



NEWSLETTER – ISSUE 2

February 2014 to March 2015

FUTURE NEWSLETTERS

If you have any articles for the newsletter, please send them to Cathy Clements (cathyclemo@msn.com) or Will Harris (willharris33@btinternet.com).

Also, if you receive a copy of this newsletter by post, but have an email, let us have it and we can email a copy in future.

SAD NEWS - DENISE GRIFFIN

We are sad to report the loss of Denise Griffin on December 13, 2014. She passed away in the Woodlands Hospice, a Funeral Mass being held at St. Teresa's Church, Norris Green on Tuesday December 23rd followed by Interment at Everton Cemetery. A good number of members were in attendance. Denise had joined the club in 1997.

WEEKEND AWAY, Fri 11th to Sun 13th Sept 2015 at the Hydro, Bowness,

£110 for the weekend, BB&EM. Places will not be booked until a £25 deposit is paid. The remaining £85 to be paid on arrival at the hotel.

The closing date was Wed 11th March but because of the late arrival of the newsletter this will be held open, but if you want to go you need to book and pay the deposit by the end of April.

THE WHITECHAPEL CENTRE, Langsdale Street, Liverpool, L3 8DU

One of Cathy Clements projects is to help support the above. If you have anything you can donate, contact Cathy and she will make the necessary arrangements. They're really need warm/waterproof clothing.

The Whitechapel Centre is the leading homeless and housing charity for the Liverpool region. They work with people who are sleeping rough, living in hostels or struggling to manage their accommodation. They are committed to helping people find and maintain a home and learn the life skills essential for independent living.

THURSDAY NIGHT SOCIALS

First Thursday of the month, 9:00 PM at the Ship & Mitre, Dale Street. This has not been well attended for some time but George Riley is trying to keep it going. If you're interested in attending, please contact George (griley@matthews-goodman.co.uk) or send him a facebook message.

CHARITY COLLECTIONS on the COACH

If you want to ask for sponsorship/sell cakes etc on the coach you need to approach a member of the committee (names in program) first, giving enough notice for the request to go to a committee meeting (2nd Wed each month). We can then cancel the coach raffle if necessary to ensure members are not being inundated with requests for cash.

LCRA XMAS SOCIAL

Last December this was held for a second year running at the Vagabonds Club, Queens Drive.

We could go there again in 2015 but does anyone have any suggestions for other venues. If so let us know.

LCRA FACEBOOK PAGE

Our LCRA (Open Group) Facebook page has been running for some time now and has proved itself to be an excellent avenue for our members to communicate, share information, have a banter, share rambling stories, and also share a wide range of photographs and videos of the walks

It has also been an excellent way for potential newcomers to have a "try before you buy" opportunity to see what goes on at LCRA from all the content on the page. I am sure that they will see that we are a lively friendly bunch, and that our interaction is not just confined to walks. Visitors to the page will immediately see that LCRA members are involved in a range of activities inside and outside of rambles including engaging in a range of charity work, they have get-togethers outside of walks for social gatherings, and we occasionally arrange car shares at times when there are no walks and we certainly know how to party!! Anyone is welcome to access our page. All we ask is that you act in an appropriate manner when sharing information, and above all, enjoy reading all about the activities.

LCRA looks forward to you dropping by very soon.....

FORTHCOMING WALKS

March	8	HAWKSHEAD, Lakes. <i>M58</i>
	22	HAYFIELD, Peak. <i>M62</i>
April	12	BETHESDA, Wales. <i>Tunnel</i>
	26	BRAITHWAITE (09:00), Lakes. <i>M58</i>
May	10	CLAPHAM, Yorks. <i>M58</i>
	24	AMBLESIDE, Lakes. <i>M58</i>
June	7	BASLOW, Peak. <i>M62</i>
	21	DUFTON, Cumbria. <i>M58</i>
July	5	GLOSSOP, Peak. <i>M62</i>
	19	DOLGELLAU, Wales. <i>Tunnel</i>
	26	GLENRIDDING (09:00), Lakes. <i>M58</i>
Aug	9	STIPERSTONES, Shrop. <i>Tunnel</i>
	23	KESWICK (09:00), Lakes. <i>M58</i>
Sept	6	ANGLESEY, Wales. <i>Tunnel</i>
	13	Weekend (HYDRO)
	20	TIDESWELL, Peak. <i>M62</i>
Oct	4	SETTLE, Yorks. <i>M58</i>
	18	CARTMELL, Lakes. <i>M58</i>

A FLYING VISIT FROM THE MOUNTAIN RESCUE TEAM!!!!

