



## Liverpool Catholic Ramblers Association Newsletter

September 2023

### Recent Walk pictures – Snowden/ Llanberis



### 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 drier 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.

### Club Weekend Away

Club weekend away Friday 23 - Sunday 25 June this year in Keswick was a great success and enjoyed by all! 15 members stayed in various hotels with plenty of socialising in Keswick's many bars and restaurants. The weather held, and the main walk on Saturday had a few options along the way. We started by boat over to Hawes End, some climbed up and over Catbells while others walked anti clockwise around the lake to Lodore, via a cafe stop in Grange. Some continued the walk around the lake and back into Keswick, while others used the open top bus for the last few miles back into town. We are hoping to do something similar for next year.



### Next four walks

#### HAWKSHEAD 01/10/2023

Hawkshead is a village and civil parish in Westmorland and Furness, Cumbria, England. Within the boundaries of the historic county of Lancashire, the parish includes the hamlets of Hawkshead Hill, 1.2 miles (1.9 km) to the northwest, and Outgate, a similar distance north.

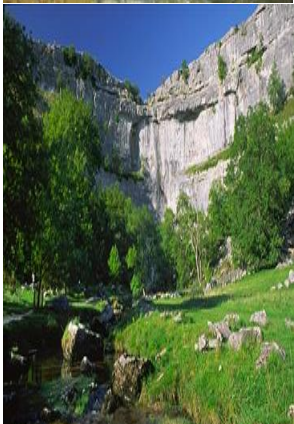
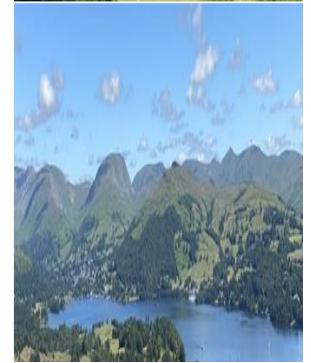
Hawkshead contains one primary school but no secondary school and four public houses. Hawkshead is just north of Esthwaite Water, in a valley to the west of Windermere and east of Conistown Water. It is part of Furness, making it a part of the ancient county of Lancashire.

The township of Hawkshead was originally owned by the monks of Furness Abbey; nearby Colthouse derives its name from the stables owned by the Abbey. Hawkshead grew to be an important wool market in medieval times and later as a market town after the Dissolution of the Monasteries in 1532. It was granted its first market charter by King James I in 1608. In

1585,

In the 18th and 19th centuries, Hawkshead became a village of local importance. Hawkshead Market Hall was completed in 1790.

William Wordsworth (afterwards poet laureate) was educated at Hawkshead Grammar School, whilst Beatrix Potter lived nearby as did William Heelis, a local solicitor, in the early 20th century.



#### MALHAM 22/10/2023

Malham is a village and civil parish in the Craven district of North Yorkshire, England. Before 20th century boundary changes, the village was part of the Settle Rural District, in the historic West Riding of Yorkshire. In the Domesday Book, the name is given as Malgun, meaning "settlement by the gravelly places". In 2001 the parish had a population of approximately 150. Malham parish increased in size geographically (to include Malham Moor) and so at the 2011 Census had a population of 238.

Malham lies at the upper end of the valley of the River Aire, known above Airtown as Malhamdale, in the Yorkshire Dales.[4] The surrounding countryside is well known for its limestone pavements and other examples of limestone scenery.

In the 1950s the village gave its name to a Ham class minesweeper, HMS Malham. Malham is a popular walkers' destination. In the village there is a National Park Information Centre and a large car park. The Pennine Way long-distance path passes through the village. Nearby natural landmarks include Malham Cove, Malham Tarn, Gordale Scar and Janet's Foss. The Malham Show Fell Race course runs over the nearby 301-metre (988 ft) Cawden.



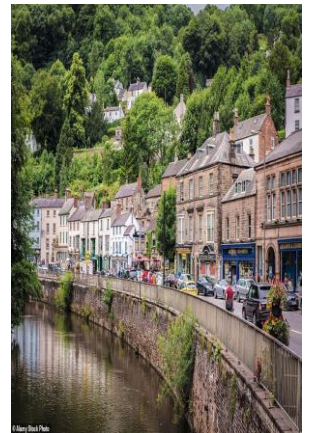
### Matlock Bath 05/10/2023

Matlock Bath is a village and civil parish in Derbyshire, England. It lies in the Derbyshire Dales, south of Matlock on the main A6 road, and approximately halfway between Buxton and Derby.

The steep hillside restricts development with most buildings on one side of the valley and only footbridges across the river. The road was upgraded, becoming a through-way, now designated A6, avoiding the previous coaching road approach to Matlock from Cromford over very steep hills near to the Riber plateau area.

