



Crewe and Nantwich Rambling Club



Newsletter May 2023

<https://crewenantwichramblingclub.wordpress.com>

Welcome to the spring newsletter. In addition to committee news, we celebrate the success of the annual walking holiday. With summer on the horizon, we include articles reminding members of their responsibility for upholding the Country Code and advise on how to respond to Tick bites. Details of the long distant walk to Grasmere precede the new Event Diary and future coach and short walk calendars.

All improvements are welcome; see you on the next walk.

CNRC.NewsEd@gmail.com

Committee Meeting News 18th May

The Chair reported that the club's website: creweandnantwichramblingclub.org.uk is being updated prior to re-launching in July.

The Meal Walk will take place on 15th October at Penmaenmawr with post walk dining planned at the "The Gladstone Pub". Participants will be asked for a £ 5 deposit towards the expected cost of £ 15.

Club membership now stands at 110. New members are registering their interest via the CNRC.Information@gmail.com email address.

Advertisements in both the "The Link" and "The Roundabout" have been updated to advertise the temporary website address crewenantwichramblingclub.wordpress.com.

The club has reserved a stall at the forthcoming "Nantwich Societies Spectacular" on Saturday 1st July. Email canvassing for volunteers to assist will follow in due course.

The recent club holiday to Torquay was attended by 32 walkers and 6 non-walkers. Support from non-walkers in making up the quorum is greatly appreciated. The club thanked John Chambers for his hard work towards making the holiday a success.

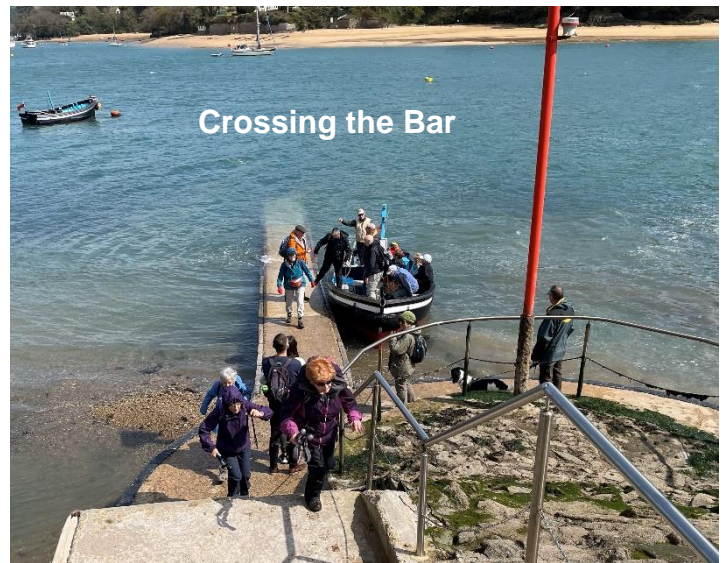
John is now organising the next holiday to "Eastbourne & South Downs National Park" running between Sunday 14th April and Saturday

20th April 2024. Further details will be published in due course.

The recent Crown Green Bowling event was deemed a success although two more bowlers would have been appreciated.

Club Holiday Torquay

A great time was had by all in South Devon.



On Monday we visited Kingsbridge, Salcombe and East Portlemouth. John Moreton and Esther Williams led the "B" Walkers around Salcombe Estuary and Bolt Head. Howard Gibson and John Chambers led the "C" Walkers around East Portlemouth, Gara Rock and Portlemouth Down.

On Tuesday, Marilyn Norbury and Kath Conroy led a coastal walk around Torquay.

On Wednesday we visited Totnes, Dartmouth and Kingswear; "B" walks were led by Esther Williams and John Moreton and "C" walks were led by Richard Nowell and John Chambers.

On Thursday members visited The Dartmouth Steam Railway and enjoyed a boat trip.

On Friday we visited Sidmouth. Esther Williams led the "B" Walkers around Salcombe Regis and South Combe.

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Click to follow:





Tony Whiffen and John Chambers led the C Walkers to Ladram Bay.



