

The Ramblers' Association

Working for walkers



www.ramblers.org.uk

Derbyshire Family Rambling Group
www.derbyshirefamilyrambling.org.uk

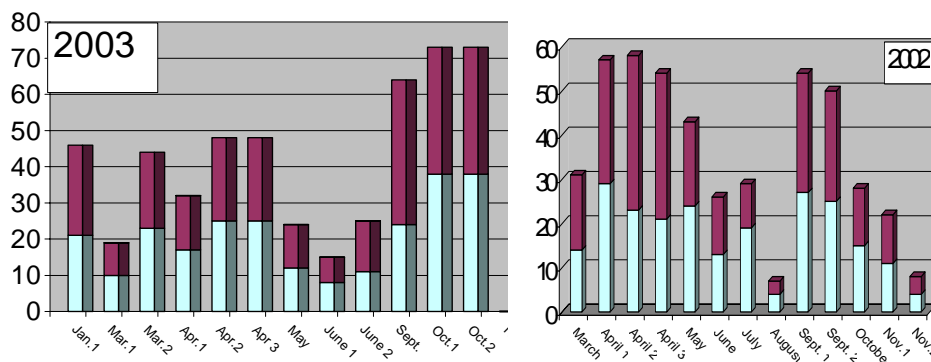
Family Rambler

Volume 2

2003

2003 walks

In 2003, family rambles started at Duffield (2), Swarkestone, Wetton Mill, Birchover, Belper East Mill/River Gardens, Tideswell Dale, Heage & Cutthorpe. 4-21 families came on each of the walks 6 walks were listed as short & slow walks, especially intended for younger children or anyone who wanted a slower walk.



73 people booked to stay at Castleton youth hostel for a weekend in October. Some families had to be turned away as there were no beds left! A later article describes the Derwentwater weekend in April. In 2004 there will be a weekend camp in July as well 2 hostel weekends.

78 families have walked with Derbyshire Family Rambling Group during 2002-3, additionally some 15 adults without children. 180 other families came only once during 1995-2001. This includes people living in other parts of Britain who have just come on 1 walk e.g. while on holiday. However most families do return for more than one family ramble!

Children's abilities & interests change as they grow up, maybe a family rambling group should anticipate a greater turnover than an adult group. We know a few families stopped coming once their children became teenagers, either because teenagers went out with peers rather than a day out with parents, and at least couple who moved on to tougher adult walks. We hope to avoid this in future - teenagers could plan their own walks and/or other activities, "do their own thing" and maybe run some events semi-independently, by & for teenagers - to copy the PGL activity holiday slogan "Parents Get Lost! As with all family rambling events, this would depend on someone taking a lead to "make it happen" - older children and teenagers, supported by parents. Derbyshire & Notts. walking group is for those aged 18-40-ish. www.ramblers.org.uk

2004 walks

In 2004 walks previously listed as short & slow walks, especially intended for younger children or anyone who wanted a slower walk, will be indicated "easy" on the websites or programmes.

2 family rambles in 2004 will be along routes which are largely suitable for pushchairs. These will be starting from Shardlow 7.4.04 & Alport (via Youlgreave). However this does not mean tar tracks; pushchair wheels may get muddy, depending on the weather! These walks will be passible for fushchairs along most or all of the route, maybe just a field or so toddle (or be carried!) across. Ring or email for further clarification or details of routes.

In the past few family rambles have been accessible for wheelchairs or pushchairs - the number & nature of walks depends entirely on the people being willing to lead walks.

The Derbyshire Family Rambling Group has been going since 1996, so of course some children are growing bigger & stronger and wanting to walk further! (and maybe their parents do!) So there will also be longer walks in 2004 . Although for safety reasons no-one will be left behind, and all walks will be at a pace to suit children, there will also be longer walks at a speed comfortable for adults & those children with longer legs. These walks may also have fewer rest stops. Parents know their own children's capabilities, so there are no age restrictions. If you are unsure whether a walk is suitable, or have any other queries, please check websites, or email or ring beforehand. It is better to choose a walk children can easily & confidently manage, it's more fun for everyone! These walks will be indicated "moderate" on the websites or programmes.

