

# THE NEWSLETTER

Tavistock



March 2018

No 3

## News *from your committee*

### Members News

**I**t is always a pleasure to welcome new members to Tavistock Ramblers and to get to know them as we share the magic of our surrounding countryside. Since the January Newsletter we have been joined by Rachal Chauhan, Malcolm Cross and Kathryn Bellard. You are all most welcome to our growing family and we hope you enjoy meeting everyone.

You will remember that last year Long John was short listed for a National Ramblers award for his long commitment to Ramblers. The voting by members has closed but we expect the result will be announced later this month. We are keeping our fingers crossed that our Long John has crossed the line first but we will have to be patient for a little while longer!

### Keep Calm - Be Prepared

**T**he "Beast from the East" and Storm Emma have both moved on but the debate starts on how well prepared we were to manage the unexpected weather. Similarly, we in Ramblers have to ensure that we are able to respond to a range of possible unexpected events to remain safe while out walking. All of us, both members and our leaders, must do our bit and share that responsibility.

The Summer Walks Programme is now available and I would like to stress the importance of its newly updated walks guidance notes. I will not repeat all that guidance here but I would like to reemphasise a few things. Walk Leaders will no longer carry a first aid kit provided by the group and we strongly encourage everyone to carry their own personal kit.

Also look carefully at the programme to check where and when each walk will start, be it Tavistock or the start of the walk. If the programme says "Meet in Tavistock" but the member wants to travel directly to the start please advise the leader.

Don't forget, it is essential that we all wear footwear and clothing appropriate to the conditions plus a bit of extra clothing just as a precaution for the unexpected, be it a delay or deterioration in the weather.

The latest edition of the Walk magazine that we all receive has an interesting article setting out what they think we should carry in a rucksack for a day's walking in different terrains. It is instructive to compare their recommendation with what each of us actually takes with us.

## Walking into Summer

**F**or Tavistock Ramblers, summer officially starts now that the Summer Walks Programme is published and what a super programme it is, full of excellent and varied walks and a few new special additions.

As you will know this programme is the last one overseen and coordinated by Rosemary. Our grateful thanks go to Rosemary not only for this but also for the many programmes she has pulled together over many years. The programme in its content and its presentation, essentially a joint Rosemary /Long John production, sets the standard for others to follow.

I mentioned there were some new special items in the programme. The one I would stress is the Saints Way weekend, 30<sup>th</sup> June/1<sup>st</sup> July, organised and led by Long John. A 30 mile Coast to Coast walk. For full details see the attached.

I would also draw attention to our support for the Dartmoor Walking Festival in August and a walk and boat ride across Tor Bay with time for fish and chips built into the schedule. We know how to spoil you all!

Dartmoor and its maintenance are important to our group, but since 2011 there has been a 40% real terms reduction in the National Park Authority's funding. Given that and after consultation, the DNPA has decided to extend formal car parking charges, which are already in operation at Princetown, to its carparks at Haytor, Postbridge and Meldon . From April, any walks starting from these locations will incur a £2 charge for parking for 3 hours or over.

If we were lucky to have had Rosemary coordinating our walks programmes until now, then our good luck continues with Paul agreeing to take over this key role from the winter programme. Paul brings into the role considerable experience of Ramblers, leading, and walks management and he will have the support of Rosemary, Long John and the rest of us to keep us on the move. Many thanks, Paul.

I would also like to thank our Leaders on whom the whole group depend. To keep our future walks programme full and diverse we are always on the lookout for new leaders. We have planned a Walks Leaders Day on 18<sup>th</sup> August both to train current leaders, encourage potential leaders and to have fun. During the day there will be the opportunity to earn points and points mean prizes!

## Publicity

**I**n our January Newsletter we said that our Publicity Subgroup would be developing our Facebook presence and improving our profile in other, more conventional media channels.

Changes are already happening to our Facebook page but they will not be complete until after Easter. Currently we now have 2 Facebook pages; the old version and the new Group page that members can join and on which, once approved, they will be able to post information and photos. The old page will soon be taken down and you will be able to join via the new Tavistock Ramblers Group page. See a separate item on how to do this. We hope that a lot of you will do so.

Our thanks go to Ros, Long John and Hannah for working together to progress this more inclusive platform. We are giving thought to how to develop the page in coming months, but we have made a start, now we need your support.