If you ever thought that our rambles at LCRA, are just about walking in fields, hills and mountains, then think again!! In July this year, the B Group led by James Gillon, embarked on a ramble to Moel Siabod in gorgeous Snowdonia. During the walk, they were bowled over to see that the Montanan Rescue Team, complete with helicopter, had dropped by, as they were undergoing a training exercise on the mountain. To say this caused excitement was an understatement! The group were delighted by the encounter and he wasted no time going over to introduce himself to the pilot, and even got him to pose for a brilliant photograph with him! Way to go James, leading by example.....

The event was filmed by James, which he put the video on Facebook, so if you haven't already seen it, drop-in and have a look! What this reinforced, was the magnificent work undertaken by the Mountain Rescue Teams on a day to day basis. I think everyone will agree that they carry out amazing work, in often very treacherous conditions. The members of LCRA and I am sure other ramblers and walkers across the country, appreciate everything you do.



RAMBLERS CHARITY FUNDRAISING

When not on walks, or walking up a mountain for charity, some of our members go out and about and are often involved in raising money for charities of their choice.

Here is just a few of the things that our LCRA Members have been up to.

In July 2014, a group of LCRA members took part in the Walk 10 event at Speke Hall for Marie Curie.

The grounds were made available for the evening and after a good warm up, everyone engaged in a 10k walk around the grounds, along the old runway and through the woods.

At the end of the walk, a live band played brilliant music and everyone brought their own picnic to eat on the grass. There was a fantastic atmosphere, and a real feel good factor. One of our members Jacqui McNally even brought Belle, her dog to join us, and she also had a great time!

This is the first time this event has been run, and it proved to be an outstanding success, raising much needed funds to support the fantastic work of Marie Curie nurses. Here is looking forward to next years event! Watch this space!



WOMEN VS CANCER

Also in 2015, another one of our members, Jacqui McNally, will be taking on the gruelling challenge of cycling across Tanzania in some very difficult conditions, to raise money for Women vs Cancer. She will be holding a charity night early in 2015, so watch this newsletter and Facebook for details.

In the meantime, she will be continuing to raise funds in any way she can. This includes selling spot the balls, raffles etc, to help her bring in whatever funds she can. She is extremely grateful for any support which comes her way.

SLEEPING OUT for the WHITECHAPEL CENTRE

On 24th of October, two of our members, Sian Cuthbertson and Cathy Clements took part in an organised sponsored "Sleepout" for the homeless charity, the Whitechapel Centre.

The event took place on the grounds of St Nicholas's Church on the Dock Road, and no tents or fires were allowed, only cardboard, torches and plastic. It was amazing to see a cardboard city spring up from nowhere, and people really getting into the spirit of it. Sian and Cathy made a cardboard den, decked with fairy lights in an attempt to win the "best cardboard shelter" competition, and thought they were on a winner until an amazing boat showed up and took the prize! There was also a choir called the Choir with No Name (very apt as homeless people are invisible people) who were made up of service users, and those that had been rough sleepers before they were found and helped by the Whitechapel Centre.

As the night wore on, very little sleep (or none was had) and the temperature really dropped about 4am. That and the glare of the lights, constant noise of the traffic, the cold, rats running around, and the sheer danger and vulnerability of those sleeping rough, really brought it home just how hard and dangerous life is for a rough sleeper, and how very fortunate we are.

The church was left open if you wanted to grab a cuppa, but the girls decided to rough it out to make sure they raised awareness of the plight of those that are homeless and rough sleeping in our city including the grounds of the church they were in.

Next morning, the girls received certificates, and packed up their sleeping bags etc for the journey home. It was an incredible experience, but worth it for such a worthwhile cause.