2005? - yes I know it's a long way away, but..

Leaders offer to share walks they enjoy with others. On family rambles leaders usually prefer to lead walks of a length, style & speed, with any activities along the way, to suit their own children. Walk leaders plan & lead the route. Children may walk with their parents, but often seem to prefer walking with other children. (don't know why - is adult conversation that boring?) The leader may may ask an adult on the walk to act as "back marker", i.e. walk at or near the back, usually for an hour or so before another adult takes this on. The leader then knows that if they can see the back marker, the whole group is there. That way no-one gets left behind!

If you have an idea, or would like something not on the walks list, please get in touch. Advice & support available if you ask. If there's a walk you enjoy are you are prepared to share it with others in 2005? It's not onerous, as parents remain responsible for their own children at all times. Usually children prefer chatting & walking with other children, so it's likely you & your children would enjoy the day. Would love to hear from you if you can lead a walk or other family rambling event in 2005. To include it in the 2005 programme, please contact us any time before the end of September 2004. info@derbyshirefamilyrambling.org.uk or 01332 841975 or 554756.

Website www.derbyshirefamilyrambling.org.uk

Lists all family rambles & more besides ... please check website first if you can. Walks list & newsletter are generally sent only annually, but websites are regularly updated. www.ramblers.org.uk/. To find family (& other) walks www.ramblers.org.uk/walksfinder - use advanced search, & click on the grid reference for a map to the starting point.

Contact Derbyshire Family Rambling Group by email if possible please info@derbyshirefamilyrambling.org.uk. Or ring 01332 841975 or 554756, or 07970 815333.

Derwent Water with the Family Ramblers

(Or: "How Adrian hospitalised me in the Lake District")

"Join the family ramblers and make new friends", they said – so we did!

Robynne (then aged 12) and I (aged a *little* bit more) made our tentative first family ramblers' outing to Hartington Hall Youth Hostel in September 2002. Familiar with Hartington Hall anyway, we thought if we 'didn't like the look of these rambler types', we could just fade into the background and pretend we were nothing to do with them.

However, within an hour of arriving (we were there before anyone else), we were chatting happily to the Newtons who were also availing themselves of Hartington's facilities for an extra night before the first walk.

We were off promptly (well fairly promptly, once we'd rounded up 30-odd children and their respective parents) on our Saturday morning walk and soon getting to know people and making new friends. As is often the way with kids who don't know anyone, Robynne hung back a little in the 'making friends' stakes; until she was introduced to Georgina, at which point we parents immediately became surplus to requirements (except when in the vicinity of the ice cream van!). The girls were henceforth to be seen only as faint dots in the distance, (or miles behind) their heads together in serious conversation (I guess about what to have for dinner that night, or what an embarrassment parents are, once you're past the age of 10).

The weekend was great. We did make new friends; we even found ourselves (well me, anyway) offering to lead a walk the following year. Robynne and Georgina have been pretty inseparable since, evidence of how the family ramblers can widen your social circle.

After many enjoyable walks in the interim, our next big weekend away as a group (of about 60 I believe), was to Derwent Water Youth Hostel in the Lake District. We had enjoyed a heat-wave for a good couple of weeks just before it, so were delighted to arrive in Keswick in the pouring rain, with Catbells (the very high mountain opposite the youth hostel) just poking its head out of the top of the cloud. Adrian (Father of Georgina - and several other young ladies, no less!) was our leader for the weekend, and took great delight in telling the assembled group how he and Georgina had enjoyed sweltering in the heat the previous weekend, checking out our intended walks. His enthusiasm was infectious (we told him, to make him feel better) and he promised us sunshine for the following day.

