



Liverpool Catholic Ramblers Association Newsletter

November 2022

Recent Walk pictures –



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. 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.



Important Information - Your Club Needs You!!

We are writing to you to advise you of the situation that the Club is currently facing. Unfortunately, due to there being exceptionally low numbers on the coaches for just over half of the walks in the last financial year, the Club is currently spending considerably more money than is coming in.

The bare facts are that a 49 seat coach currently costs £520 to hire and we charge £15 per full paying adult. We therefore need a minimum of 37 adults booked on to break even. With the average number of seats filled in the last twelve months being just under 30, there has been an average loss of each trip of just under £100. Unfortunately, the trend has been for an even lower average of just under 25 for the second part of this year which leads to an average loss of over £160 per trip. This is one of the reasons why it is especially important for the financial health of the Club that walks that are booked and not attended (or cancelled by the Tuesday before) are paid for as soon as possible.

The Club has other income from membership fees and raffles, but other expenses are incurred such as printing costs, advertising, coach parking etc. The Committee does not wish to cancel any ramble, though we have just done exactly that with Longnor 11 September being cancelled. Sometimes when the bookings for a ramble are so far below the breakeven point there is simply no alternative.

The other news is that, as of 6 November (Stavely) the coach company will be charging us £600 per trip (an increase of £80 but still a very competitive price). Therefore, we need to increase the price per seat to £18 if we are to have any chance of covering the cost. Please note, however, that in the past when we have had a good run of full coaches, we have been able to lower the price, as the Club is for all of us, and is not run to make a profit.

The Club is 95 years old this year and we hope that with continued support from our members it will continue well into the future! We look forward to seeing you soon for more happy rambling!

On behalf of the LCRA Committee

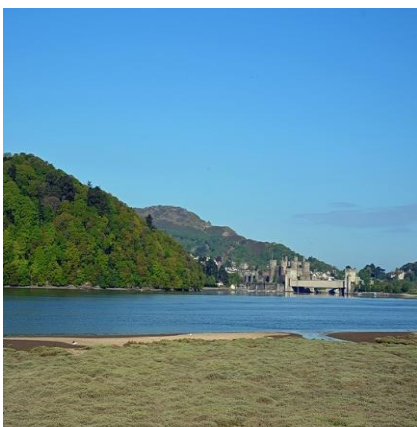
Next 4 walks

Staveley 06/11/2022

The village of Staveley is situated a few miles to the north west of Kendal and at the entrance to the Kentmere Valley, one of the finest walkers territories to be found in England. The relatively gentle scarps of Reston Scar, Spy Crag and Lily Fell overlook Staveley and mark the beginning of an additional chain of hills known as the Kentmere Round.

There are many buildings of architectural and historical interest, including the tower of the medieval Church of St Margaret, the 19th-century Church of St James, with its Morris and Co stained glass, the former Abbey Hotel, former bank buildings, chapels and pubs. The area has been inhabited since around 4000 BC (evidence of which can be seen close to High Borrans) when ancient Britons established farms. It has been suggested that the Romans built a road near Staveley to link the Roman forts at Kendal (Alauna) and Ambleside (Galava).

There is also the famous Hawkshead Brewery, a craft brewery, brewing traditional beer styles with a modern twist. Tours of the brewery are available by prior arrangement and there is a bar available where you can sample their wares.



Conwy 20/11/2022

Conwy previously known in English as Conway, is a walled market town, community and the administrative centre of Conwy County Borough in North Wales. Facing Deganwy across the River Conwy, it formerly lay in Gwynedd and prior to that in Caernarfonshire.

Conwy Castle and the town walls were built, on the instructions of Edward I of England, between 1283 and 1289, as part of his conquest of the principality of Wales. The church standing in Conwy has been marked as the oldest building in Conwy and has stood in the walls of Conwy since the 14th century.

Conwy was the original site of Aberconwy Abbey, founded by Llywelyn the Great. Edward and his troops took over the abbey site and moved the monks up the Conwy valley to a new site at Maenan, establishing Maenan Abbey. The parish church St Mary's All Saints still retains some parts of the original abbey church in the east and west walls. English settlers were given incentives to move to the walled garrison town, which the Welsh were forbidden from entering for decades.

Hebden 04/12/2022

Hebden is a village and civil parish in the Craven District of North Yorkshire, England, and one of four villages in the ecclesiastical parish of Linton. It lies near Grimwith Reservoir and Grassington, in Wharfedale in the Yorkshire Dales National Park. In 2011 it had a population of 246. Hebden has a church, a hotel and public house, a tea room, a community hall.

The layout of the village largely originates from manorial times, but during the 19th century the village grew to become a substantial industrial community with lead mining and a textile mill as the main sources of employment. Since then it has reverted to a rural community, and is a focal point for walkers and cyclists wishing to enjoy the local countryside.

Hebden is a centre for walking and cycling in Upper Wharfedale. and within walking distance are the Dales villages of Appletreewick, Burnsall, Thorpe, Linton and Grassington. A gold post box near the old post office commemorates the 2012 Olympic Games rowing gold medal won by Andrew Triggs Hodge, who grew up in the village



Cartmell 08/01/2023

Cartmel is a village in Cumbria, England, 2 and 1/4 miles (3.5 kilometres) northwest of Grange-over-Sands close to the River Eea. The village is the location of the 12th-century Cartmel Priory, around which it initially grew.

Whilst its history has been in its ecclesiastical and agricultural communities, several attractions in the village, including Cartmel Racecourse and a Michelin-starred restaurant, cater to this tourist trade.

The name Cartmel means 'sandbank by rocky ground', from the Old Norse kartr (rocky ground) and melr. The place-name is first attested in 677, when the Cartmel Peninsula was granted to St Cuthbert. Cartmel Priory was founded in the village in 1190 by William Marshal, created 1st Earl of Pembroke, intended for a community of the Augustinian Canons regular and was dedicated to Saint Mary the Virgin and Saint Michael. To support the new house, William granted it the whole fief of the district of Cartmel. Following the dissolution of the monasteries, much of the local land fell into the ownership of the Preston family at nearby Holker Hall.

The LCRA is open to Non-Catholic Members 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 prior to 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 are £7 per year per person. Subscription is renewed each September. The first 2 walks are complimentary but prospective members must submit completed membership forms on the 3rd booking

Walks Schedule – 2022

06/11/2022	STAVELEY Lakes, via M58
20/11/2022	CONWY, Wales via tunnel
04/12/2022	HEBDEN, York's, via M58
08/01/2023	CARTMEL. Lakes, via M58
29/01/2023	LLANDUDNO, Wales, via tunnel
09/02/2023	CASTLETON, Peaks, via M62
12/03/2023	AMBLESIDE, Lakes, via M58
02/04/2023	INGLETON. Yorks, via M58
23/04/2023	ANGLESEY, Wales, via Tunnel
14/05/2023	LANGDALES, Lakes, via M58
06/06/2023	BUXTON, Peaks, via M62

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 either Will or Sally 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 –
07866 405545 –

Email: sallyparry1964@gmail.com

LCRA webpage;

www.liverpoolcatholicramblers.com

Upcoming events

- Christmas pub crawl to be confirmed for a date in between Christmas and New Year