The Countryside Code: advice for countryside visitors Updated 7th Feb 2022

All members are asked to adhere to the Countryside Code whilst participating in club activities. The full edition of this abridged extract can be found at:

<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors>

Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them

- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

Farming, livestock and wild animals

Co-operate with people working in the countryside. For example, follow the farmer's directions when animals are being moved or gathered. This helps keep everybody safe.

Leave gates and property as you find them or follow instructions on signs. When in a group, make sure the last person knows how to leave the gates. Farmers close gates to keep animals in or leave them open to give access to food and water. Do not interfere with farm machinery, horses or livestock. If you think a farm animal is in distress, try to alert the farmer.

Give wild animals, livestock and horses plenty of space. Their behaviour can be unpredictable, especially when they are with their young and you could get hurt.

Do not feed livestock, horses or wild animals as it can cause them harm.

Be nice, say hello, share the space

Follow local signs and keep to marked paths

Use maps and local signs to help you find your way. Stay on marked paths, even if they're muddy, unless wider access is available, such as on open access land. This helps to protect crops and wildlife.

Get to know the signs and symbols used in the countryside. They help you identify routes for different users through the countryside.

Use gates, stiles or gaps in field boundaries where you can. Climbing over boundaries can cause damage and put livestock at risk.

Contact the local authority if you think a sign is illegal or misleading. For example, a 'private - no entry' sign on a public footpath.

Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it in any public waste bin or take it home
- care for nature - do not cause damage or disturbance

Care for nature - do not cause damage or disturbance. Leave rocks, stone, plants and trees as



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you find them and take care not to disturb wildlife including birds that nest on the ground.

Do not disturb ruins or historic sites - our heritage in the natural and built environment is important.

Take your litter home - leave no trace of your visit

Remember to bring a bag with you and take your rubbish and food waste home, use public bins or recycle if possible. Litter spoils the beauty of the countryside and can be dangerous to wildlife and livestock. Dropping litter and dumping rubbish are criminal offences.

Do not light fires and only have BBQs where signs say you can

Be careful with naked flames and cigarettes. Fires can be as devastating to wildlife and habitats as they are to people and property.

Controlled fires are used by some land managers to manage vegetation, particularly on heaths and moors between 1 October and 15 April. Call 999 if you see an unattended fire.

Enjoy the outdoors

- *check your route and local conditions*
- *plan your adventure - know what to expect and what you can do*
- *enjoy your visit, have fun, make a memory*

Check weather, tide and water conditions

Check weather forecasts before you set off. Conditions can change quickly on mountains and along the coast. Do not be afraid to turn back if conditions change when you're out and about.

Plan your adventure - know what to expect and what you can do

Tell someone else where you are going and when you expect to be back. In rural areas you may not see anyone for hours and phone signals are unreliable in many places.

You are responsible for the safety of yourself, and others in your care. Make sure you have the skills and knowledge you need for your activity.

Prepare for natural hazards, including weather changes, to stay safe. Make sure you take the right clothing and equipment for your planned activities.

Ticks and Lyme Disease

The following extract is taken from the Chair's recent email to the club membership:

Walking in the spring countryside is great for your mood and health but the undergrowth can be home to some most unwanted critters - ticks carrying Lyme disease. Every year an estimated 3000 people in the UK contract Lyme disease after being bitten by an

infected tick, particularly in woodland and moorland areas where animals graze.

Left untreated Lyme disease can cause a range of debilitating problems, including joint pain and swelling, chronic fatigue, memory problems, heart issues, and numbness and pain in your arms and legs. Early signs include flu-like symptoms such as headaches, fever and chills, with two or three people developing a characteristic bullseye rash three to 30 days after being bitten.

Lyme disease can be cured with antibiotics in the early stages of infection, but prevention is always better than cure, so reduce your risk by covering up with long trousers (tucked into socks) and long sleeves when walking in tall grass or high bracken, and wear insect repellent.

If during a club walk you suspect getting bitten by a tick, please seek immediate assistance from your walk leader. Each is equipped with an appropriately equipped First Aid Kit.



Guidance is available from:

<https://www.nhs.uk/conditions/lyme-disease/>

Long Distant Walk to Grasmere

To date 33 walkers and one non-walker plan to attend. Invitations are now open for both non-members and non-walkers to join the trip.

