

CASTLE BROMWICH GROUP OF THE RAMBLERS

Registered Charity No.1093577

NEWSLETTER

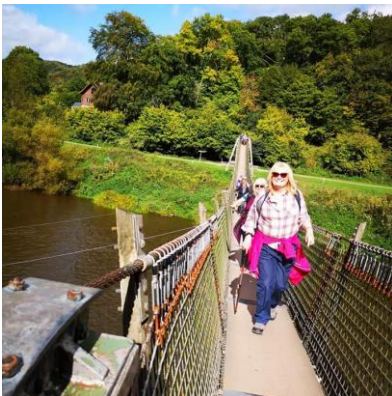


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WYE VALLEY WALKING WEEKEND

21st-24th September 2018

A record number of 27 walkers enjoyed the 4 day break based in Coleford. Our first walk took us along the banks of the Wye at Symonds Yat where we crossed the river on this wobbly bridge. The weather gave



us a good soaking on Day 2 when we followed Offa's Dyke path from Chepstow but our spirits were not dampened. After about 6 miles we sought shelter in the shops, in the museum or in Wetherspoons.



Day 3 took us to Tintern, where in addition to viewing the Abbey we were able to see evidence of the rich industrial

past of this now tranquil area. The sun came out on Day 4 for our final walk from the pretty town of Ross-on-Wye. The Bells Hotel provided ideal accommodation and they laid on a variety of entertainers to occupy us in the evenings. Thanks are due to **David**, the organiser, and to those members who planned and led the walks.

SKITTLES EVENING

This year's event was held at Lea Marston Hotel on 19th October. Following a two course meal, the 24 members and friends demolished the skittles and a few rounds of drinks.



Thanks are due to **Duncan**, our umpire and score-keeper, and to **Teresa** who booked the venue.

MALTA WALKING HOLIDAY

2nd – 9th April 2019

Following the success of last year's trip we going back to Malta for another week of walking and sightseeing in the sun. About 10 members have booked a place at the Qawra Palace Hotel in St. Paul's Bay. We are grateful to **Terry K** who is leading the walks.

SCARBOROUGH WALKING WEEKEND

10th – 13th May 2019

21 members have booked to stay at the Red Lea Hotel which is situated just above the sea front and convenient for the town centre. Walks may include the picturesque Robins Hood Bay, Goathland (Aidensfield from the TV series "Heartbeat") as well as short introductory and last morning local walks.

AUTUMN 2019 WALKING WEEKEND

20th-23rd September 2019

We are grateful to **Geoff** who has agreed to organise this holiday at **Barmouth**. See page 3 for full details.

ANNUAL GENERAL MEETING – 9th October

David reported on another successful year for our group with its variety of walks, holidays and social events. He thanked all Walk Leaders without whose continued support the group's activities could not continue. Our Treasurer reported on a financially stable year and a new committee was elected. **Duncan** has stood down from the committee and we thank him for his service. We welcome **Cherie** and **Amanda** as new members. However, the position of **Secretary** remains vacant. The main task of the Secretary is to draw up agendas and take minutes for 4 committee meetings and 1 AGM per year. If you feel you could help out in this way please contact David (0121 788 0650). We are all grateful to David who agreed to continue as Chairperson to take the group forward in his characteristically thorough manner. After the formal business of the meeting, our guest speaker, Claire Livesley, gave a fascinating talk on First Aid reminding us of basic techniques such as taking pulse rate and putting casualties in the recovery position.

PUDSEY BEAR WALK

“Well Done” to **Marion** who decided to use her recent walk in Barnt Green as a fundraiser for the BBC Children in Need appeal. We raised **£150**. Thanks to all contributors.



CHRISTMAS & NEW YEAR CELEBRATIONS

Our **Christmas Lunch** this year is at the **Windmill Hotel** in Allesley on Sunday 16th



December. Thanks are due to **Teresa** who booked the event and to **Gwen** who has

done a magnificent job selling the tickets. Please arrive around 1.30pm for a 2.00pm meal.

Rather than sending Christmas cards to each other, members are encouraged to make a donation to our chosen charity. A collection will be taken at the Christmas Lunch. We start 2019 with a 6 mile walk from **Lowsonford** on 6th January followed by an optional but highly recommended lunch at the **Fleur de Lys**. Note that for this walk we will meet in Castle Bromwich at 10.00 am.



