

Newsletter of the Waveney & District Group of the Ramblers

Number 73: July 2017

Editorial

Another packed programme of long and shorter walks with a second coach walk and other interesting activities included in this Summer/Autumn edition. Thank you, again, to all those who put together these impressive programmes. As ever, a few more walk leaders would help spread the load.

Some walks in our area have featured of late in the national press so do not be surprised if you find the footpaths a little busier over the summer holiday period particularly at Dunwich and Eastbridge. The 2-month closure of the main Dunwich Forest car park over winter to allow significant tree clearance is now open, in spite of the work over-running until at least May. There are still machines around and many felled trees to remove but the site may be clear by the time you read this.

The boardwalk from 5-ways car park area into Westwood Marshes has now been fully replaced and improves the first part of that walk. However, they stopped too short so if you use this path after rain or spring high tides, wear good waterproof boots!

The AGM is on Thursday 23rd November (see inside for details) and a reminder that we are short of Committee members and our Chair, Diana Covey, would welcome any member interested in joining; her contact details are on the back page of the walks programme.

After the very successful coach walk in May another is planned for Sunday 30th July by Chris Sharp in the Long Melford and Clare areas. Many more participants would be welcome as the May trip did not quite break even.

And finally, your editor would welcome more articles, photos, items of interest, etc., please.

Tony Langford



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Waveney Ramblers' Tea Party

The third annual Tea Party and Reunion was another great success at St Andrew's Village Hall, in March. Around 70 people attended this marvellous occasion, which has quickly become a major highlight in our group's social calendar. The chance to catch up with old friendships was too good an opportunity to miss and everyone who was able to be present enjoyed themselves immensely. Catching up on past achievements, memories and challenges kept everybody engaged all afternoon. Several fascinating old photographs added immeasurably to the mix and to the recalling of some rusty memories.

It was particularly pleasing to see four of our founder members present; Joan and Charles Barker, Ann Youngs and John Sayer. They were able to reveal some of their early memories from the 1970s, and they will have noted how the group and the walking opportunities available have changed over the years.

Our thanks go to Diana and Barry Covey for organising the occasion and to the Committee and other helpers for laying on such a delicious spread. The two hours sped by and we left, some a little hoarse, with our spirits uplifted and our various disabilities largely forgotten for a while.

Our Website

Neil Bauers has designed a great website for Waveney Ramblers: **www.waveneyramblers.org.uk** . If you have not had a look previously, please do so now. Not only are there photos taken from many of our walks but also full details of the programme with very easy to use links to maps of start points plus lots of other very useful information and links.

Thank You

I am writing to say how much I and all the family appreciated the messages of sympathy we received from so many of the Ramblers who remembered walking with Peter. They really did help. *Many Thanks, Dorothy Lowe*

A New Record?

On March 29th, Peter and Glenys led a short walk in the Westleton Heath area and expected maybe 20 to turn up although it was forecasted to be a fine, if not warm, day. In the event, the large car park gradually filled up, even with some block parking, and 45 members turned up for the walk. Possibly not a record for Waveney and probably not a record for a walk led by Peter and Glenys but worth recording anyway!



The four people who started Waveney Ramblers, forty years ago. They are (from left to right) Charles Barker, John Sayer, Joan Barker and Ann Youngs.



Testing the car park's capacity



Wissett walk - 19th April



A welcome rest . . .



Reydon walk - 26th April



Climbing Beeston bump on the coach walk



England Coastal Path at Happisburgh



Coach Walkers at Sheringham



Wiltshire wanderers at Avebury

The Cromer / Sheringham Coach Walk

I would like to say thank you to the thirty-five who joined Barry and me on our May coach-walk to Cromer and Sheringham. The numbers made it just about viable, but we did run at a loss. Please support these events, in the future, or they will disappear from our programme.

Never has a weather forecast been so watched, in the hope that the coming and going rain showers would finally disappear, and that's just what they did. We were blessed with a great deal of sunshine, warm temperatures and the most wonderful East Anglian skies. Nothing we can do about it, I know, but good weather certainly helps.

When the details of the walk were put in the programme, Roger Moore said there were eight options to choose from, and I think we covered all of them. The morning saw us split into three groups; the longer and shorter walk distances, and those who chose not to walk, but to do some sight-seeing. The afternoon offered the same three options, with a chance to spend time admiring the rhododendrons in Sheringham Park, which were beautiful.

