

*In this edition of the
Per-Rambulations
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No need for Winter Walking Blues

The shorts have been washed, folded and locked away, the boot cleaning scrappers and brushes located and waterproofs re-proofed as we now have to accept that summer is behind us and we face six months of winter walking.

But for me that can be a wonderful time to get out and about. Give me a sunny clear winters day and providing I am dressed appropriately I sometimes think walking does not get any better.

However try telling me that when it is blowing a gale and the rain is horizontal and the only thought is getting back to the car and finding a log fire in a cosy pub.

The winter months also ensures that I am tasked with my least favourite job....cleaning the mud off the boots, but at least the garden gets a steady supply of earth deposits from many different areas of the south east!

But despite the boot cleaning and the occasional bad weather day, winter is a time when it is perhaps even more important to get out into the country to shake off the winter blues and get out of the house and away from the energy draining and unhealthy central heating.

Winter walking can severely test the equipment however and it has taken me several years to realise there is no substitute for good quality warm and dry clothing.

Looking further ahead to next summer we have some great new walking events planned with a day walk around the royal parks and palaces at Hampton Court and Richmond, a night time 'Moon Walk' and even further ahead are our plans to explore the East Sussex countryside in *1066 Country*.

And not to forget our annual journey along the *South Downs Way*. The 'In Stages' event will take on the trail from Eastbourne to Winchester this time around and begins in April, yes I know, less than six months away!

Details of all the walks and the *Discovering Sussex* programme can be found inside this Newsletter or on our web site.

Enjoy your Winter walking.

Terry (November)

THE PER-RAMBULATIONS YEAR AHEAD AT A GLANCE

Sunday 12th December 2010 - Christmas Around Broadstone

Sunday 23rd January 2011 - A fair old walk down to Fairwarp

Sunday 6th February 2011 - Literally Un-Firled

Sunday 6th March 2011 - To Southwater's Other Side

Sunday 3rd April 2011 - The Barcombes - The Ouse Revisited

South Downs Way - In Stages - Between April and July 2011

Sunday 15th May 2011 - Royal Parks, Palaces and the River

Friday 15th July 2011 - A Downland Moon Walk

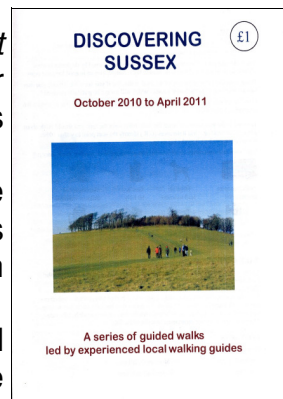
Sat 10th/Sun 11th and Sat 24th/Sun 25th September 2011 -

1066 Country of Castles and Conquerors

DISCOVERING SUSSEX

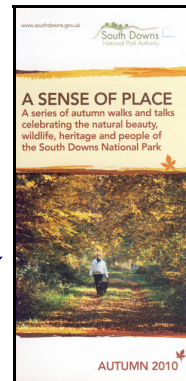
West Sussex C.C. appear to have abandoned the *Exploring West Sussex* walking programme for good. East Sussex C.C. have kept their Exploring programme going although with the current financial restraints you do wonder how much longer that will survive.

Meanwhile *Per-Rambulations* with Keith and Sally at *Footprints*, have published their third *Discovering Sussex* programme which keeps us walking through to April 2011 and copies of the programme have been sent to all those on our e-mailing lists and to anyone requesting a copy. Over the last 15 months the *Discovering Sussex* walks have attracted an average of 28 walkers, and I can announce that as things stand we will continue to produce further editions of the programme.



A SENSE OF PLACE

We are however all aware that we now have our very own National Park and some of you will also be aware that the *South Downs National Park Authority* have produced their own programme of events this winter. Entitled *A Sense of Place* we have been distributing copies on their behalf since it was launched. Walks contained in the *Discovering Sussex* programme are included as are other walks and other events within the Park.



!! FIREWALK !!

Back in August yours truly, representing *Per-Rambulations*, and Keith from *Footprints*, were persuaded to walk 20 feet across hot coals in our bare feet in the name of charity. The idea seemed crazy but being over two months away it was at that time fairly easy to agree to, especially over a post-walk pint.

