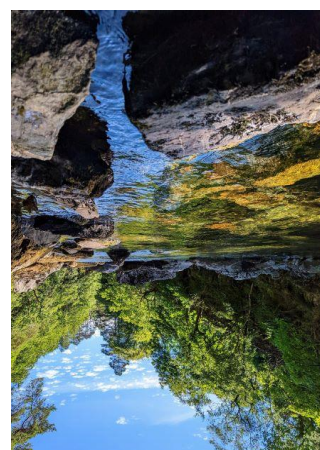
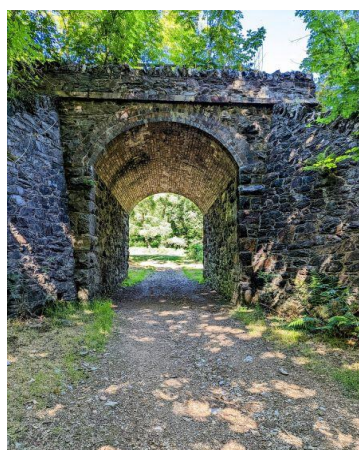
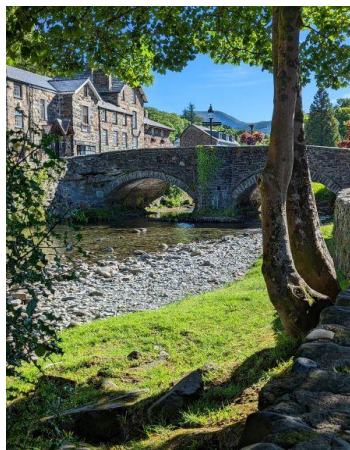




Liverpool Catholic Ramblers Association Newsletter

July 2022

Recent Walk pictures – Beddgelert



Important Information - Clothing and equipment

Members must be suitably dressed and are reminded that they walk at their own risk. Hiking boots must be worn, but on return to the coach you should have a pair of shoes or trainers to replace those muddy boots.

Do not wear jeans made with 100% cotton as they retain moisture – combined with the cold, this could lead to hypothermia. Trousers made with a synthetic fibre/cotton mix are more water-resistant and dry more quickly.

You should carry a day rucksack (leaving hands free) containing waterproofs, hat, gloves, spare jumper, sufficient food and plenty of drink plus some instant energy food (e.g. a bar of chocolate).

Sun bloc cream is essential in the summer. Everyone should carry a small first aid kit and a torch for emergencies. In case of saturating rain you should leave a change of clothes on the coach, not in your rucksacks.



New Walk Leaders needed

"Attention the club requires more leaders". The club will support new leaders in their training. Dates are available throughout the year ahead. See link below for the peak district navigation courses.

<https://peakdistrict.cinolla.com/ranger/courses/category/navigation-training>

Anyone interested in the map reading please get in touch with either Will or Sally in the normal way.

Next 4 walks

Keswick – 24th July '22

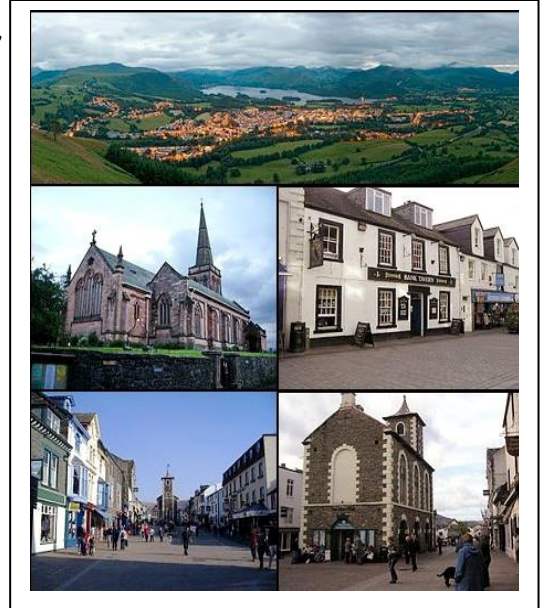
Keswick is a market town and civil parish in the Allerdale Borough in Cumbria, England. Historically, until 1974, it was part of Cumberland. It lies within the Lake District National Park, Keswick is just north of Derwentwater and is four miles (six kilometres) from Bassenthwaite Lake.

There is evidence of prehistoric occupation of the area, but the first recorded mention of the town dates from the 13th century, when Edward I of England granted a charter for Keswick's market, which has maintained a continuous 700-year existence.

The town was an important mining area, and from the 18th century has been known as a holiday centre; tourism has been its principal industry for more than 150 years.

Its features include the Moot Hall; a modern theatre, the Theatre by the Lake; one of Britain's oldest surviving cinemas, the Alhambra; and the Keswick Museum and Art Gallery in the town's largest open space, Fitz Park.

Keswick became widely known for its association with the poets Samuel Taylor Coleridge and Robert Southey. Together with their fellow Lake Poet William Wordsworth, based at Grasmere, 12 miles (19 kilometres) away, they made the scenic beauty of the area widely known to readers in Britain and beyond.



Settle – 7th August '22

Settle is a market town and civil parish in the Craven district of North Yorkshire, England. Historically in the West Riding of Yorkshire, it is served by Settle railway station located near the town centre, and Giggleswick railway station which is a mile away.

