

Ashdown Ramblers Newsletter3 - 13/04/20

I hope that you, your family and your friends remain safe and well in these difficult times.

Copies of the newsletters, the quizzes and answers will now be posted on our website, on the Events and Communications page, on **Mondays** (not Fridays & Mondays)

<http://www.ashdownramblers.btck.co.uk/>

I am happy to receive any suggestions for the newsletter and contributions to the next newsletter, by e-mail to: gporter.gpr@gmail.com

Quizzes: Some of the quiz answers might be open to discussion or there might be a deliberate mistake to catch you out!

Thank you to Gordon who has identified the following corrections to the Ashdown Forest quiz:

6. How many Gates are there to the Forest?

Revised answer) originally 48 gates

Revised answer - today 8 gates: Friars, Fishers, Chelwood, Greenwood, Highgate, Shepherd's Gate, Barnsgate & Pound Gate

20. How many pubs are within the Forest boundary? **Revised answer** – none are within the current boundary!

The answers to last week's Leith Hill quiz have been loaded onto the website as well as **this** week's quiz on **Toys Hill**. Please let me know if the quizzes are of interest, so I know whether to continue providing them

Ramblers Association: have mapped all of England and Wales in just six weeks, for the search of lost paths. Volunteers have searched over 150,000 square kilometres of England and Wales, twice.

Ways of keeping fit during lock-down: climbing the equivalent height of Everest or slightly more achievable Ben Nevis!



Adventurers have started a new challenge to climb mountain heights using just their staircases. One writer Ben Aldridge conquered Ben Nevis on Saturday and is now attempting Mount Everest - a nearly 9,000m climb. He said on Twitter: "In the spirit of stay at home adventures, I'm going to climb Everest on my stairs."

<https://www.itv.com/news/2020-04-06/five-moments-to-make-you-smile-during-the-coronavirus-lockdown/>

Virtual expedition team ascends 5,364 metres over five days in indoor mountain climbing challenge



<https://www.theguardian.com/travel/2020/apr/03/trekking-to-everest-base-camp-mountain-climbing-the-stairs-at-home>

For more ideas see: <https://www.ramblers.org.uk/go-walking/roam-sweet-home.aspx>



Adventure on the top, nap time on the bottom? 🧡 Setting out on a world first socks-only Everest summit attempt today (aka Mum won't let me wear shoes on her new carpet) via @playinthewilduk's April Everest challenge. Works out about 144 reps of our stairs per day... 😊. #roamsweethome @ramblersgb

Elise
(via Instagram)