However as the day crept ever closer the madness of the stunt we had signed up for began to dawn upon us. But it was all in aid of charity and the sponsor money began to roll in. There was no turning back.

So on Friday 29th October we turned up at *The Fox p.h.* at Bucks Green and registered along with another 30 or so others who were also apparently up for the challenge. Although most looked somewhat younger than ourselves, I was encouraged when the obvious 'senior' participant announced quite proudly that he was 75!

Two hours of 'motivational training' lay ahead in the local village hall with a professional motivator or life coach. That meant leaving the buzz and building atmosphere in the pub behind, as well as the tempting pint or two. As we left the pub there was a glimpse of what was to come with a team of 'fire-builders' laying down a rather neat line of wood off-cuts in the now closed off car park.

On the stroke of 9pm with our motivational training behind us and feeling now as though we could take on the world we were 'escorted' under the watchful eye of torch-waving marshals back to the pub with the rain now pouring down. Not that we noticed as we were 'motivated' but I did secretly wonder whether the rain would help ease the imminent burning of the flesh that was on my mind?

At the pub we were led into the 'arena' that was surrounded by cheering crowds and worried family members. The heat coming off the now flaming wood pile before us soon brought us back to the reality as what we were about to do.

So it was shoes off (the car park tarmac was uncomfortable and cold), trousers rolled up to the knee (I mean one did not want to ruin a pair of old jeans when one was frying the feet!) and into line.

'Mr Motivator' was there to greet each of us as we reached the fire in turn.

"Name?" he shouted. I think I shouted back "Terry"? "Are you ready to walk on fire?" he asked. "Yes" I shouted back (I could hardly have said no at that point)

I then walked briskly over the 800 degree 'coals' to reach the safety of the cold damp tarmac of the car park again at the other end and it was all over! I almost asked if I could do it again.

After being presented with our Certificate of Achievement it was time for a well earned pint or two.

The charity in question is the very worthwhile *Dame Vera Lynn Trust for Children with Cerebral Palsy* and both Keith and myself are very grateful to all our friends who sponsored us. You all ensured we could not back out of the challenge and as a result we raised about £900 between us.

Thank You all so much. The next challenge is an abseil off Beachy Head but I haven't told Keith yet!!

SOUTH DOWNS WAY - IN STAGES 2011

For the second year running **Per-Rambulations** will be organising the alternative way to walk the *South Downs Way*.....*In Stages*.

This will be the fourth year the event has run and it provides the opportunity to walk the National Trail in bite-sized weekend sections over four months between April and July.

It allows for periods of rest between the sections and is ideal for those who are unable or unwilling to take weekdays off work. It also allows the walker to experience the South Downs during the different seasons of spring and summer.



The mileage each day will vary between 10 and 14 miles. No walker will be under pressure to walk at a pace they are not comfortable with, and everyone will be free to either walk with the **Per-Rambulations** Team 'Leader' or at their own pace. The choice is yours.

The event will be supported by the **Per-Rambulations** Team who will be familiar to many of you and who have years of experience in walking the *South Downs Way*.

Coach transport will be provided and pick-up points will include Horsham, Pulborough, Midhurst, Arundel, Shoreham and Lewes. The pick-ups will vary and depend upon the section of the *Way* being walked.

At Winchester a reception will be held to celebrate the achievement of walking the 105 miles along the *Way* and certificates will be awarded to those completing all 9 days.

We hope to see many familiar faces joining us once again on the *South Down Way* as well as new friends who want to experience our beautiful journey across the Downs - *In Stages*.

The 2011 dates are as follows:

Weekend One - April 9th and 10th - Eastbourne to Newmarket (Lewes)

Weekend Two - April 30th, May 1st and 2nd - Newmarket to Whiteways

Weekend Three - June 4th and 5th - Whiteways to Cocking

Weekend Four - July 2nd and 3rd - Cocking to Winchester

An information leaflet and registration form is available upon request or can be downloaded from our web site (www.per-rambulations.co.uk).