Sian and Cathy want to say a big thank you for the kindness and generosity of everyone that sponsored them, and when the full totals are in, an announcement will be made on the coach and on Facebook



**LCRA CHARITY WALK FOR LIFE
SNOWDON
JUNE 22nd 2014**

What a difference a year can make! On June 23rd 2013, our intrepid LCRA Ramblers took on the challenge of walking up Snowdon to raise funds for the Linda McCartney Centre, in the worst weather conditions experienced for many years! We were windswept, tossed about and generally battered by the weather, but we never gave up and half of us got to the Summit.

Just 12 months later on June 22nd, we went back again, the memories and fears of horrible weather still fresh in our minds, but this time the Gods were kind to us as the weather was absolutely glorious! No problems at all with the weather on the way up or down, and we all had amazing clear views from the Summit! (Which was amazing as this isn't always possible either!) We had plenty of opportunities to take some excellent photographs, and just like the year before, there was a great atmosphere and bulldog spirit. The pink hats and tutu's came out for another endeavour, and we all had a great sense of determination to succeed.

We decided to have 2 different walks on the day, some of us walked the Llanberis path whilst others walked the Pyg Track, (think it was this one). Both groups managed to reach the summit with no problems at all. When we got to the top of the mountain, we couldn't believe just how busy it was. There were clouds, but lots of clear views, blue skies and sunshine. We could see right down into the beautiful valleys below, and the Seagulls were hovering below us. We spent a little time at the summit before deciding to make our way down. There is just nothing like having your lunch on the top of a mountain whilst looking down at outstanding scenery on all sides. It made up for the horrendous conditions of the previous year.

Although there were fewer of us making the trip than in 2013, we still managed to raise an outstanding £2016 which will be divided between the Linda McCartney Centre and the Teenage Cancer Unit.

LCRA will be presenting the cheques to the hospital in the near future. Watch this space for an update. A great big thanks to everyone that took part in the walk, those that sponsored us, and helped to organise the trip. LCRA has raised over £7000 for charity in 12 months, and that is an amazing achievement. What a great bunch of committed dedicated people and what an amazing club!



THANK YOU PAULA!

LCRA would like to give a great big thank you to Paula Larkin for providing refreshments for many years for the LCRA Club social at the Ship and Mitre pub on the first Thursdays of every month. Paula has performed an excellent service providing a range of refreshments including cheese and wine, which has been really appreciated by all those that attend. Thanks for everything Paula, you will be greatly missed!

Not of course forgetting Margaret Anthony

JANET'S BIG BIRTHDAY

One of our members became 60 years young last year! Our very own Janet Quigley celebrated her big 60th birthday in November, and held a little get together in Ma Egerton's for her friends from LCRA on Saturday November 1st 2015.

Janet was delighted to share such a momentous occasion with everyone, and we are sure that everyone at LCRA would like to wish Janet a very Happy Birthday.

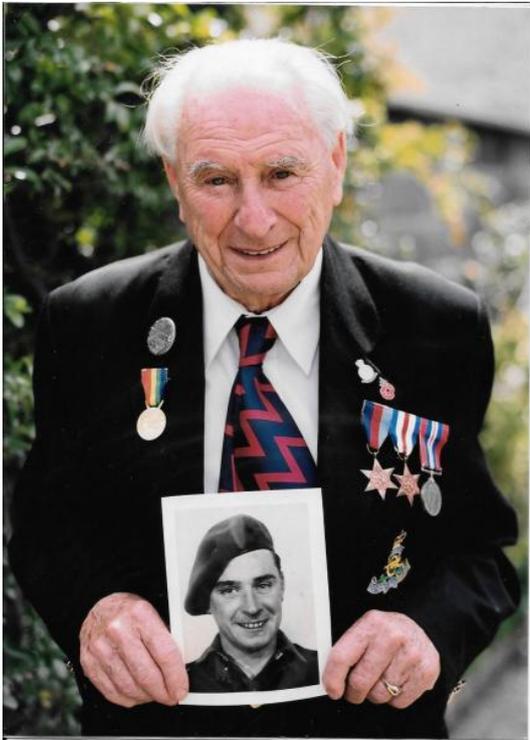
A Very Happy Birthday from LCRA Janet!!!!



