



PER-RAMBULATIONS NEWSLETTER

AUTUMN 2014

In this issue of the Per-Rambulations Newsletter.....

- **Walk while you are able...**
- **Thanks Paul**
- **South Downs Way**
- **Sussex Ouse Valley Way—10 years!**
- **Bill the coach driver**
- **A Junior Per-ambulator**
- **Discovering Sussex**
- **What's the F?**
- **The Old Ways**
- **Seasonal preferences**
- **W.F.A.A ?**

COME WALKING WHILE YOU ARE ABLE

Six years ago we decided to send out a regular **Per-Rambulations Newsletter** to bring news to our walking friends of our plans for future walks and to remind everyone of what we had been up to and where we had been during the months prior to each Newsletter.

Six years on and here we are with Newsletter Number Ten.

My first thoughts were probably that nothing much has changed in six years. However looking back over the years and reading through the very first Newsletter nothing could be further from the truth. Sure we have continued to walk the miles across our beautiful county and have explored many new areas beyond Sussex in our neighbouring counties. No change there.

But I suppose what I have noticed more than anything else is that the years have not been kind to many we who once regularly walked with us.

Indeed I had occasion recently to check the list of 110 walkers who ventured out with us in 2005 on the inaugural walk of the Sussex Ouse Valley Way against those applying to walk the anniversary walk next April. Now I am sure some will argue that having walked the trail once many would not want to walk it again, but of all the applications we have had only eleven were with us in 2005.

Looking at that list of 110 I was struck by how many are now unable to walk with us through age or an injury catching up with them or who are now sadly no longer with us.

So my message to you all is walk while you can, for who knows what lies ahead that may prevent us from getting out into the countryside in all weathers and through the seasons.

So, join Peter and myself as we strive to do just that.....

Terry (Sept 2014)

A Per-Rambulations 'Thank You' to Paul

Earlier in the year some will recall that there was a period when I was unable to be out walking with you (exactly what I was writing about above). During that time we were very fortunate to call upon the services of **Paul Neale**. Paul came out to help Peter through those months in my absence and a great job he did as well.

For those who did not get the opportunity to meet Paul, he lives in Cowfold and is distantly related to Peter. But what became very obvious is that he is very useful with a map and finding his way around a previously unknown route.

So a personal 'thank you' to Paul for his help in getting *Per-Rambulations* through the last Autumn/Winter programme.



Its not all about walking though, refuelling is equally as important

Bill — the Per-Rambulations driver

Many of you will recall Knights Coaches driver Bill who we were lucky enough to have look after us on many a weekend walk. His very last duty before he retired nearly two years ago was to drive us on the *Heart of Hampshire* walk in 2012.

Bill and his lady, Diane, moved to Devon upon retirement and I have heard from him. Needless to say he is not sure where the time has gone but he has settled into retirement and they spend their time visiting all the different places on offer down there and walking their labrador spending much time on the local beaches.

He claims to miss looking after us all on our walks.....really?



Discovering Sussex....and the occasional undulation!

Discovering Sussex

The latest **Discovering Sussex** walks (October 2014 to April 2015), which you should all have received by the time you read this, will start the sixth year that we (*Per-Rambulations*) and *Footprints of Sussex* have been putting the programme together. Some of you may not realise that our coming together over the 6 monthly programme was a result of both West and East Sussex County Councils ceasing to run their Exploring West and East Sussex walking programmes after many years of doing so. Since then the number of you who regularly accompany us on Sunday mornings along the footpaths of both Counties has encouraged us to continue with the programme. Some of the faces may have changed and several friends have been lost to circumstances but the size of the group has been consistent. I think I speak for Peter, Keith and Sally in saying thank you for your support over the last 5 years, support that will ensure we continue with tried and tested walks, old favourites and finding new paths and areas to explore. There are several new walks in the latest programme including new walks for Christmas and Remembrance Sunday

South Downs Way 2014

This years annual outing along the South Downs Way with *Footprints* proved once again what a great walk and event this has become. A record number of walkers applied to take part ensuring that unless you got in early you missed out this year. The 100 mile walk between Winchester and Eastbourne over 9 days was blessed with wonderful weather and waterproofs were not required at any time during the event.

