

Ramblings

Trafford Ramblers Newsletter

rtgmembership@yahoo.co.uk

<http://www.ramblers-trafford.co.uk/>

March 2022



The
Supreme



Leader
breathing
the clean
fresh air,
but
heavily!

No Pain,

No Gain?

Now is your chance to give us your thoughts or experiences

Our Newsletter, Ramblings, is put together by me, but depends on contributions for its content. Any article of general interest is welcome, with pictures to help. Worth a thousand words?

Richard trafford.ramblers@gmail.com

Our new website, Ramblers-trafford.co.uk

I hope everyone is getting use to our new website. Although it is supported by the national Ramblers, they pay for the hosting, it is maintained by volunteers who sort out all technical problems. They produce a basic template which includes the link to the national walks programme so that when Rosie, our walks coordinator, adds or changes our programme of walks on the national site, they immediately update on our website. If you look at some other group sites they all have a similar feel.

But we can alter and add many items to our website as we please so do contact me with items that would be of interest. And I will need help as I am currently our only webmaster!

Richard

Bottoms Footpath (1826)

The stopping of the footpath by Squire Wright resulted in a court action instituted and funded by the people of Flixton in 1826. This court case was of great historic significance and provided the catalyst for the formation of the Manchester Association for the Preservation of Ancient Footpaths'. The footpath ran from Flixton Church and connected with other subsidiary paths to Shawe Hall.

A Precursor to Peak and Northern Footpath society

The battle for the Bottoms Path as described in Don Lee's 1976 pamphlet led to the formation of The Society for the Protection of Ancient Footpaths in 1826. This was wound up in 1896 and its funds were transferred to the Peak District and Northern Counties Footpaths Preservation Society.



Ramblings

A Brief History of National Parks

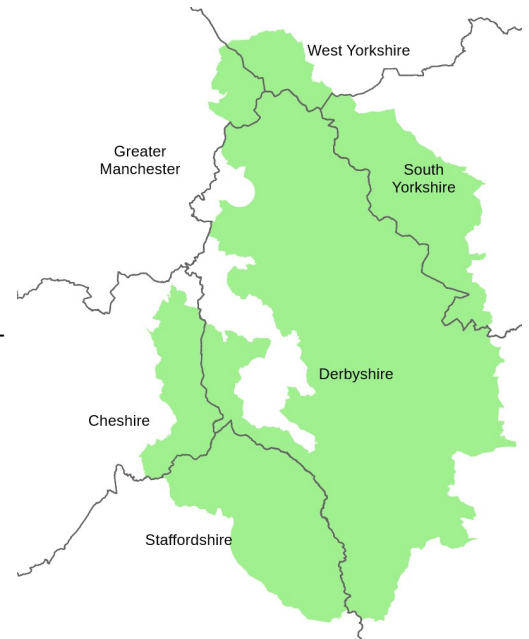
The Peak district was the first National Park in the UK, being created in 1951. This was 70 years after the first attempt in the 1880s for a freedom to roam bill in parliament, when there was a general increasing interest in leisure activities and exploring the countryside.

“On Sunday September 6th 1896, ten thousand Boltonians marched up Brian Hey to pull down a gate and protest against a footpath to Winter Hill being claimed and closed by the landlord”.

A government inquiry in 1931 recommended setting up a body to identify national parks but progress was slow.

On the 24 April 1932 there was a wilful trespass by ramblers largely organised by Benny Rothman, secretary of the British Workers Sports Federation (a youth branch of the Young Communist League), the numbers involved in reports varied from 100 to 3000. They met up with another smaller group from the Sheffield side at Ashop head.

It then wasn't until 1945 that a white paper on National Parks was written which led to a 1947 report identifying 12 areas, and leading to legislation. In 1949 the National Parks act was passed and in 1951 the Peak District became the first area to be designated as a National Park in the UK.



Worlds Earliest National Parks

On March 1, 1872, President Ulysses S. Grant signed the Yellowstone National Park Protection Act into law. The world's first national park was born.