RICHARD HUGHES

One of our members, Richard celebrated his 90th birthday last year on the 29th June. He's still appearing on the occasional walk.

We thought a mention was due, and also have the following pictures of Richard at the D Day commemorations.



Crainlarich to Inveroran.

After a good night's sleep in a very comfortable bed, and a hearty breakfast. It was time to prepare for the steep climb out of here. Climbing through Ewich Forest, I kept thinking of how much easier and more pleasant it was yesterday, going down. But onwards and upwards! At the top, we find a picnic bench that gave us a spectacular view of Ben More, Stob Binnein and Cruach Ardtrain with Herive Burn snaking towards us. Our Belgian friends had caught up with us here and stopped to get a group photograph with us. The route undulates through the forest before dropping down to pass under the railway and onwards to cross the A82.

Eventually, we cross a bridge over the river Fillan, passing by St Fillan's priory. Fillan was a traveller who arrived here from Ireland with his parents and settled here whilst his parents moved on. He spread the teachings of a Christian way of life. Robert the Bruce endowed the priory in 1317

We carry on through the Srathfillan camp site, with its wigwams. Very nice indeed. Before heading back into the forest and following the River Cononish we pass a commemorative bench, inscribed with the words 'Legend of the Lost Sword', where Robert the Bruce was defeated by the English in the battle of Dal Righ or 'Kings Fields'.

Heading on into Tyndrum, we see a bare area of land as we approach the pine forests. This is where the lead crushing plant was situated, and due to the poisonous ore, very little will grow there.

Passing plenty of camp sites on our way into Tyndrum, we realise what a nice stop over this would have been, but we were just stopping for lunch. Passing the Green Welly Shop, we nipped into a cafe round the corner for a bite and a cuppa before heading on for Inveroran.

We head on, following the road North before climbing away from the A82. Eventually we drop back down through what is apparently called a 'sheep creep' (a small tunnel) under the West Highland Way railway that runs from Glasgow to Mallaig. The route still follows the line of the old military road leading us on to the Bridge of Orchy. On arrival we find the place exists of no more than a railway station and hotel.

We decide to pop in the hotel for another cuppa (we are being good lads), here we find our Belgian friends have stopped for a break to, although, they are jumping the train back to Crainlarich for the night only to return tomorrow instead of continuing on. There is a bunkhouse here at the hotel, but although quiet and luxurious it is rather expensive. We say our goodbyes, and cross the bridge to climb once again through a forestry area which eventually zig zags up to an open moorland area, where young deer roam free, and seem to stop and stare at you as if to ask what you're doing there.

As we reach the top, amazing views of Loch Tulla and mountain after mountain surrounding you, really does give you that feeling of being at one with nature. As we descend towards Inveroran, Paul leading the way as usual, the cloud cover moves in even more so. The hotel in sight, (An old coaching Inn, dating back to 1707), we know it's just a case of pitching our tent on the wild camping area alongside the river by the bridge, and heading back to the hotel for a few pints and a bite to eat.

We weren't disappointed, a cosy little bar, a mural of the West Highland Way on three of the walls and a little ditty, warning of the Inveroran Midge, that I found quiet humorous. After a few pints, wind and rain worsening, we head back to our tent.

We settle for the night, so we thought. First Paul awakes to tell me something is rubbing his head. "It's not me" I reply, "must be one of those deer sniffing you out". Chuckling away to myself I start to nod off as the wind and rain start to give our tent a real beating. Again the light goes on and Paul's head pops up to question the tents capabilities. "It will be sound", I reply in laughter. I must admit his end of the tent was taking the worst of it, I can't remember the last time I fell asleep in so much laughter.

Inveroran to Kingshouse.

We awake to a much calmer morning. Paul is amazed to find the tent still covering us. Off up to the hotel for our breakfast and the packed lunch we ordered, before packing up and preparing to move on.