We awoke to a hearty youth hostel breakfast; and more rain. And Ospreys (?) Adrian promised us the sun would appear, so we set off cheerily in the drizzle, amid mumbled comments from the children (and many adults) such as "what, we're climbing up THAT?" and "I hope he's not serious" and "that's too high for a goat to climb" etc etc. But as we approached Catbells by ferry, we realised he WAS serious. And climb it we did. Children raced to be the first up (then stopped for several rests) Children clambered up rocks. Adults clambered up rocks. Small children asked to be lifted up rocks – adults asked to be lifted up rocks!!!! And so the party ascended – quite speedily! - to the top. And.... Just as Adrian promised..... the view was fantastic. Even in the rain!

Descending in the drizzle, we found shelter from the wind in the lee of the mountain, and clung, as do goats, to the mountainside, to settle to our packed lunches. Luckily the rain held off until the last crisps and chocolate cake had disappeared, and we set off back to the ferry for the hostel (retrieving Megan's rucksack en-route, as it had departed ahead of us, taking the 'short-cut' down the mountain). We enjoyed a most relaxing evening (after the race for the showers) and a hearty dinner.

Excellent quizzes courtesy of Les and Adrian (didn't he realise we were tired?!) and conversation courtesy of us all, led up to a wonderful end to the evening with musical ballads (mostly about Adrian. And rain) from John and his guitar. (While the children continued a Youth-Hostel-wide game of hide and seek.)

The next day dawned – wet. But Adrian promised a gentler walk for us today, before we had to head for home. So we started to climb. Up. And up and up. 'Nearly there' Adrian kept saying. And up. 'Nearly there' And up. And the view was fantastic. We looked out across the valley (and, I swear, DOWN) onto Catbells, and congratulated ourselves and the children on achieving such a climb. After lunch on top of another mountain, we headed down into Keswick and an exhilarating, and wet, ferry ride back to the youth hostel. Wet because of splashing waves, though, instead of rain.

A fantastic weekend was had by all. Adrian had put a lot of hard work into organising the weekend and we are all, I'm sure, grateful to him. I am – it's just a shame I ended up in hospital a couple of weeks later having emergency spinal surgery! Yes really! I told him that second hill was too steep. Revenge was sweet, though, when he and Eleanor drew the short straw and got to look after Robynne for me when I came out of hospital, as I was somewhat incapacitated and unable to look after a teenager. (I told them). Luckily I'm now mobile again, Georgina and Robynne are still confirmed friends, and we are all looking forward immensely to the forthcoming Castleton Youth Hostel weekend..... Les and Tracey..... Are you ready for this????? Thanks again Adrian – it was a great one!

www.yha.org.uk

One day, three men were hiking and unexpectedly came upon a large, raging violent river. They needed to get to the other side, but had no idea of how to do so. The first man prayed to God, saying "Please God, give me the strength to cross this river".
POOF! God gave him big arms and strong legs, and he was able to swim across the river in about 2 hours, after almost drowning a couple of times.

Seeing this, the second man prayed to God saying, "Please God, give me the strength...and the tools to cross this river".
POOF! God gave him a rowboat and he was able to row across the river in about an hour, after almost capsizing a couple of times.

The third man had seen how this worked out for the other two, so he also prayed to God saying, "Please God, give me the strength and the tools ... and the intelligence...to cross this river."
And POOF! God turned him into a woman!
She looked at the map, hiked upstream a couple of hundred yards, then walked across the bridge. What more can I say!!!!

Jan Wilde

Family ramblings *Don't cross the bridge till you come to it*

Please send in more phrases or sayings about family life or family rambling

Photos

No photos or pictures in this year's newsletter, to make printing & emailing easier. Photos will soon be on the website! We plan to add photos after family walks etc. If anyone with a digital camera is able to take photos that would be great! Please email any photos you may have to info@derbyshirefamilyrambling.org.uk. If any parents object to photos showing their children being included, please let us know. If no refusal is received, we will assume consent.

Broken bones

Get well soon Rosie Barrett , hope your hip heals well (an accident getting off a bouncy castle). And best wishes too to Ros Hardy, who broke her ankle walking in Dovedale. Family rambling folks' limbs previously broken include 1 leg & 1 arm - though none broken on family rambles.

Edge of Wales walk

The newest long distance footpath in UK.