Each year the walk throws up many great memories. The excitement for first-timers of setting off on Day 1, great home made ice creams along the way, sitting in the beer garden at The Shoe at the end of Day 1, wonderful views from Old Winchester Hill, Beacon Hill, Chanctonbury Ring and the cliffs of the Seven Sisters and the wonderful atmosphere at the reception in Eastbourne when we all reflected upon what we had achieved.

All of course made possible by the organisational skills and experience of Keith and Sally at *Footprints* with their gang of red shirts.



HF Holidays says goodbye to the Sussex Ouse Valley Way

After six successful years HF Holidays have decided to cease running their walking holiday from Abingworth Hall at Thakeham along the Sussex Ouse Valley Way long distance path.

During that time yours truly has lead dozens of HF walkers on the path between Lower Beeding and Seaford Head introducing them to the delights of the Ouse Valley in both West and East Sussex.

It is hoped that HF will take up another of our very own long distance footpaths in the near future, the West Sussex Literary Trail .

Sussex Ouse Valley Way—10 year Anniversary Walk

Twelve years ago Peter and myself were per-rambulating around Slaugham and we came across a myriad of streams serving the mill and furnace ponds in the area. We realised we had come across the infant River Ouse and then wondered whether we could follow the river to reach the coast.....source to sea.

The rest as they say is history. Two years of planning and negotiating our way through the politics of the two County Councils and the then South Downs Conservation Board saw the Sussex Ouse Valley Way launched in April 2005 with an inaugural walk involving 110 walkers over 4 days.

We therefore decided to organize a 10 year anniversary walk in 2015 but on a smaller scale than the inaugural walk. The response has taken us a little by surprise as the walk booked out within a few weeks of announcing it. We are now taking names of anyone who wants to be considered for a cancellation place.

We are really looking forward to next April and I have started to plan the four days to try to make it as special as the inaugural walk. All those who have a place booked will be contacted nearer the time with full details of the event.



Junior Per-Rambulator



Recently some of our Sunday walks have been accompanied by Peter's grandson Oscar. Fully kitted out in his waterproofs our trainee Leader certainly looked the part and had no trouble walking up to eight miles whilst keeping an eye on Grandad and sharing the back-marking duties.

The picture left, shows Oscar taking a break with Grandad Peter whilst on our walk that took us through Petworth Park and across to admire the recently renovated Pitshill House. Good to see you out with us Oscar.

DATES AT A GLANCE (Details in Discovering Sx)

—2014—

19th October

Wisborough Green

16th November

Woodingdean

21st December

XMAS Walk—Highdown

—2015—

4th January

Stanmer-Ditchling Beacon

8th February

Lavington Common

29th March

Chailey Common

WALKS FOR ALL AGES

Two new publications are now on sale.

Book publishers Bradwell Books, based in Sheffield, are undertaking an ambitious project to publish a book for each county containing 20 circular walks as an introduction to walking in each county. Each book is entitled 'Walks for All Ages' (WFAA) followed by the individual county.

Keith and Sally have written the guide to West Sussex and I was approached to cover East Sussex. Even if I say so myself I think the finished product is very well designed and presented. As authors we only had responsibility for the actual walks, the information content, photographs and maps. The design was down to the publishers who wanted to have a uniform design style across the whole series of books.

Keith and Sally and myself have a limited number of copies of the Sussex books which are available and for just £4-99p which I believe is great value for money and a good introduction to walking in Sussex.

I have no doubt that we will be re-discovering some of the walks in future Discovering Sussex programmes?