More conventionally, we have put up more posters in and outside Tavistock while the Ramblers Walk magazine have agreed to send us free copies that we can place in the library, surgeries etc to encourage the walking habit and our group. We also had a letter published in the Tavy Times saying, what we all know, that walking and Tavistock Ramblers were good for your health and spirits!

## Being Social

**E**ven the strongest walkers have to stop sometime and when they do that is when the Social Programme starts. So what is organised or in the early stages of planning?

On 23<sup>rd</sup> March we have the Ramblers Annual Dinner to be held at the Tavistock Golf Club. It is not too late to book a seat to share an evening with friends and fellow Ramblers. Orders and payment for the dinner should be in by 19<sup>th</sup> March.

On Sunday 15<sup>th</sup> April, after the walk, Peter and Liz have very kindly invited us back to their house for afternoon tea. Non walkers are also invited so try to make it. To help with the preparation you are asked to let Liz know if you would like to come. Email [ljuff2@gmail.com](mailto:ljuff2@gmail.com) telephone or message 07729 538408. Thank you, Liz and Peter for your kind invitation.

Although it is some time off, the Summer Party will be 20<sup>th</sup> July. Booking for this will be essential. Attendance will cost £5 and all proceeds will be donated to Dartmoor Rescue and the Weary Friars social fund.

This is always an exciting time of the year. We move into spring, the weather improves, we will have the benefits of lighter evenings, we have excellent walks and social programmes to share and we are surrounded by some of the best countryside in the country. As if that was not enough, all this walking and socialising we are told does marvels for our immune system and general health so hopefully we can do this for some time yet!

### How to Join Facebook

**T**o help to get started Ros has kindly given us the following step by step instructions:

On a laptop or desktop computer, find the page and click on the tab that says Join. That will send Ros a request that she can approve.

On a smartphone/tablet, if there is not a Join tab then look for a Plus sign (+) and click on that. If you need any more help to get started Ros has offered to open a help desk on 01822 859425.

Many thanks, Ros.



**Tavistock**



**Ramblers**

Newer members may not be aware that Tavistock Ramblers have a range of clothing items customised with the Tavistock Ramblers logo including sweatshirts, fleeces, caps etc at good prices.  
See Long John for details.

### Your Committee

Malcolm

Sarah

Peter W

Rosemary

Graham

Peter L

Liz L

Sue W

### Name that Bridge

There was only one correct answer naming the tor on the last Newsletter despite the clue.

Malcolm C wins the prize for spotting that it was Gutter Tor (and, no, it was not an inside job).

An easier one this time. Which bridge is on the front of this Newsletter?

Another prize for the first to identify it. Answers to Long John.



# The Saints' Way

**L**ong John is proposing to lead us across Cornwall in the footsteps of the Celtic saints on what is known today as the Saints' Way.

Rather like the Abbots' Way, there is no definite historical evidence for the route although much of it is certainly very ancient and there are several religious sites along the track. It is an official waymarked trail and shown on OS maps (although the waymarking is rather like the proverbial curate's egg).

A true Coast to Coast, starting in Padstow and finishing in Fowey, it covers a distance of just under 30 miles. The terrain is not arduous and for the most part it is along footpaths and quiet lanes with a short stretch of coast path.

From Padstow, the route we will follow goes south towards St Breock Downs, Withiel and Lanivet. The highest point is Helman Tor (209m) and from there the route passes through Luxulyan, where a short diversion over the Treffry Viaduct is possible, and close to the Eden Project. After St Blazey and the ancient parish of Tywardreath the trail is close to the coast before reaching the port of Fowey.

We will walk the Saints' Way on two consecutive days, **Saturday 30<sup>th</sup> June** and **Sunday 1<sup>st</sup> July** ending the first day at Lanivet, approximately half way.

On the first day we drive to Lanivet where a minibus will take us to Padstow. We walk back to Lanivet, about 14 miles.

On the second day we drive to Fowey where a minibus takes us to Lanivet. The walk to Fowey is about 15 miles.

**Booking is essential** and places are limited. The cost will be £15.00 per person.

To claim your place, let Long John have your £15.00 by cash or cheque payable to Tavistock Weary Friars as soon as possible. Every walker will get a Saint's Way Passport.

If you would prefer to stay overnight there are various options in Bodmin, Lanivet or Fowey and this can possibly be arranged if there is sufficient interest.