Maybe a holiday idea? ... A 1 week walk along the Llŷn peninsula, North Wales.

Walking 7-8 miles daily, it will take a week. Sandy beaches for breaks. More information from www.edgeofwaleswalk.co.uk 01758 760652 or enquiries@edgeofwaleswalk.co.uk, or contact Judith Law via info@derbyshirefamilyrambling.org.uk.

Youth Hostel walking tours

The Osborne family spent two good weeks' holidays walking between youth hostels. In 1999, when Heather was 5 & Craig 4, we had a week in the Peak District. Taking the bus to Derby station, then train to Edale, we walked 4-6 miles daily, spending a night each at Hathersage, Eyam, Ravenstor, Bakewell, Youlgreave & Elton Youth hostels, returning home by bus from Matlock. Judith Law & boys walked with us for one day; on other days two other families came.

In 2003, we enjoyed a week hostelling in the Lakes with friends including boys aged 12 & 13. A weekend at Derwentwater in April just whetted our appetite for more! Unlike the Easter weekend, in August we revelled in superb sunny weather, with daily (actually up to 3 daily!) swims in lakes & rivers to cool off! Train to Windermere, bus to Ambleside youth hostel, on shores of Lake Windermere. We walked 2-6 miles daily, staying overnight at Ambleside, Grasmere, Borrowdale, Honister Hause, Buttermere & Keswick hostels before taking the bus to Penrith & train home. Very satisfying & exhilarating holidays with no traffic jams on the way! For more details, e.g. the routes we took etc. email info@derbyshirefamilyrambling.org.uk or ring.

Have you taken a walking holiday? UK or abroad? Enjoyable, successful or whatever, could you write a short piece for next years' newsletter? Children too - tell us about your walking holiday!

First aid

A reminder to parents to bring (&, if necessary, use) any first aid items on walks which you feel you or your family might need. Walk leaders are not expected to be first aiders.

Sheffield Family Rambling Group welcomes you too!

Family rambles most Sundays. **Essential** to ring Annette Jepson 0114 2363 484 in advance. Meet at 1145 at the entrance to Whirlow Park, Limb Lane, Sheffield (near Dore) (50 bus). Shared lifts may be available. Various walks in different areas of the Dark Peak & White Peak.

Family Rambler 2002 volume 1

On website. If you can't get it from the web, email (or failing that, ring) & we'll send you one.

Get more out of walking for your family

The Ramblers' Association is Britain's biggest organisation working for walkers, a registered charity with 137,000 members across England, Scotland and Wales. The Ramblers' Association has been looking after Britain's footpaths and its beautiful countryside for more than 65 years by:

- **protecting** Britain's unique network of public paths -- all too often, they are illegally blocked, obstructed and overgrown. We work with local authorities to make them a pleasure to walk on.
- **providing** information to help you plan your walk and enjoy it in safety and comfort.
- **increasing** access for walkers - helping to establish statutory rights of access to our countryside. It will soon be possible for the public to walk freely through 4 million acres of uncultivated open country.
- **safeguarding** the countryside from unsightly and polluting developments so that walkers can enjoy its tranquillity and beauty.
- **educating** the public about their rights and responsibilities and the health and environmental benefits of walking so that everyone can enjoy our wonderful heritage.

That is why, as a family who enjoy walking, please consider joining the Ramblers' Association. As a registered charity, the Ramblers' Association relies on members for its income.

Joining the Ramblers' Association will give you & your family the following benefits:

- enable you to participate in these **family rambles**, and other walks, free of charge
- The **Rambler's Yearbook** for walking information & places to stay in Britain, useful for trips away
- **The Rambler**, a quarterly colour magazine, including children's section
- **discount** (usually 10%, sometimes 20%) at many walking & outdoor equipment stores - take your Ramblers' membership card
- help to **protect** the places you love, for your children & future generations to enjoy.

To join:

Visit www.ramblers.org.uk

Email ramblers@london.ramblers.org.uk or
KeithWalker@hotmail.com or
info@derbyshirefamilyrambling.org.uk

Tel. 020 7339 8500 or 01332 345878 or 841975

Write to Ramblers' Association
FREEPOST SW15
London SE1 7BR

Annual membership £26 family, £20 individual/single parent.
Free junior membership cards are available on request.

