



Crewe and Nantwich Rambling Club

(Founded in 1946)



Newsletter November 2023

<https://creweandnantwichramblingclub.org.uk>

Welcome to the winter newsletter. As the days continue to shorten this edition focuses on Committee Meeting outcomes, future proposed Long Distant Walk details and the opportunity to participate in a 5* walking weekend in the Elan Valley. To bring you back to earth we conclude with some winter walking advice on clothing, equipment and boot care.

Our website continues to evolve with new links or shortcuts for both the Sunday and Thursday Walks. They are included within the event tables on the last page.

We also pay our respects to the recently departed Richard Farrall and offer sincere condolences to Brenda and her family.

CNRC.NewsEd@gmail.com

Committee Meeting News 16th Nov

The committee reached a consensus on future club funding through membership and coach fees. These will be presented at and become effective following the AGM.

In response to failed attempts to publish Club Walking News in the Chronicle newspaper, it was agreed that continued effort to seek such publicity would be in vain.

On behalf of the Club, the Chair extended his condolences to Brenda on the sad passing of Richard. He welcomed Brenda to the committee and her intention to continue in the role of Membership Secretary. Having previously assisted Richard in the job, the committee were both very grateful and pleased that she wanted to continue.

The committee thanked Peter Johnson for taking on the role of Thursday Walks Organiser.

The treasurer reported that club finances were still suffering from having to burden ongoing coach losses. This year coach losses have depleted the club bank balance by one third.

Thanks were given to Ramble Organiser John Moreton, for negotiating reduced coach charges that culminated in the Meal Walk financially breaking even.

Marilyn and Kath agreed to lead the Boxing Day Walk around Ash.

The club's next long distant walk will take place at Malham on 23rd June 2024. (See feature article).

Interest on attending a walking weekend at the Elan Valley Lodge will be canvassed from the membership. (See feature article).

Membership currently stands at 119. The club welcomes seven new walkers joining since our last newsletter.

Marilyn will shortly be setting the date for the "Club Cruise" through the Harecastle Tunnel Canal by Heritage Narrow Boat.

Kath submitted for inclusion within the Newsletter guidelines for Winter Walking and walking boot care (See feature article)

The 2024 Club Holiday at Eastbourne & South Downs National Park remains open for new members. Room availability is by request. Contact Jane at Star Travel 01270 500880 or jane@startravelcrewe.co.uk for the latest information.

Richard Farrall

Richard Farrall, a long serving club member passed away recently.

Richard served on our committee for many years and will always be remembered as an absolute gentleman, cheerful and helpful to all and he will be greatly missed.

Our sympathy goes out to his wife Brenda, also a long time club member.

Bryan Clydesdale (Chair)

For further information about the Crewe and Nantwich Rambling Club, please email

CNRC.Information@gmail.com

Click to follow:



Malham and Skipton Long Distant Walk

The club is planning our next long distant range of walks to Malham on Sunday 23rd June. The club plans to travel via Skipton where non-walkers can alight for a feast of festivals and summer activities. We are publishing now to give you time to reserve important 2024 calendar dates. Further information will be forthcoming in 2024.



Gorsdale Scar © Chris Wildman (<https://www.malhamdale.com/>)

Malham is a popular village in the Yorkshire Dales on the Pennine Way. Its main attractions are the stunning scenery of Malham Cove and Gordale Scar; together with Janet's Foss Waterfall, they are within easy walking distance of the village.

With its famous 900 year old castle, romantic ruined priory and historic cobbled High Street, Skipton is rich both in history and outstanding natural beauty. Many of the town's attractions are linked by the Millennium Walk route, making it easy to navigate around. One can take a short

stroll along the Springs Branch canal which runs beneath the castle ramparts into Skipton Woods, watch the world go by relaxing on a Leeds-Liverpool canal cruiser or even pilot their own cruise! Visitors can also jump aboard for an exciting steam train ride! Built in 1888, Embsay and Bolton Abbey Steam Railway is the perfect place to start your journey out into the picturesque Yorkshire Dales.

Journey time from Crewe to Skipton is just shy of two hours; the onward journey time to Malham is about 30 minutes. The coach will park up at Malham in readiness to bring walkers back to Skipton for refreshments before returning home.

Elan Valley Lodge Weekend Walking Break (2024)

In response to an email advertising 5* weekend walking breaks in the ELAN Valley, the club is looking to quantify numbers of members who may be interested in attending. Discussion of dates will only follow if we can meet the criteria of a 15-walker party size. Having read the following article and conducted your own research if you are interested would you please either:

- Email CNRC.NewsEd@gmail.com with a message title that includes "CNRC Elan Valley Lodge Weekend Walking".
- SMS your interest to 07757460578 ensuring that you include your full name.



The italicised content is taken from the advertisement:

The Lodge offers 5 activity accommodation for a maximum of 36 people in 24 rooms (12 twin and 12 single, 14 rooms are en-suite with the remaining being "Jack and Jill" rooms where the bathroom is between a pair of single rooms) with no single supplements.*

The food is excellent, all prepared on site from locally sourced ingredients. 3 course evening meal, cooked breakfast with cereals and toast, and packed lunches. With advanced notification we cater for allergies and intolerances.