The first coach pick up is from Nantwich at 8.00am followed by usual stops through Crewe. A mid-point break is planned for at Lancaster Services.

Late payment can be settled by Bank Transfer using Sort Code 20-24-09 A/C No 43880524, and quote your name as the reference.

Club Committee 2023/4

Chair		Bryan Clydesdale
Vice Chair		Marilyn Norbury
Treasurer		Judith Ruff
Secretary		Esther Williams
Membership		Richard Farrall
Newsletter Editor		Michael Taylor
Ramble Organiser	1	John Moreton
	2	Peter Johnson
Co-opted Member	Social	Marilyn Norbury
	Publicity	Lynn Richards
	First Aid	Peter Johnson
	Club Holidays	John Chambers
	Skittles & Bowls	Peter Winby
	Safety	Kath Conroy

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Club Events Diary

Date	Event
22 Jun 23	Kendal Mountain Tour comes to Crewe (Advertisement) <i>A chance to watch a selection of award-winning films from high altitude adventure to cinematically beautiful tales showcasing wilderness and adventure travel from across the globe. The films will be introduced by a member of the Kendal Mountain Presenting team.</i> <i>Alongside the collection of films, will be a talk from Jasmine Harrison, a record breaking LEJOG swimmer and youngest solo female to row the Atlantic Jasmine Harrison joins us on stage. She'll be sharing the story of becoming the first female to swim the full length of the UK on her 900-mile, 110-day Land's End to John O'Groats swim. Alongside this incredible tale, also hear how Jasmine became the youngest solo female to row the Atlantic in 2021.</i> Please email CNRC.Information@gmail.com for further information
1 Jul 23	Nantwich Societies Spectacular (08:30 for 09:00 to 15:00)
10 Jul 23	Reminisce Lunch As proposed at the last lunch our next meet-up will be at the Four Eagles, Dunwoody Way, CW1 3AW. The venue is more central and will hopefully help some additional members to join us. Meet at 12.00 to choose and order and expect to eat around 1 pm. Please phone Marilyn 012790 661640 to confirm attendance. Link to the menu: https://www.hungryhorse.co.uk/pubs/cheshire/four-eagles/menu/
13 Jul 23	Committee Meeting
14 Jul 23	Club Website Re-launch
15 Oct 23	Penmaenmawr Meal Walk The Gladstone' Pub will host our attendance between 4-6pm. The menu choices will be: a roast dinner; fish and chips; gammon; vegetarian and gluten free options. Cost will be £15 and will include tea or coffee. Attendance will require a £ 5 deposit. Further details will be published in due course.
14-20 Apr 24	Club Holiday - Eastbourne & South Downs National Park

2023 Sunday Coach Walk Calendar

(See <https://crewenantwichramblingclub.wordpress.com/coach-walks-2023> for latest updates)

Date	Place	A Leader	B Leader	C Leader
11/06/23	Grasmere the Lakes	Phil Mellor	Bryan Clydesdale	Ruth Beach
25/06/23	The Wrekin Shropshire	Leader required	Mike Leydon	Leader required
09/07/23	Buxton	Leader required	Ruth Beach	Leader required
23/07/23	Additional walk destinations and leaders are most welcome. Please contact John Moreton.			
06/08/23				
20/08/23				
03/09/23				
01/10/23				
15/10/23	Penmaenmawr: Meal Walk	Leader required	Leader required	Leader required
29/10/23	Additional walk destinations and leaders are most welcome. Please contact John Moreton.			
12/11/23				
26/11/23				

2023 Thursday Morning Walks – approx. 4 miles

Date	Destination	Leader
01.06.23	The Swan, Wybunbury CW5 7NA	Kath Coleman and Brenda Farrall
29.06.23	Tarvin - more information later	Graham Grocott
27.07.23	Bears Paw, Warmingham CW11 30N	June Winby and Barbara Steele
24.08.23	Bickerton - Goldford Lane SY14 8LN	Carol Brown
21.09.23	Bickerton Poacher SY14 8BE Skittles and Carvery - 12 noon	Pete Winby
19.10.23	Additional walk destinations and leaders are most welcome. Please contact Richard Farrall.	
16.11.23		
14.12.23		

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