I lead the longer walks, with Barry as my trusty back-marker; not that he was really needed, as that group turned out to be the smaller one. Pat Harrington, and David Harmer, who volunteered to lead the shorter walks, finished up with more willing participants, which seemed a bit rich, as I had organised the day!

The flora certainly did us proud, with the beautiful aroma of the Hawthorn, a wide variety of wild flowers and even the bluebells still hanging on. The longer morning walk was, for Norfolk, quite up and down, with far-reaching views of the sea. Meanwhile, the rest had a much closer view of the sea, but, like us encountered the Beeston Bump; I think Eileen Tipping held the age record for scaling it.

Lunch for some included "the best fish and chips ever" at Sheringham. Then the two afternoon walking groups started together, along the cliff top towards Weybourne, before we split up. To our added enjoyment, we all saw and heard a steam engine on the North Norfolk Line, and some of us even saw it pulling in and out of Weybourne Station, through chance timing. We may not be the youngest walking group around, but the sounds and smells of the engine at work certainly took us back in time.

As the day wore on, we were glad of the shade offered by Sheringham Woods, and a chance to replenish the energy levels with tea, cake and ice-cream. I think, some of us may even have had a little alcohol at lunchtime! Certainly, a few heads lolled back in the seats, on the way home. Losing someone, albeit temporarily, at Sheringham and one of the party leaving their car keys on the coach all added to the day's excitement! And, as many of the group commented: "an excellent day out thanks to all the effort put in by Diana & Barry, together with Pat & David". Until the next time ...

Diana, with additional copy from others

Wiltshire . . . in brief

As group holidays go, this one was right up there with the best. It had just about everything; great location, great weather, great walks and, most important, great company (no offence to those who were unable to make it).

Converted farm buildings at Easton Royal, near Pewsey, accommodated all 15 of us comfortably in separate units, save for some occasional head-banging on sloping ceilings; plus there was a swimming pool which some enjoyed.

Mary and Diana gave us long and short walks: varying from the delights of Avebury, with its stone circle; parts of the Ridgeway, with buzzards and kites; and the canal tow paths of the Kennet and Avon canal, with an amazing array of locks and narrow boats.

On the day off, the Iron Age hill fort and site of a later castle for William the Conqueror at Old Sarum provided an interesting attraction. So too was nearby Salisbury, especially the cathedral whose 332 steps some of us ascended to view the city and its surroundings from atop the tower on three sides; the other side being occupied by the peregrine falcons that were stars of BBC's Springwatch programme.

A last night group meal, at the Royal Oak in Marlborough, sealed the week with some really good food. Thanks from all who attended go to Mary and Diana, not forgetting the support of Barry and Parvez, for a brilliant week.

Roger Moore

Walking, Ticks & Lyme Disease

Spring and summer are the periods when ticks that carry Lyme disease are most active in the UK. As the risk of being bitten by a disease carrying tick is higher now than it has ever been, a few words of advice.

Unfortunately, many of the expected 4000 new cases this year will go undiagnosed due to a combination of ignorance amongst us walkers and the difficulty in diagnosis by doctors, unless the patient has some awareness of the symptoms.

Prevention is clearly the best course, so even in warm weather it is advised to wear long trousers and tuck them into socks particularly near long grass or other vegetation and check yourself after each walk as it can take over 18 hours for the infection to be passed on by any tick that has latched onto you. The ticks are very small spider-like creatures but are obvious when seen attached to your body sucking your blood! If you spot one, either seek help or remove with tweezers ensuring you grip the head as well as body ... and don't panic, as most are not carrying the bacterial infection.

If you get flu-like symptoms, fatigue, muscle or joint pain and/or a bulls-eye rash spreading out for up to a foot diameter from the bite, often many days after the bite, seek medical advice.

But do not let this stop you walking and enjoying the great outdoors!

Contributions for next edition of *The Waveney Rambler* should be sent, by **20th Sept, 2017**, to: Tony Langford, 16 Holton Road, Halesworth, Suffolk IP19 8HF (tel. 01986 875694) or email to: langfordajs@hotmail.com. Contributors please note that articles should not exceed 350 words, unless permission is given by the editor. **Relevant photos are invited.**