We head on along the old military road and soon pick up on Telford's Parliamentary Road which takes us all the way through to Kingshouse. The Climb is slow and steady (My kind of climb), passing through forest until we eventually reach the open vastness of Rannoch Moor, fifty square miles of peat bogs surrounded in the distance by mountain after mountain. A fantastic place to be on a fine day, but not a place to be on a bad day. We stop for lunch on the bridge over the river Ba, and realise how harsh a place this would be in a storm, no shelter whatsoever.

Stomachs fed, we continue on our way, gradually climbing to the highest part of our route. Eventually we see the long slow descent to Kingshouse. 'Bauchaille Etive Mor', The Great Herdsman of Etive appears standing guard on the approach to Glencoe. I now realise we don't have far to go, and how quickly we have covered this stretch of the way. Soon enough the Kingshouse hotel appears on the other side of the A82. In 1746 it was used as a barracks by the Duke of Cumberland's troops after the battle of Culloden.

It's only half two in the afternoon and we're here. What shall we do with ourselves? We pitch our tent for another night of camping again by a river, (River Etive), and by a bridge, but right behind the Ramblers Bar of the hotel. Happy days.

That tent went up fast, as I'd run out of cigarettes and was keen to get to that bar. Well the owner must have been an ex-smoker, they're always the worst. A hotel in the middle of nowhere, and they don't sell cigarettes. Never mind, in beautiful surroundings like this, I'll survive.

We decide on an early dinner, a few pints and an early night. Food was delicious, pints were rather nice as well, the bar staff were very friendly and as other ramblers appeared the place became rather cosy. Then we realise they have the Champions league football on at eight o'clock, "Fancy another dinner Paul" I ask, "Why not" came the reply. "Two haggis and tatties please barman, oh and another couple of pints please". A very enjoyable night indeed, and still in bed by half ten.

Kingshouse to Kinlochleven

Early rise, and back into the hotel for a fine breakfast, and were ready to take on the highest point of the West Highland Way, 'The Devils Staircase' 505 meters high, a climb of 305 meters for us. Oh well, onwards and upwards.

We again follow the old military road along the line of the A82, with the River Etive beside us, all fairly flat and pleasant. Soon enough our trail swings north, away from the river and road, and in to view comes the large zig zagged trail up the 'Devils Staircase'. Forty minutes of rocky stony climb and we reach the top. As with Rob Roy, there was no Devil up here either. (Although some people may disagree, as Paul and I were there). A few photographs by the cairns at the top, take in the views of the Glencoe mountains and off we go heading down hill, only to see the climb ahead again. As we reach the top again, a huge damn and what I now know as Blackwater reservoir appears, apparently built in the late 1800's and completed in 1909 to supply the electrical supply for the Aluminium smelters in Kinlochleven back then.

Our track remains high but very undulating, very mountainous to our left and moorland to our right. Even on an overcast day, it is a sight to be seen. We round a bend and The Mamores beyond Kinlochleven come into view. We descend to the head of the pipeline with an amazing view down on Kinlochleven, quite a sizeable village it is too. Still some 300 meters up our descent takes longer than we thought. Quite steep in places as well.

Eventually following Loch Leven into the village, we check out where the pubs, chippies and shops are. A local Spar appears (Not the type you bathe in either). Cigarette's at last. A few sweets and biscuits to eat, as we roam around the village. It's time to make a phone call.

At this point of our journey David and Steve Jago are supposed to be joining us for our last leg into Fort William, tomorrow. We find there still out in Glencoe waiting for a bus, "Should have walked like us" we tell them as we burst into laughter. "Ring us when you get here".

As it is still early, we go in search of our route for tomorrow, and right opposite our path is the Macdonald Hotel. We pop in for a pint and find that they also have a camp site, and these wooden bothy's (Look a bit like a garden shed), four bunks, electric oil heater and a kettle. Eight pound a night for each of us, that will do nicely! On further investigation, one of these sheds has a washing machine, dryer, and cooker. Whilst putting our clothes through the wash, I stroll around our garden. The weather has brightened up and the views down Loch Leven were possibly the best I had seen on the journey. Almost heavenly.

Eventually we meet up with David and Steve, only after we had redirected them as they were walking out of the village on the wrong side of the river. And then realize they're both wearing each other's coats!! That had us all laughing. It was a night filled with laughter over a tasty meal, a good chat and a few beers. But you can expect nothing less when you have the three Jago's together. Eventually they head off to their B&B whilst we head off to our shed by the river. Comfy bed, nice and warm. Brilliant night.

