. **Pat and Ray**

# Capital Ring Stage 3

**CRYSTAL PALACE TO WIMBLEDON PARK.** Seven of us met on Saturday 9th October for the 5th leg of the Capital Ring. Sadly, we were without Liz & Malcolm, due to illness, and Tina was upgraded into transport guru for the weekend and (phew) it all worked out OK. The weather, although not as beautiful as promised, stayed warm and cloudy, and we journeyed through urban parks with parakeets, a mixture of mostly grand private houses, posh Wandsworth, simply giving the prison a miss. Entertainment was provided on the tube by Julia's version of how not to unzip your trouser leg and Mike managed not to get us lost. (Let's face it, it is so well sign-posted you didn't even need a map).

**WIMBLEDON PARK TO OSTERLY LOCK.** We managed to lose two by Sunday 10th and we can only shout loud and clear YOU ALL MISSED A SUPERB DAY! If you can only manage one, do this one.

We started off in Wimbledon Park of tennis queuing fame, past the mega-bucks houses surrounding the Lawn Tennis Club, and on to Wimbledon Common, a vast wooded play area for the 'yummy mummies' of Wimbledon, who were out in force. Where were you at 10.10 am on the 10th of the

10th? Stopping only to spot the fungus, admire the endless games of footie, the Windmill museum, and the local café, we ambled through the park, crossed the A3 by the traffic light crossing for



*Clockwise from above*

**Day 5: The viewing platform on Wandsworth Common**

**Day 6. The windmill museum on Wimbledon Common**

**Day 6. Journey's end as Osterly Lock**



horses (press buttons at suitable height for the riders), and into Richmond Park. Another mega gem of the urban outdoors, the biggest urban park in Europe: dogs and deer, and a cloudless blue sky to eat our lunch on Henry's Mound, overlooking wooded West London.

Down onto the Thames river bank at Richmond, crowded with Sunday afternoon strollers, and on up the canal bank into Syon Park and more tea to revive us to reach our goal of Osterly Lock. London is amazing! **Tina**



## **Renew your membership now!**

Time to renew your membership so you can enjoy all our great events next year.

£14 for a single or £22 for two people at the same address. Send your cheque to Bryan, payable to SAR.

Please complete the enclosed renewal slip so we can keep your contact details up to date.

*Please renew promptly to minimise work for our secretary and treasurer!*