But the first was Bogd Khan Uul Biosphere Reserve Mongolia designated in 1783. It could also be said to date back at least to the thirteenth century when the Tooril Khan ruler of the Keraites, forbade logging and hunting there!

For more information about the history of the Peak District National Park visit <https://www.peakdistrict.gov.uk/learning-about/about-the-national-park/our-history>

Richard

Personal experience over 60 years

The Peak District was our 1st National Park established in 1951. I have been hiking there since my 1st term as a student in Manchester in 1960. We went by train to places like Whaley Bridge and Edale.

I have climbed Kinder (the highest hill there) at 2000 feet many times from Hayfield and Edale. Most of my walks have been day hikes. I like climbing from the Hayfield side best as in good weather this gives excellent views. I have also climbed it from Edale and done a circuit of its edges (15 miles). The greatest challenge I did there was crossing Kinder plateau in the dark by compass as part of training for a Walking Group leader award. I did pass!

There are several longer distance routes and the Pennine Way which I did in 1998 starts in Edale. I have also done the original Gritstone trail which starts in Lyme Park and was then about 16 miles. Another very nice walk is the Limey Way described by John Merrill which goes from Castleton to Dovedale and Thorpe. It is 40 miles and passes through 15 major limestone dales and 5 minor dales. Many people do it as a challenge in 24 hours. I did it with a nurse friend many years ago in 2 days staying in Yougholgreave on the way.

As keen walkers we are fortunate to have such a beautiful area so near with its dramatic scenery of the Dark Peak gritstone and the southern area of limestone.

Angela Hilton

Ramblings

"It's just a hill, isn't it?"

You could walk along the groughs and pass between walls of peat representing ten thousand years of the earth's formation. It was like walking in a channel dug directly through time.

For anyone who enjoys a compelling, pacy crime novel set within a known area, 'Fall Down Dead' by Stephen Booth may well fit that bill. The action takes place both on Kinder Scout and in surrounding areas when the New Trespassers Walking Club, a motley crew of occasional ramblers, embarks on its annual trek up Kinder to commemorate the Mass Trespass of 1932.

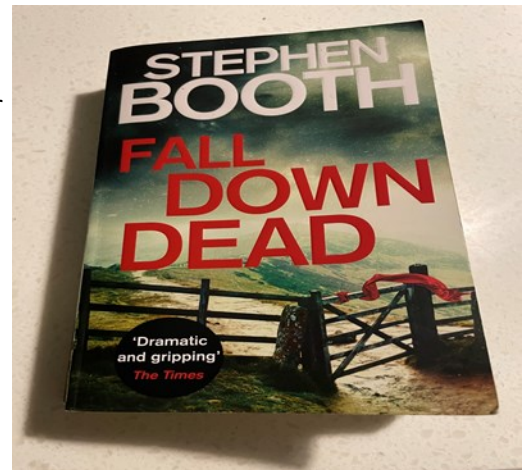
Those of us who remember (fondly!) our very own wintry march up the same terrain three years ago will be pleased to learn that the obstacle this time isn't snow but fog, a damp, dense blanket of which splits the group into three, leading to exposure for most and, for one unfortunate victim, untimely death at the aptly named Dead Woman's Drop. But was this really an accident—or not?

"On the surface lurked dark gritstone outcrops, weather-beaten rocks sculpted into shapes the human eye struggled to make sense of."

Half the fun, of course, for we who know the area is the familiarity of the place names and checking the accuracy of the locations: Kinder Downfall, Hayfield, The Royal Hotel, River Sett, Glossop. Another snarky pleasure for me was comparing the shambolic leadership and unpreparedness of this rabble of walkers with our own (Leather jackets? No map-reading skills? No compass? Certainly no GPS!!!): Trafford Ramblers could certainly teach this shower a thing or two!

As usual with such genres in whatever media, we can't help looking for clues, trying to pick out the possible suspects and tick them off before the police with all their hassles, frustrations and messy personal lives beat us to it. However, there are no hints from me here—find out for yourselves!

Pat Perciuch



Aircraft Crash sites in the Peak District

For a fascinating look at the local history of aircraft crashes there is a website

<http://www.peakdistrictaircrashes.co.uk/> .