We have very knowledgeable local guides and can offer a wide range of walks of varying length and height gain, many straight from the door.



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Please see further information about walking breaks at www.elanvalleyleisure.co.uk/walking

Weekend breaks include:

- 2 nights' bed and full breakfast in 5* en-suite activity accommodation.
- Sat & Sun packed lunches with a variety of sandwich fillings.
- Three course evening meals Fri & Sat.
- Unlimited tea and coffee throughout with homemade cake Friday and Saturday afternoon.
- Licensed honesty bar with selection of wines and beers.
- Local guide who will customise walks to suit your party and prevailing weather.
- Guided walking Sat & Sun.

Minimum groups size is 15 people (no single room supplements) for arrival after 5pm on Friday, vacating your rooms after breakfast on Sunday.

The fully inclusive 2024 weekend rate is £235 per person (excluding transport).

Logistically, the ELAN Valley Lodge is a two 2.5 hour drive that could be accomplished by car, mini-bus or coach.



Frogall Walk News

The Froghall Walk will be our Annual World-Famous Mince Pie Walk during which all members will be presented with homemade mince pies free courtesy of the Club Committee.

Box Day Club Walk

Whilst the club is welcome to take post-walk refreshments in the community owned "The White Lion" pub; meals will have to be pre-ordered. Please contact Marilyn if you wish to join diners for a Boxing Day lunch.

Winter Walking Advice

Guidance for walking in colder weather

- Warm clothing (multiple layers provide improved insulation)
- Waterproof jacket and overtrousers.
- Waterproof gloves/mittens (mittens are warmer than gloves)
- Warm hat
- Warm drink

- Torch (head torch allows hands free)
- Hand and foot warmers, useful in very cold conditions.

How to Dry Walking Boots (BBC Countryfile 19 Oct 23)

Few things are quite as thrilling as waking up on a November morning with the prospect of a refreshing autumn walk ahead. But this feeling of jubilation can quickly dissolve when you discover that your boots are still sodden from your previous day's outing. Next time you'll remember to dry them properly, you tell yourself. But how? Here are some important dos and don'ts...

You will need: shoe brush and newspaper.

Brush off as much dirt as possible from the boots and remove the laces and insole. This may sound

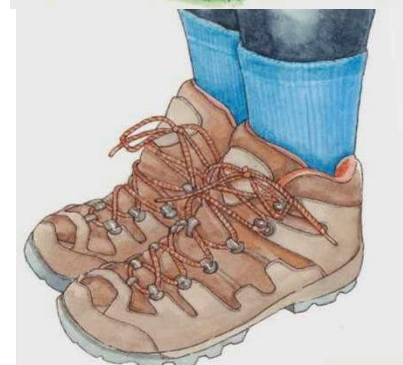


like a faff, but the individual parts will dry more quickly when separated.

Stuff your boots with lightly scrunched balls of newspaper to absorb excess water, replacing the paper every few hours.



Leave your boots in a warm, well-ventilated room or outdoors (if it's not raining). Do not put your boots on the radiator or in front of the fire. The material will dry too quickly and may crack.



Once your boots are dry, re-lace them, insert the insoles and you're ready to go!

Club Membership

New members can register their interest in the club by contacting Brenda Farrall (07818 495915) or via email to CNRC.Membership@gmail.com.

For further information about the Crewe and Nantwich Rambling Club, please email CNRC.Information@gmail.com



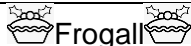
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Club Events Diary

Date	Event
26 Dec 23	Boxing Day Walk: Ash (The White Lion Pub. Car Walk led by Marilyn. Start 10am
18 Jan 24	Committee Meeting. Please address meeting agenda items to Esther Williams or via email to CNRC.Information@gmail.com.
13 Feb 24	Club AGM – The Brittles.
14-20 Apr 24	Club Holiday - Eastbourne & South Downs National Park
30 May 24	Bowls (Peter Winby)
19 Sep 2024	Skittles (Peter Winby)

Sunday Coach Walk Calendar

(See <https://creweandnantwichramblingclub.org.uk/wp/walks/sunday-coach-walks/> for latest updates)

Date	Location	A Leader	B Leader	C Leader
10/12/23	 Frogall	Leader required	Esther Williams	Leader required
07/01/24	Marple Bridge	Leader required	Ruth Beach	Marilyn & Kath
21/01/24	Additional walk destinations and leaders are most welcome. Please contact John Moreton.			
04/02/24				
18/02/24				
23/06/24	Long Distant Walk: Malham and Skipton	Leader required	Michael Taylor	Marilyn Norbury

Thursday Morning Walks – Approx. 4 miles

(See <https://creweandnantwichramblingclub.org.uk/wp/walks/thursday-walks/> for latest updates)

Contact Peter Johnson (01270 664365 / 07818 840714 for further information)

Date	Destination	Leader
14.12.23	Christmas Meal. Sacred Orchard, Nantwich CW5 6RU	Graham Grocott
11.01.24	Tarporley	John Chambers
08.02.24	TBC	Carol Brown
07.03.24	TBC	Leader Required
04.04.24	The Tollemache Arms	John Moreton
02.05.24	TBC	Bill Pearson
27.05.24	Calveley Mill Café (CW6 9JW)	Graham Grocott