MOON WALK

On **Friday 15th July 2011** we are trying something completely different. We are offering a late evening and night stroll on the South Downs under a full moon (we hope!).

The walk will be guided and will be about 6 miles in length and will allow an opportunity to experience the South Downs way whilst looking down on the illuminated world below. Refreshments will also be provided.

For obvious reason numbers will be limited so advance booking is essential.

Contact **Per-Rambulations** for more information, or a booking form, or go to the web site.

Royal Parks, Palaces and the River

On Sunday **May 15th 2011** we are organising a day walk that will explore the River Thames between Hampton Court and Richmond. The walk will include a section of the Thames Path, Richmond Park and Bushey Park.

Coach pick-up will be from Horsham Rail Station.

Numbers will be limited and at the time of writing the walk is over 50% booked already.

Contact **Per-Rambulations** for a booking form or go onto the web site where one can be downloaded.

It promises to be a great fun day out along London's riverside.

1066 Country of Castles and Conquerors

The **Per-Rambulations** main event for 2011 will be an exploration of an area of the south east we have long had our eyes on. The four day event will take in most of the '1066 Country Walk' plus some extra areas we feel will add to the experience.

So the walk will take in places such as Rye, Winchelsea, Battle, Hastings, Herstmonceux and Pevensey.

We appreciate the coach journey on at least one day will be a little longer than what is normal but it'll be worth it.

The dates for your 2011 diary are **September 10th & 11th and 25th & 26th**. Full details and booking forms available soon.

Annual South Downs Way walk

The annual 9-day *South Downs Way* walk this year takes place between 10th and 18th June, this year from Eastbourne to Winchester.

Peter, myself, Cathy and Don will all be accompanying the walkers along the trail once again as part of Keith's **Footprints** Team. If you are interested write to:

Footprints of Sussex, Pear Tree Cottage, Jarvis Lane, Steyning, West Sussex, BN44 3GL
or go on line for further information and a booking form at www.southdownsway.com

The 2010 Food and Countryside Festival

A joint venture between Per-Rambulations, Footprints and Whites of Steyning resulted in the Food and Countryside Festival taking place during early October. The Festival was supported by West Sussex County Council, the West Sussex County Times and Regatta Outdoor Clothing.

With the demise of the annual West Sussex Walking Festival after seven years which had given walkers an opportunity to see different parts of their County, the Festival was seen as a way of not allowing the Festival to disappear from the calendar.

Twelve walks were offered over the three days and many of the walks visited some of the County's farms and food producers to see and hear from those involved. 130 different walkers registered for the walks and the festival was blessed with some of the best weather October has seen for a long time.



On the Saturday a mini food fayre was laid on at Whites in the White Horse at Steyning and free tasting and samples of food and drink were available at the end of the days walk.

On Sunday most of the walkers assembled for a post-walk bar-be-cue and drinks at the White Horse and good food was enjoyed in brilliant afternoon sunshine.



Regatta Outdoor Clothing presented prizes to three lucky walkers of a 'goody' bag which each contained a rucksack, a sock-pack and a hat.

And so what about 2011.....

Financial restrictions are threatening the staging of a 2011 Walking Festival but all I can say at this point in time is that with Footprints we are already working around those problems and hope to be in a position to make an announcement soon. It would be a shame to lose the Festival and I know of six ladies from the Hastings area who would be very disappointed indeed!

OLD SURREY CROSSING

The main **Per-Rambulations** event for 2010 did not disappoint. The walk took us across the county of Surrey from Runnymede to Haslemere a distance of about 45 miles. Nearly 50 of us enjoyed two glorious weekends during September.

The landscape varied from day to day with the opening day taking in the Thames riverside, the Runnymede Memorials, Windsor Great Park and Virginia Water. Day Two was all change as we crossed the heathland of Chobham Common to Pirbright. On Day Three we crossed the Hogs back and the North Downs before descending into the Wey Valley and Godalming. The final day we gradually ascended onto and over Hindhead Common before completing the journey in Haslemere. Each weekend a challenging quiz was organised and the lucky winners were each presented with a *Scarpa* boot bag kindly donated by **Global Adventurer**, the outdoor shop in Forest Row (www.globaladventurer.co.uk)



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