Kinlochleven to Fort William.

We awake from a good night's sleep to another wet rainy day. Bags packed, we head up to the hotel for our cooked breakfast where our ritual of me trading my white pudding for Paul's black pudding takes place, before we both tuck in. Value for money then breakfasts.

Fuelled for the day ahead, we head outside to meet up with Steve and David, who have managed to put their own coats on today. We cross over where a sign reads 'Public footpath to Fort William via the Lairig' to head off into a birch woodland climb, very nice indeed, Steve is chatting away as our climb gets steeper and steeper. My replies become fewer and fewer. We clear the woods and our ascent eases slightly. The views back on Kinlochleven are fantastic.

As our track levels out, we head into a massive open Glen, shielded by mountains either side, weaving like a snake as it opens up ahead of you. The rain has now subsided, and the day has brightened up. All in good spirits we plod on at a fair pace. Soon we arrive at the old ruin of Tigh-na-Sleubaich, where we stop for a break and a few photos. Continuing on the Lairigmor or 'big pass' we head into what seems like a massive u turn before heading into another forestry area where notice boards informing us of the Battle of Inverlochy, and the pursuit of the Campbell's took place by Montrose's Royalist Army. Here we stop for lunch.

Whilst eating our lunch, a Black Cab appears up a section of the old military road. Apparently there are some Red Coats out in the hills doing some kind of re-enactment and the taxi was waiting to pick them up.

We head on back into a slow steady climb before descending into dense forest which undulates for several kilometres. As we reach another felled area we realise we are now in the shadow of Ben Nevis. We soon pass a sign showing a detour up to Dun Deardail, a grassy hill where an old Iron age fort once stood. We pass, on the detour and plod on.

As we eventually start our descent to Fort William and the completion of our journey nears, I become a lot more chatty, only to here a remark about how they couldn't get a word out of me when we were climbing. I call it 'conserving energy'. The last two miles were by road, and it took its toll on all our feet. A few photo's at the original end of the West Highland Way sign, then on into town heading straight for the Volunteer Pub. Kicking the boots off and reflecting on our achievement, we stayed there for a while before checking out a few more pubs.

Eventually we see David and Steve to their hotel, and Paul and I head of to the Glen Nevis Camp site, to find and pitch our tent in complete darkness. We hadn't thought about that in the pub, but we managed. With a goodnight from both of us, our journey was complete. One I will definitely do again.

LCRA SENIORS SECTION 2014

Chairman Leo Pearson; Registrar Maureen Howard
 Social Secretary Patricia Pearson; Rambling Secretary Jean McDonald
 There are some 40 Seniors who pay their annual subs to the General Section
 During 2014 approx half participate in the activities and attend house meetings

Social Activities

Liverpool Central Library Tour
 Burns Night Dinner at The Academy
 Liverpool Masonic Hall Tour
 Great British Chefs at the Academy
 Dial M for Murder at the Playhouse
 Tour of Walton Church
 Play 'Hope Place' at the Everyman
 Turner Exhibition at the Lady Lever
 Ness Gardens
 Annual Mass and Harbourside Lunch
 Play 'This is My Family' Playhouse
 Christmas Lunch at the Academy

Rambles

Crosby Lakeside and Shore
 Hesketh Bank
 Croston and River Yarrow
 Maghull and Lydiate
 Pennington Flash
 Brockholes Lancashire
 Quarry Bank Mill
 Formby Pinewoods, Dunes, and Shore
 The Leaders were:-
 Marcia, Lilian, Sue, Ita, and Bill



Marcia, Lilian, Ita and Jean



Jean, Rosemary, Ita, Lilian, Marcia



Bill and Ita



Group at Crosby



Ita, Jean, Tony and Marcia



Tony T, Tony G, Marcia, Ita, Lilian, Rosemary and Jean and Gerry



LCRA Annual Mass 21 Sept 2014
 LCRA Annual Mass Cathedral 21 Sept 2014

T.T.