When you join the Ramblers' Association, you will be allocated to one Group - state **Derbyshire Family Rambling Group** if you are mainly interested in walking with children. If you do not, you will be allocated to another local Group according to your postcode, and the information you will receive will not be aimed at families or children. You can receive the walks programme from any other Group too by contacting their programme secretary and asking to be added to their circulation. Contact www.ramblers.org.uk or as above.



Children's Ramblings

The fun of walking Childrens Questionnaire - Our thoughts and opinions

When people think about walking, they think about walking the dog, going to the park or walking home from school. But when we think about walking we think about walking with the family rambling association. Which happens on weekends or in the school holidays.

66% prefer to walk along sea/lake
26% prefer to walk up to monuments
6% prefer to walk along fields/grass
20% prefer to walk along farms
(however some people voted twice)

Walking with the family rambling association is a great way to get fit or keep fit. I myself, most enjoy youth-hostel walks, but I wanted to find out what you liked best, so that's what the questionnaires were for, at the last youth-hostel trip! I think youth hostel walks are great because you get to see and catch up with your friends, but some of you thought differently so I've gathered some information from the questionnaires and put them in this article.

33% of you enjoy ice cream vans
6% of you most enjoy monuments
33% most enjoy stepping-stones
66% of you enjoy caves most (some of you voted twice)
27% of you said you would keep on walking, when you are older.
73% said you might keep on walking
0% said that you wouldn't.

73% of you love youth hostel trips!
27% of you just like them!

66% of you prefer 3-4 mile walks!
6% of you prefer 1-2 mile walks!
26% of you prefer 4-5 mile walks!

So it seems to me we all really enjoy our walking hobby and we will keep on with it, if only for a while. Thank you to all the people who filled in a

questionnaire, your vote has been counted. Well done for completing most of the walks set for us to do. See you at the next walk!

signed Sarah Plunkett

Thank you Sarah for an excellent survey. So now we know what the children like!

Ideas for walk leaders, to try to incorporate some of these views when planning future walks.

Do other children want to copy Heather Smith, and lead a walk (with parental support) - your chance to make sure the family walks are what you want! Maybe some of the older children...?

Children's Ramblings

Websites

www.derbyshirefamilyrambling.org.uk includes a children's section.

Check out www.mapzone.co.uk too. Share any other good sites you come across!

Gold badges

Awarded to children who have walked over 20 miles with Derbyshire Family Rambling Group in 2002-3 to date (excludes November 2003 walk which will be included in next years' total).

Congratulations to the following children who have gained a gold badge in 2003:

Daniel Barrett	Hannah Sharratt	Heather Graham
Scott Maddocks	Muriel McCracken	Kathryn Loveless
Thomas & Georgina Shaw	Georgina Megan Charlotte & Harriet Snape	

Gold badges won in 2002 by Matthew Ashworth, Muriel McCracken, Lara & Josie Fleetwood, Scott Maddocks, Samuel, Robert & Alexander Law, Sam Jepson, Heather & Craig Osborne, Heather Smith, Georgina Megan Charlotte & Harriet Snape, and Helena & Edward Rochford.

Silver badges

Awarded to children who have walked over 12 miles on Derbyshire Family Rambling Group walks in 2002-3. Well done to the following children who have achieved a silver badge in 2003:

Gabriel & Rose Lawton	Maria & Kieran Lunn	Jodie Benton
Luke & Joel M ^c Nab	Caitlin Wright	McKenzie children
Claire & David Narborough	Hayley Lisa & Tom Stafford	

2002: To Daniel & Rosie Barrett, Joseph & Danielle Booth, Robynne Wilde, Rachel Earl & Kathryn.

