



Per-Rambulations

PER-RAMBULATIONS

NEWSLETTER

Number One

Winter 2008

In This Issue of the Per-Rambulations Newsletter.....

- ◆ *Welcome*
- ◆ *Brief History*
- ◆ *The Team*
- ◆ *The story so far*
- ◆ *web site*
- ◆ *The story of 2008*
- ◆ *Global Adventurer*
- ◆ *Future Walks*

Welcome to the very first *Newsletter* from **Per-Rambulations**. We have decided to go to print to bring news to our walking friends of where we are going in the forthcoming months, to remind all where we have been and to bring news of other ideas and plans.

We want to actively encourage you to get involved with those plans and hope to hear from some of you concerning your ideas on where we should or could, possibly be going. We will welcome comments and thoughts on all these matters.

This very first *Newsletter* will also give you a potted history of how **Per-Rambulations** came to exist and who we really are?

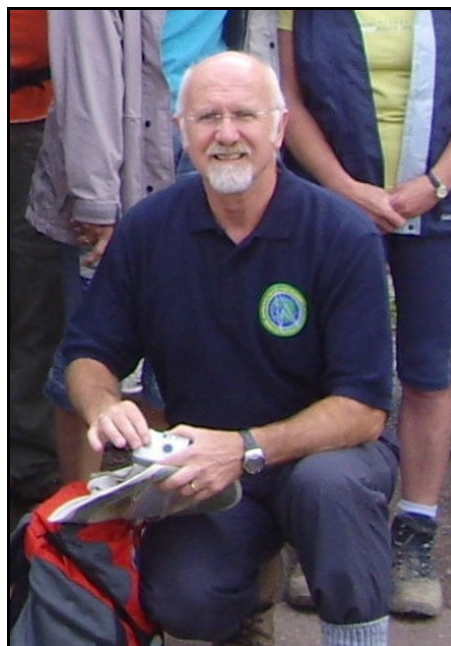
The *Newsletter* will be available in hard copy form but we hope to be able to utilise the electronic mail system now available to many of us. That distribution will of course require the communication choice and details from you all. Over the forthcoming months we will be gaining from you your agreement and your preferred communication means and details.

So we hope you enjoy our first venture into regularly communicating with all the real friends and acquaintances we have made in recent years. We hope this *Newsletter* will help us all continue to enjoy our walking ventures into the Sussex countryside and beyond.

Terry & Peter

*"Above all do not
lose your desire to
walk.
Every day I walk
myself into a state
of well-being and
walk away from ev-
ery illness;
I have walked my-
self into my best
thoughts and I know
of no thought so
burdensome that
one cannot walk
away from it"*

Soren Kierkegaard



PER-RAMBULATIONS: THE HISTORY

Per-Rambulations were formed by Terry Owen and Peter Anderson in 1999. The aim was then to mark the Millennium by devising a trail around the borders of Tandridge in Surrey that could be both run and walked.

The meeting of minds and rucksacks had taken place a year earlier in 1998 when both found themselves part of a team developing and leading walks initially in the Surrey Hills with an organisation, based in Dorking, named *Country Walks*. Thousands of miles, several pairs of boots and maybe a few pints of *Harveys* Sussex best bitter later, the idea of *Per-Rambulations* was born.

The fully waymarked 50 mile (80km) circular *Tandridge Border Path* was created with the support of the Surrey County Council and the Tandridge District Council. The opening was celebrated by the first *Per-Rambulation* event when in April 2000 over 40 walkers set off along the Path: a walk that progressed to complete the route during the months that followed.

Terry and Peter were fully aware of the enjoyment of walking and the positive benefits that it can bring, both physical and mental, but even in those days wanted to add interest by not only showing the path for walkers to follow but also pointing out some of what could be seen on the way and explaining some of the background through which the path passed. This led to their first publication, the *Tandridge Border Path* guidebook. They count this as coming from their *Naive Period*.

Things have moved a long way since then. That trail led to two more: that publication has been joined by four more: and *Per-Rambulations* now runs an annual walking event. They are constantly walking, creating, researching and writing up new routes for forthcoming projects and events. Although Terry and Peter are the core members of *Per-Rambulations*, they can call on an experienced support team when needed.