Books are available for some other counties and for an up to date list of which counties have been covered I would suggest you go to their web site www.bradwellbooks.co.uk

Seasonal Strolls....."a key to calm and happiness"?

According to a recent article in the Times newspaper and following a National Trust survey 84% of those polled felt that autumn walks in bright sunshine made them feel happier, lifted their spirits and help to fend off those winter blues.

The article went on to say that "fresh air, exercise and a sense of getting away from it all" played a positive role in improving our well-being.

The survey also found that autumn was also the favourite time to go walking followed closely by spring. Not surprisingly the "cold and frosty days" of winter came last in that section of the poll.

Personally as long as its dry and not blowing a gale I have little preference and can find pleasure in going out walking at anytime of the year. I would find it hard to opt for any one season. I can see the attraction of walking through autumnal woodlands with all of nature's fruits, berries and nuts on display, across the Downs on a glorious summers day, through bluebell woods in the spring or in bright winter sun on a clear frosty morning in deep winter.

The article also stated that the poll had shown that it was the older generation who preferred the autumnal walking....what does that say about us older folks?



Autumn colours (Sheffield Park)

What's the F ?

There is no truth in a rumour that may have been circulating that publication of the Per-Rambulations Newsletter had been suspended due to the Leveson Inquiry. This, as you may remember, was set up to examine the culture, practice and ethics of the press and seemed to be much centered on phone hacking. Not that we are capable of hacking into anybody's. I am hardly able to switch the thing on and making a call let alone intercepting innermost secrets committed to a telephone.

And, of course, any secrets overheard in the course of a walk are treated with the utmost confidentiality, although it might be unwise to disregard any requests for used banknotes or bank details to be placed in plain brown envelopes to be left at secluded spots.

Be that as it may we are back up and running, or rather, walking again.

Towards the end of August we repeated our foraging walk from Southwater Country Park to Nuthurst and back. It now seems a long founded custom although it was only six years ago in 2008 that a pioneering five of us set out from the Country Park with not a thought on picking a blackberry in mind. Some berries may have been gathered on the way but the real impetus was in the porch at Nuthurst Church where a parishioner had left a box of apples inviting those passing to help themselves. The invitation was accepted to be augmented by encountering a patch of laden brambles when rucksacks were ransacked for containers that would protect the harvest en route.

And so a tradition was born but, alas, the apples at Nuthurst have not reappeared.

But what about those Fs? They are not to be confused with the 4 Fs that are said to be the four basic evolutionary drives that humans are said to be good at: fighting, fleeing, feeding and, this being a family publication, reproduction. The four Fs we are concerned with are what we can harvest along our way: fruit, fungi, flowers and foliage all of which can be safely gathered subject to certain conditions.

They must be growing wild in a place where you can lawfully be e.g. a public footpath or access land. It must be for personal use only and not for sale or commercial gain. There must be no local bye law prohibiting foraging in which case there should be a notice. Avoid the unknown as some plants have special protection. Uproot nothing without landowner's permission and even then only if the plant is not protected. .

And although there is no legal obligation, leave plenty for others.

OLD WAYS

I recently purchased a book in a local charity shop entitled '*Southern Rambles*' written by S.P.B.Mias in the 1930's. It suggests walks that can be taken from railway stations in Surrey and Sussex. I doubt the walks have changed but some of the 'advice' given at the rear of the book would probably require updating in this day and age. For example, and I quote:-

CLOTHES-Women have solved the business of how to dress admirably. Men have not. A cricket shirt open at the neck, loose-fitting shorts, no stockings, but woollen socks and possibly a sweater, make the most satisfactory combination for the summer.

DRINK-For the mid-day halt, half a pint of 'old' ale mingled with a stone ginger beer is the most satisfying drink I know. It is the right length, it quenches the thirst, and it leaves no languorous after-effect.

LOST-If you have lost your way it is sometimes useful to remember that the crossbars of telegraph poles are always placed on the London side of the poles. The sun is on the south side of you.



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