This lists 173 crashes in the Peak district. The first listed is an Avro Biplane that crashed near Buxton on the 4th December 1918. For many of the crashes it lists a record of the incident and the names of crew and their outcome and other details.

It includes a description of a probable crash of a plane in 17 October 1919 which fell off a train!

The final current crash listed is of a Microlight in 2008.

The website authors have also written a book published originally in 2009 which covers the Peak District as well as other areas including Scotland, Wales and the Isle of Mann

Aircraft Wrecks: The Walker's Guide

Ramblings

Recollections of first time on Kinder Scout.

The year, 1999. We were living in Derbyshire, near Alfreton at J28 on the M1. My employer had asked all their plants worldwide to raise money for local charities to celebrate the millennium. Someone had the great idea to get a team together to complete the three peaks challenge, the UK one, not the Yorkshire one. Our plant engineer asked me to do a training walk with him in January. Actually, I think he wanted to ensure I would survive it, I was 20 years older than him.

On a Saturday morning we drove to Kinder. We parked in Upper Booth, got kitted up and set off. It had snowed overnight so when we got to the top of Jacob's ladder and began to climb onto Kinder Low the path became more and more indistinct until we lost it completely. My companion had claimed great familiarity with the route so this came as a bit of a surprise. Soon we found ourselves wandering about, sinking up to our knees in snow at times, trying to navigate some sort of route. Then we caught a glimpse of two other walkers in the distance and, guessing that they might have more idea than we did, we steered in their direction. Our guess proved to be correct and, whilst we soon lost sight of our quarry, we did find the path we should have been on.



After that it became easier, clocked the cairns marking the route, and immediately began to make some progress. We passed the Downfall and pushed on to William Clough, down to and around the reservoir, up Broad Clough and around Kinderlow End to reach Edale Cross. On the final climb up to the cross I was very happy to find my companion at least 20 metres behind me, looking very worn out. O happy days, not that I'm competitive or anything, you understand. We reached the car safely, about 10.5 miles walked and completely "cream crackered".

I was soon back, testing other potential team members, and extending the walk to include a ridge walk past Noe Stool and Pym Chair to Grindlow Knoll before returning to Upper Booth. This extended the distance to about 14.5 miles. I've done the walk many times since, usually in summer when it's hot, starting walking at 7.30am and finishing soon after lunch, though the finish time has gotten later and later over the years. The last time was in July 2109. It's my favourite walk though I'm not sure when I'll be doing it again. As to the purpose of the walk, the three peaks, that's another story.

David



Ramblings

Walk the Walk – Talk the Talk.

A while ago I was talking to Shelia about various things including walk leading. Shelia went on to tell me that initially we only had 3 leaders. This must have been quite a chore for the three of them. Working out a route, testing/Reccie and then leading the walk.

At the moment we are really lucky to have a good number of people who are willing to lead.

The Saturday Strollers has become a massive success with numbers usually in the upper twenties. Shelia, Kas and Lesley (with Malcolm and Judith filling it when needed) have managed the group by splitting it into 3 and lately Lesley has been leading a group on a longer 'Stroll'.

Midweek Thursday walks supplemented by Monday walks, most weeks, have been led by Malcolm & Judith, Phill & Elaine, Terry, Pat, Angela & Roy, David, Rob, Rosie, Nigel, Andy, Richard, Vicky and myself. (Apologies if I have missed anyone of the list above).

So what does it take to be a walk leader? Well if I can do it anyone can. My wife tells me I have trouble finding where I have left my car in the car park, that's how good I am with directions.

Anyway we are always looking for more leaders, so what do you have to do. First of all you have to register as a volunteer/walk leader on the Ramblers Web Site. This means any walks you register with Rosie will then be covered by The Ramblers rules and regulation and most importantly by their insurance.

Next stage is to find a walk which you would like to propose. There are numerous walks on the Ramblers Web Site or you could use Visorando.com or Go4awalk.com web sites. Or maybe you have a walk you have done before with friends or with another group.