Settle is thought to have 7th-century Anglian origins, its name being the Angle word for settlement. Craven in the *Domesday Book* shows that until 1066 Bo was the lord of Settle but after the Harrying of the North (1069–1071) the land was granted to Roger de Poitou.

In 1249 a market charter was granted to Henry de Percy, 7th feudal baron of Topcliffe by Henry III. A market square developed and the main route through the medieval town was aligned on an east–west direction, from Albert Hill, Victoria Street, High Street and Cheapside and on through Kirkgate. This road led to Giggleswick where the citizens attended the parish church. The first bridge over the River Ribble was mentioned in 1498.



Settle was part of the West Riding of Yorkshire. It is located in Ribblesdale, at the southern edge of the Yorkshire Dales, within a few miles of the Three Peaks. Immediately overlooking the town is Castlebergh, a 300 feet (91 m) limestone crag, and to the east is Malham which was in the former Settle Rural District. The River Ribble provided power for Settle's former cotton mills, and is now being harnessed by Settle Hydro, a micro hydroelectric scheme, to provide 50 kW of power to the National Grid.

Glenridding / Ullswater – 21st August '22

Glenridding is a village at the southern end of Ullswater, in the English Lake District. The village is popular with mountain walkers who can scale England's third-highest mountain, Helvellyn, and many other challenging peaks from there.

On 6 December 2015, Storm Desmond caused extensive and devastating flooding to the village, with torrential rainfall and rivers bursting their banks. Four days later, more rainfall caused rivers to burst their banks once again, leading to even more flood damage to businesses and homes in the village.

Above the village is the site of the former Greenside Mine, once the largest lead mine in the Lake District. Lead ore was discovered in the 18th century and the site was mined from the second half of the 18th century until the mine closed in 1962. Without the mine, the houses and economy of Glenridding and the surrounding area would not have existed.

Glenridding is home to the Ullswater 'Steamers', a leisure boat trip company which operates five vessels from the pier at Glenridding. The company was founded to provide a transport link for goods from Glenridding to Pooley Bridge and onwards to Penrith.

The village and surrounding area was used to film the TV drama series *The Lakes*, and has also featured in a scene in *Coronation Street*.



Longnor – 11th September '22



Longnor is a village in the Staffordshire Peak District, England. The settlement dates from early times, the first recorded church building being in the Middle Ages. The village was named Longenalre in the Domesday Book. Located on a major crossroads, Longnor was a significant market town in the 18th century. It lies on the north bank of the River Manifold, on a limestone ridge between the Manifold and the River Dove.

Longnor is on the B5053 main road from Cheadle to Buxton about 6 miles (10 km) south of Buxton. It is at a crossroads with routes to Leek and Macclesfield to the west and Bakewell to the east.

West of Longnor are the Staffordshire Moorlands, with a summit at Axe Edge Moor towards the north and Morridge further south. North and east of Longnor is the White Peak section of the Peak District, with the Dove flowing in a steep-sided limestone valley of which the famous Dovedale is a small part.

Records of the village's early history have been lost, but there is evidence of activity in the area from around 700AD. Longnor is listed in the Great Domesday Book of 1086 as Longenalre.

It is distinguished from the other modern Longnor near Shrewsbury which is in the Domesday Book as Lege. According to local legend the village was burned during the reign of William II as a punishment for the poaching of deer from the forests around Leek.

The Liverpool Catholic Ramblers Association is open to non-Catholics and conducts walks on numerous Sundays throughout the year. They vary in length and physical demands and are in 3 grades: - **A**, **B** and **C**.

All walks are led by experienced ramblers.

A walks can be 10 to 15 miles and are for the more experienced ramblers.

B are shorter.

C are shorter still and can be 7 to 8 miles.

Consideration is given in advance to the difficulty of the course, the terrain, whether stiles, steep hills, or busy roads are to be crossed, and the numbers who may be expected to take part.

Cancellations must be made by the Tuesday before the ramble otherwise members will be liable to pay the full charge for an empty coach seat.

Coach departs at 9.00am prompt unless otherwise stated.

Membership

The subscription is £7 per person per year and is renewable each September. The first 2 walks are complimentary but prospective members must submit completed membership forms on the 3rd booking

Walks Schedule – 2022

24/07/22	KESWICK, Lakes, via M58
07/08/22	SETTLE, Yorks, via M58
21/08/22	GLENRIDDING, Lakes, via M58
11/09/22	LONGNOR, Peaks, via M62
25/09/22	Annual Mass (TBC)
02/10/22	Grasmere, Lakes, M58
16/10/22	Pendle Hill, Lancs, M58

Future walks to be announced in due course

General Information

The committee requests if anyone has any issues or would like to discuss anything about the club or any of the walks that you undertake, please could you contact the Club by email using the following email address: lcrafeedback@gmail.com. The Club welcomes members feedback at all times!!

CONTACT DETAILS

Will Harris, 57 Higher Road, Halewood, Liverpool, L26 1TA Tel: 0151 486 6541

Email: willharris33@btinternet.com

Or Sally Parry on 0151 280 4844 or 07866 405545 –

Email: sallyparry1964@gmail.com

LCRA website;

www.liverpoolcatholicramblers.com

Upcoming events

The last pub crawl:



Next one to follow soon!