In April 2005 three years work culminated with the opening of the *Sussex Ouse Valley Way*. The formal opening was followed by an inaugural walk involving 110 walkers led and escorted by the *Per-Rambulations* Team. The 42 mile (67km) *Way* was developed with the support and encouragement of the East and West Sussex County Councils and the South Downs Conservation Board (as it was then). It broadly follows the River Ouse and its valley from quiet beginnings close to Horsham to the sea at Seaford Bay passing through the rich diversity of the Sussex landscape. It too is fully waymarked.

Per-Rambulations published a guidebook written by Terry and Peter for which Ray Mears, the bushcraft expert, TV presenter and author wrote the foreword. The guidebook, now in a revised reprint version, has sold to thousands and the *Way* is proving a very popular long distance footpath. *HF Walking Holidays* now regularly feature it as a walking holiday with Terry leading the walk. A series of 15 Circular Walks based upon the *Way* was developed in 2006.

Also in 2006 the well received book, *A Companion on the South Downs Way* was written and published. It is not a guide as such but is intended to set the scene rather than show the way. There are few route descriptions other than when there might be confusion. In the words of Dr Peter Brandon, a leading authority on the South Downs and President of the South Downs Society, in his foreword, "The object of the author and the photographer is quite simple - to help us indulge in the pleasure of setting out on foot on the long distance path between Eastbourne and Winchester known as the South Downs Way"

The *Per-Rambulations* event for 2006 was a 40 mile (65km) figure of eight walk involving 50 walkers on and across Ashdown Forest. It was taken in the usual easy stages on four days over two weekends. It led to a slender volume, *An Ashdown Forest Perambulation* and the present consultation with the Conservators of Ashdown Forest over a revision of some of the Conservators walks on the Forest.

After more than three years the *West Sussex Literary Trail*, developed jointly with *Footprints of Sussex*, was formally opened in April 2007. The Trail is 55 miles (88.5km) long and runs from Horsham, the birthplace of Shelley, to Chichester with connections that include Keats and William Blake. Some of the many varied literary associations, some better known than others, are taken in on the way. The opening was immediately followed by an inaugural walk involving 100 walkers over five days. A guidebook to which Peter contributed the literary notes was published by *Per-Rambulations* to coincide with the opening.

The 2007 event was to re-walk the *Sussex Ouse Valley Way* over two weekends in September.

Terry and Peter lead walks for the two County Council walking programmes, *Exploring East Sussex* and *Exploring West Sussex*. Terry leads walks for *HF Walking Holidays* and he is the *Field Advisor* for their centre based in Sussex at *Abingworth Hall*, Thakeham. Peter is involved with the *Walking for Health* initiative run by Horsham District Council. They are both regular *Footprints of Sussex* Team members during the annual 9-day *South Downs Way* walking event and since 2003 have contributed walks to the annual *West Sussex Walking Festival*.

Both make the occasional outing onto the local talk circuit AND sometimes they have been known to go walking in their spare time because that is what they do.

THE PER-RAMBULATIONS 'TEAM'

Originally gathered together for the Inaugural Walk of the *Sussex Ouse Valley Way* in 2005 the **Team** have been with *Per-Rambulations* for most of their walking events.

With a wide range of experience in walking and outdoor activities the Team are Cathy Owen, Graeme Pratt, Lesley Ellway, David Madin and Elva Pratt.

The Team are shown here 'relaxing' at the completion of the *Ashdown Forest Perambulation* in 2006.



The Story of 2008

+++++

No new publication has emerged from the pen, camera and keyboards of *Per-Rambulations* during 2008. Instead the year has seen them involved in what seems like continuous walking events.

During April, in a joint venture with *Footprints of Sussex* saw over forty walkers discover new routes developed along four of the Sussex rivers in the *Afoot in Four Rivers* event. The Cuckmere, Ouse, Rother and Arun were explored over four days.



If its June then it must be the *South Downs Way*. So for the seventh year running Terry and Peter became part of the support Team for *Footprints of Sussex* during the 9-day walk from Winchester to Eastbourne. And as if they had not seen enough of the Downs (can you ever see too much of the South Downs?), they also supported *Festival Walks* during the *South Downs Way - In Stages* walking event throughout the summer.

Two weekends in September saw another new venture with the *Three Counties Walk*. Four newly developed and linked routes through Surrey, West Sussex and Hampshire were enjoyed in brilliant late summer sun by 35 walkers.



The final day involved some challenging ascents some of the Hampshire Hangers with names such as *Shoulder of Mutton Hill* and *Noar Hill* before the descent into Selbourne down the *Zig-Zag Path*.