Having found the route, you will have to walk the route beforehand to check out that you know where you are going so that you can lead with confidence. Taking note of the start point, parking options, possible dangerous stretches and places for a coffee break and for lunch. Noting how difficult you think it is and the total distance is of course important too. We have access to a leaflet about being a walk leader – please ask if you want one.

Now you can submit the walk to Rosie for inclusion in the program at some point in the future. Rosie has a template for you to fill in with all the essential items listed.

On recent walks we have had leaders who have imparted local information, land marks, places of interest. All of these things add to the enjoyment of everyone's walk. I remember one of my early walks at Eyam which was led by Vicky. Vicky told us about Eyam being a plague village which had cut itself off. They left money soaked in vinegar on a special stone in exchange for food and medicine which outsiders brought to the stone. Fascinating history which would have passed me by without Vicky's insight.

So to all those who have and will lead walks in the future, thanks for taking the time to investigate, trial and discover interesting facts about our walks – we all appreciate your efforts.

Neil Hughes



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Leaky dams

Leaky dams (also known as large woody debris dams or leaky barriers) are just one of a range of measures and techniques that belong under the banner of **Natural Flood Management (NFM)**. Natural flood management involves implementing measures to:

- **Restore or mimic** natural functions of rivers, floodplains and the wider catchment, or
- **Store** water in the landscape, either in the river or in the soil, or
- **Intercept** rainfall to prevent it from reaching the river in the first place, and/or

Slow the rate at which water runs off the land into rivers.

Leaky dams mimic the natural obstruction caused by trees and branches falling into the river. They range from a single large branch to several tree trunks tied together.

Leaky by name, leaky by nature, even during high flows, they will only let a certain amount of water through, slowly draining the trapped water to reduce the flood peak.

They are suited to smaller watercourses less than 2m wide, so we focus on installing leaky dams on smaller becks and streams in upland areas.

The cost of installation and ongoing maintenance is low. Leaky dams do need to be cleared of debris and sediment occasionally so that water can still flow through the gaps. This reduces the likelihood of water flowing over the top of the barrier. edenriverstrust.org.uk



Heather bale dams

Heather bale dams are made of a natural material which will become vegetated and quickly blend into the landscape.



Timber dams

Timber dams are used in medium-sized gullies that are on medium to deep peat (not mineral soil).



Stone dams

Stone dams are suitable for any location, on peat, mineral soil or on bed-rock. Stone dams are very good at trapping sediment, they quickly naturalise, blending into the landscape and they are very robust.

moorsforthefuture.org.uk

Ramblings

Global Recommendations on Physical Activity for Health

65 years and above

These guidelines are relevant to all healthy adults aged 65 years and above, unless specific medical conditions indicate to the contrary, irrespective of gender, race, ethnicity or income level. They are also relevant to individuals in this age range with chronic NCD conditions or with disabilities. Individuals with specific health conditions, such as cardiovascular disease and diabetes, may need to take extra precautions and seek medical advice before trying to achieve the recommended levels of physical activity for older adults.

Strong evidence demonstrates that compared to less active men and women, older adults who are physically active have:

- lower rates of coronary heart disease, hypertension, stroke, diabetes, colon and breast cancer, a higher level of cardiorespiratory and muscular fitness,
- healthier body mass and composition and enhanced bone health; and
- higher levels of functional health, a lower risk of falling, and better cognitive function.

Recommendations:

In older adults of the 65 years and above age group, physical activity includes leisure time physical activity, transportation (e.g. walking or cycling), occupational (if the individual is still engaged in work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities.

The recommendations in order to improve cardiorespiratory and muscular fitness, bone and functional health, reduce the risk of NCDs, depression and cognitive decline are:

1. Older adults should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.
2. Aerobic activity should be performed in bouts of at least 10 minutes duration.
3. For additional health benefits, older adults should increase their moderate intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate-and vigorous-intensity activity.
4. Older adults, with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week.
5. Muscle-strengthening activities, involving major muscle groups, should be done on 2 or more days a week.
6. When older adults cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow

Inactive people should start with small amounts of physical activity and gradually increase duration, frequency and intensity over time. Inactive adults and those with disease limitations will have added health benefits when they become more active.