NEXT WALKS PROGRAMME

The next Walks Programme, covering the period January to June 2019 will be published soon but we **still need to find leaders** for some Sunday and Wednesday evening walks.

In future our Tuesday morning walks will be about 4 miles long, will be in a wider variety of locations and will end with an optional meal at a pub. They will continue to be open to non-members.

CARE WITH COWS



On a recent walk from Braunston we were given a close escort by a herd of over 60 cows as we dared to traverse **their** field. As we approached the end of the seemingly endless field our hearts were beating somewhat faster. Here is some guidance from Ramblers about how to stay safe in such situations.

- Do be prepared for cattle to react to your presence, especially if you have a dog.
- Do move quickly and quietly and if possible walk around the animals.
- Don't panic – most cows will stop before they reach you. If they start to follow you, just walk on quietly.
- Don't put yourself at risk. If cattle are blocking a route, you are well within your rights to find a safe way, away from the path, to avoid them.
- When walking in a group it is best to stay close together.

Most injuries to walkers occur when dogs are present. Cattle react to dogs as potential predators, so if they come for the dog, **let it go**. It will outrun the cattle.

Keep up to date with all the latest news about forthcoming walks by visiting our website
<http://castlebromwichramblers.btck.co.uk>

BARMOUTH

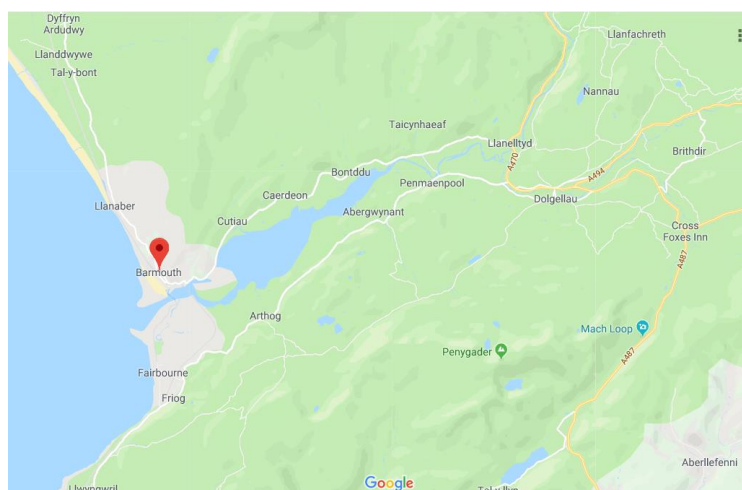
Friday 20th – Monday 23rd September 2019

The seaside town of Barmouth is one of the most scenic coastal resorts on the west coast of Wales surrounded by the many miles of the Snowdonia National Park.

Accommodation

Min Y Mor Hotel (www.minymor.com)

3 nights Dinner, Bed and Breakfast **£225 per person**



Walks

Friday – A short walk exploring the hills above Barmouth (about 2.5 miles)

Saturday - Train from Barmouth to Llwyngwriil (approx £4) and walk back to Barmouth (approx 7 miles)

Sunday - Drive to Tal-y-bont then a coastal walk to Dyffryn Ardudwy and return (approx 6.5 miles)

Monday - Walk from Penmaenpool taking in part of the Mawddach Estuary (approx 4 miles)

How to reserve your place

Places are limited so early application is advised.

1. Phone or text **Geoff** (07721 351249) stating your preference for a single, twin or double room.*
2. Pay a non-returnable deposit of £25 per person to Geoff to secure your place.
3. Pay the balance before the end of July 2019.
(cheques payable to “**Castle Bromwich Ramblers**” may be posted to Geoff Marlow, 113 Elmdon Lane, Marston Green B37 7DN. If you wish to pay the balance by instalments please contact Geoff to make arrangements)

* PLEASE NOTE

There are only 10 single rooms available and these will be allocated on a first come first served basis. If you prefer a single but, when you contact Geoff, you find that the single rooms have already been allocated you will need to choose to either

- a) Arrange with another member to share a twin or double room at £225 per person, or
- b) Agree to pay a supplement of £8 per night for single occupancy of a twin/double room making the total cost £249.