Peter's *idiosyncratic thoughts of the day* have now become a regular feature of walks with *Per-Rambulations*, and each day his unique knowledge

of the countryside and especially its literary connections was enjoyed during moments of rest and refreshment on the way.

A new collaboration between *Per-Rambulations* and *Global Adventurer*, the walking/outdoor specialist of Forest Row began in August (something that is reported in full overleaf)

WEB-SITE

Visit the *Per-Rambulations* web site to find out more, catch the latest news, order any publication or circular walk on:-

www.per-rambulations.co.uk

Mailing List

Per-Rambulations have a mailing list that is used solely by them to contact those wishing to be kept in touch with future walk and walking event details.

Future editions of the Newsletter will be sent electronically to those with an e-mail address unless you instruct otherwise.

So ensure you are on the Mailing List to be kept informed.

FEEDBACK WANTED

We would always welcome comment and feedback following any *Per-Rambulations* walk you have been on.

Suggestions and ideas concerning where you would like to walk in the future either as a day walk or ideas for a two or four day walking event would also be welcome.

Do you want to explore a particular area? Tell us and we will do our best to provide an interesting and enjoyable walk for you or to be included in a future walking programme.

PER-RAMBULATIONS team up with GLOBAL ADVENTURER

Global Adventurer is a family-owned business established in 1983. They specialise in outdoor footwear, clothing and camping equipment and both Terry and Peter equip themselves there.

They can be found at The Square, Forest Row, RH18 5ES (tel:01342-825069)

In August a joint venture, to encourage country walking in and around Forest Row in East Sussex, began with a 6-mile 'Inaugural Walk' onto Ashdown Forest from the shop. Over 50 walkers took part (seen below at the start), despite some rather inclement weather conditions. It seemed to both parties involved that there was a demand for a walking group in the area. This became further apparent when questionnaires completed by the walkers were analysed.

The second walk, entitled 'Onto the Forest' was held on 12th October in beautiful sunshine. It attracted an amazing 63 walkers. The 7-mile walk explored the southern slopes of the Forest passing four of the Forests



Scots Pine Clumps on the way and visiting the remains of the Roman Road, the Airmans Memorial and Nutley windmill. Light refreshments were again provided by **Global Adventurer**.

Anyone is welcome to come along and join this new group and will be entitled to a 10% discount card for use on selected purchases at **Global Adventurer**. The walks are free of charge and are lead by **Per-Rambulations**. Further walks are planned and are listed below with other walks listed in the current *Exploring West and East Sussex* walking programmes.

PER-RAMBULATIONS Future Walks

(For details call or visit the web site)

- Sun 25th Jan 10am** 'Racing and Royalty at Goodwood' *Exploring West Sussex* - 8 miles - meet Counters Gate car park, Goodwood.
- Sun 8th Feb 10am** 'Winter on the Forest' with **Global Adventurer** - 7 miles - meet Broadstone car park, Ashdown Forest.
- Sun 29th Mar 10am** 'Slip away from Horsham on the Literary Trail' *Exploring West Sussex* - 10 miles meet - Shelley Fountain, Horsham.
- Sun 26th April 10am** 'Perambulating Ditchling Common' *Exploring East Sussex* - 6 miles - meet Ditchling Common Country Park car park.
- Sun 3rd May 10am** 'Spring on heath and in wood' with **Global Adventurer** - 7 miles - meet Red House Common car park, Warrs Hill Lane, North Chailey.
- Sun 5th July 10am** 'A Pooh Perambulation' with **Global Adventurer** - 6 miles - meet Gills lap car park, Ashdown Forest.

'MOLE TO MEDWAY' (The Heart of the Greensand Way)

September 5th, 6th, 19th & 20th 2009

In the search to provide quality walking in places new to some but not so far away Per-Rambulations have chosen for their main 2009 event 42-miles of the splendid mid-section of the Greensand Way in Surrey and Kent.

Full details and booking form from members of the Per-Rambulations team, from Global Adventurer or on the Per-Rambulations website. Booking is essential as numbers will be limited.

"A POOR LIFE THIS IF, FULL OF CARE, WE HAVE NO TIME TO STAND AND STARE"

William Henry Davies 'Leisure'



Per-Rambulations

Per-Rambulations

Larkshill,

Cranston Road, East Grinstead,

West Sussex, RH19 3HL

tel: 01342-315786 / e-mail: larkshill@btinternet.com



Per-Rambulations