T shirts

Several children have previously won T shirts as prizes on family rambles. A few T shirts are sporadically available from the Ramblers' national office. Awarded now (as available) to the children who have not previously had one & who have walked over 50 miles on family rambles in 2002-3. The following children have walked for a total of over 50 miles:

Matthew Ashworth	Daniel & Rebecca Beesley	Sarah Winder
Lara & Josie Fleetwood	Muriel McCracken	Holly & Sarah Plunkett
Heather & Craig Osborne	Georgina Megan Charlotte & Harriet Snape	
Helena & Edward Rochford		

Please could you pass T shirts on to other smaller children, or return them to us so we can do so, when you grow out of them. The T shirts look great on, and are good for Group publicity photos.

100 miles another year?!

Scout & Guide Walking Interest Badges

If you have gained any badges in 2003, please let us know so we can include your achievement in the next newsletter. Sarah & Holly Plunkett and Heather Osborne gained Brownie walker badges in 2002. If you need certificates showing how far you walked on any of the walks, e.g. for Brownie, Cub, Scout or Guide badges just let us know. www.scoutbase.org.uk and www.girlguiding.org.uk for full details of the badges, or ask your leader. Contact us if you need help or badge testing.

Children's Ramblings

Family Rambling Jokes part 2

Jokes about animals or things seen on Family Rambles

What do you call a chicken in a shell suit?

- an egg

How does a midge travel ?

- (h)itch-hiking

What is a frog's favourite flower?

What do you call a girl with a frog on her head?

- croak-us Lily

What kind of tie does a pig wear?

- a pig-sty

What did one traffic light say to the other traffic light?

- Don't watch me, I'm changing

Why is the sky so high?

- so the birds don't bump their heads

What do you call a man with a chicken on his head?

- Henry

Why did the parrot wear a rain-coat?

- it wanted to be Polly Unsaturated

What do you call a girl with a parrot on her head?

- Polly (editor's note: when did you last see a parrot on a Family Ramble?)

What did the left boot say to the right boot?

- It's all right for you, I always get left behind!

What do you call two robbers?

- A pair of 'nickers'!! (editor's note: when did you last see a burglar on a Family Ramble?)

What do you call someone who makes clothes for rabbits?

- a hare dresser

Name 4 members of the cat family

- mummy cat, daddy cat & 2 kittens

Jokes part 1 in 2002 newsletter & on

www.derbyshirefamilyrambling.org.uk

More jokes, and other contributions welcome.....

Please email to info@derbyshirefamilyrambling.org.uk, or contact us for postal address.

Children's Ramblings

Creature Word Search

M A K J I A U C S V R	<p>Find the following words. Words can read across, up, down or diagonally. (Print page off website!)</p> <p>Rabbit Bluetit Coaltit Hare Fox Mole Hawk Osprey Buzzard</p> <p>by Heather Osborne age 9</p>
B O D C H Q O T U A B	
L N L F G A A Z B X U	
F M E E L P B B Y W Z	
H G O T C C I E T F Z	
I H I E D T X D I G A	
Q T O K L O B H T I R	
A H P S F T A Y E J D	
C A H A R E U Z U X K	
B W A Z Y X W V L W I	
D K O S P R E Y B M L	

Junior Rambler

page of the Rambler - the national magazine you'll receive when you and your family join. Enter the competitions - you may be a winner like Heather Smith. Send in any jokes, drawings, photos, or short articles.

Derbyshire Area News

- sent to all members of the Ramblers' Association living in Derbyshire

Derbyshire Area Newsletter summer 2003 asked if anyone (adults or children) from the Family Rambling Group can send jokes (or other items). email if possible to keepblackthorn@tesco.net.

Or post to Mrs. Margaret Keep
Blackthorn Cottage
Station Rd.
Mickleover
Derby DE3 9FB

by October 31st 2003 for winter edition.

Heard on a walk...

Have you heard any funny sayings, or comments on a family ramble? - something which made you smile? maybe said by one of the younger children? - please send in for others to share...

Family Rambler future editions?

More jokes, articles or feedback welcome from adults and children.....

Please email to info@derbyshirefamilyrambling.org.uk, or ring 01332 841975 for postal address. If you could do something or help with the running of the Group in any way, we'd love to hear too...