Matlock Bath has attractions including the Heights of Abraham Park, Gulliver's Kingdom theme park, the Peak District Lead Mining Museum, the former Life in a Lens Museum of Photography & Old Times, the Grand Pavilion, and an aquarium.

On the opposite bank of the river Derwent stands High Tor, a sheer cliff used by climbers and walkers. High Tor features Giddy Edge, a narrow winding path along the cliff edge. The Heights of Abraham cable cars link the base of High Tor rising to the Heights of Abraham. In 1698, warm springs were discovered, and a bath house was built. As the waters became better known, access was improved by building the bridge into Old Matlock and in 1783, the opening of a new entrance at the south of the valley.



### Grasmere 19/11/2022

Grasmere is a village and former civil parish, now in the parish of Lakes, in the Westmorland and Furness district of Cumbria, England, and situated in the centre of the Lake District and named after its adjacent lake. Grasmere lies within the historic county of Westmorland. The Ambleside and Grasmere ward had an estimated population of 4,592 in 2019 William and Dorothy Wordsworth, the 'Lake Poets', lived in Grasmere for 14 years and called it "the loveliest spot that man hath ever found."

The village is on the river Rothay, which flows into Grasmere Lake about .33 miles (1 kilometre) to the south. The village is overlooked from the north-west by the rocky hill of Helm Crag, popularly known as The Lion and the Lamb or the Old Lady at the organ. These names derive from the shape of rock formations on its summit, depending on the side from which it is viewed.

The several walks that begin in the village include the ascent of Helm Crag, a longer route up to Fairfield, and a moderate 200-metre ascent to Easedale Tarn. The village is also on the route of Alfred Wainwright's Coast to Coast Walk. The main A591 road connects Grasmere to the Vale of Keswick over Dunmail Raise to the north, and to Ambleside to the south. In other directions, Grasmere is surrounded by high ground. (At Christmas 2015, the A591 was washed away on the Keswick side of Dunmail Raise.

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 is £7 per year.

Subscription is renewed each September. The first 2 walks are complimentary but prospective members must submit completed membership forms on the 3<sup>rd</sup> booking.

### Walks Schedule – 2023/24

1 <sup>st</sup> Oct	Hawkshead, Lakes, via M58
22 <sup>nd</sup> Oct	Malham, Yorks, via M58
5 <sup>th</sup> Oct	Matlock Bath, Peak. M62
19 <sup>th</sup> Nov	Grasmere, Lakes. M58
10 <sup>th</sup> Dec	Skipton, Yorks. M58
7 <sup>th</sup> Jan	Arnside, Lakes. M58
28 <sup>th</sup> Jan	Rivington, Lancs, M58
18 <sup>th</sup> Feb	Llandudno, Wales, Tunnel
3 <sup>rd</sup> Mar	Settle, Yorks. M58
24 <sup>th</sup> Mar	Bakewell, Peak. M62
21 <sup>st</sup> April	Glenriding, Lakes, 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 either Will or Sally by email using the following email address: [lcrafeedback@gmail.com](mailto: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](mailto:willharris33@btinternet.com)

Or Sally Parry on 0151 280 4844 –  
07866 405545 –

Email: [sallyparry@gmx.com](mailto:sallyparry@gmx.com)

LCRA webpage;

[www.liverpoolcatholicramblers.com](http://www.liverpoolcatholicramblers.com)

#### Upcoming events

The club Annual General Meeting will take place on Monday 9th October 2023 at 7.30pm at Christ the King Social Club off Queen's drive, all members are welcome.



**NEWSLETTER - AGM EDITION**  
**October 2023**

**Monday 9<sup>th</sup> October 2023 at 7.30pm at Christ the King Social Club**

NOTICE is hereby given of the ninety-fifth.  
**Annual General Meeting**  
of the **Liverpool Catholic Ramblers' Association**

**Agenda**

- 1 To approve the minutes of the last Annual General Meeting of the Association.
- 2 To read the secretarial report.
- 3 To read the treasurer's report.
- 4 To read the chairman's report.
- 5 To elect officers and committee for the forthcoming year.
- 6 To elect two auditors for the forthcoming year.
- 7 Any other business.

Note: Members wishing to submit resolutions of any kind must ensure that they are in the possession of our secretary, not later than seven days prior to the above meeting.

Sally Parry (Secretary)

At each AGM, our officers and committee step down but are eligible for re-election alongside other members who wish to be elected. If you are interested come along to the AGM and get involved

There are pedestrian entrances to the Christ the King Club from Queens Drive and Score Lane. If you are driving, you must enter the car park from Score lane. Press the buzzer at the door entrance for admission.