



PER-RAMBULATIONS

NEWSLETTER

SPRING 2015

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Oscar

Junior Per-Rambulator

In the last Newsletter I reported news of young Oscar Anderson, Peter's Grandson, and his ventures out with our walking group.

Well since then he has suffered a broken bone in his leg after falling at school.

I am happy to report that he has made a full recovery and we hope to see him out with us once again in the near future.

WHY DO YOU WALK ?

Ask yourself, why do I walk? What drives you throughout the year in all weathers and through all potentially difficult underfoot conditions, to come out walking?

I asked myself the question recently whilst leading one of the Discovering Sussex walks across the beautiful Sussex countryside which at the time was basking in wonderful spring sunshine and coming alive with primroses, bluebells and wood anemones. Newly-arrived Swallows and House Martins flew excitably and swiftly around us and the trees were gradually regaining their fresh green foliage.

The answer was easy for me. I realised once again, for I go through the same emotions every year, that I love walking to experience another spring as our migrant birds return to our shores and our countryside changes colour as it awakens from another winter. It is surely the best time of the year?

I walk for many other reasons of course. I enjoy discovering new footpaths, exploring quiet villages and visiting a church not previously visited. I also walk to retain a reasonable level of fitness, to get some fresh air, to meet old friends and make new ones and now and then perhaps discuss and solve all the problems of the world. I also enjoy a pint of Harvey's ale when the walking stops.

It started me thinking I wonder why everyone else comes walking, what persuades you to come out on Sunday mornings in all kinds of weather to walk with Per-Rambulations or Footprints. Probably for many of the reasons I have listed.

So just ask yourself, why do I walk?

Terry (May 2015)



Lunch being taken in brilliant April sunshine on The Devil's Humps high above Kingley Vale.

(Another reason to go walking perhaps?)

South Downs Way 2015

Not long now before the 36th annual South Downs Way walk takes place. This year its Eastbourne to Winchester and sees the walk start for the first time on a Saturday, the 6th June, and finish 9 days later on Sunday 14th June.

So if you have never joined us on this great walk across our County along the Downs, or have not joined us for a few years, there are still places left at all four of the coach pick ups, Shoreham, Worthing, Arundel or Chichester.

Visit the web site on www.southdownsway.com or contact Footprints of Sussex on 01903-813381 or info@footprintsofsussex.co.uk

It is the only way to do the South Downs Way and it never ceases to be a great 9 days of walking and a lot of fun.



Margret, Laura, Lynda and Dolly enjoying the afternoon sunshine during an afternoon break on Day 3 of the Sussex Ouse Valley Anniversary walk near Barcombe Church.

Discovering Sussex—Summer Programme

We are now well into the summer programme of **Discovering Sussex** walks and on the opposite page you can see at a glance what we have on offer through to September. What is not shown in that list is just how many of the walks offer the possibility of tea/coffee and cakes, or something a little stronger, at the end of the walk. I believe this is pure co-incidence but I am surely something we could all get used to.

This includes another visit to see the exhibits in this years Scarecrow Competition in Motts Mill. This will be our third walk into this remote community to see the efforts of the locals and to be treated with teas and coffees and home-made cakes courtesy of Graeme and Lesley at Sherlock Cottage, the Scarecrow Headquarters.

This years walk will take a new route into Motts Mill from the north eastern slopes of Ashdown Forest.

TUNBRIDGE WELLS CIRCULAR WALK

Over the weekend of Saturday 12th and Sunday 13th September we are organising a 24 mile walk around Tunbridge wells along the T.W. Circular Walk.

The walk takes in some of the wonderful High Weal countryside and passes through Eridge Park, Groombridge, Speldhurst, Old Pembury and Frant whilst crossing between East Sussex and Kent.

Coach pick up will be from Horsham Park & Ride and Horsham Station.

The cost is £49 per person and that includes light refreshments at the start and finish of the walk.

Numbers will obviously be limited and as I write there are only a few places left.

I will start a reserve list once the maximum figure is reached but to be sure to be on this special walk get in touch with us as soon as possible.

A booking form can be downloaded from our web site. Join us?

Two little refreshment gems

Following on from the subject of tea/coffee refreshment venues mentioned above and as featured in walks within the Discovering Sussex summer walk programme, two of the venues will definitely feature again. Both offered suitable parking facilities and a choice of walking circuits.

The Forge in Slindon visited in April offers great refreshments and also doubles up as a village shop.

Wayside Farm in Pyecombe we visited in May. Great off road parking just off the A23 and in the heart of down land they opened up early for us to use the facilities and have a coffee before the walk. After the walk they offered all day breakfasts (something yours truly took advantage of!) as well as home made cakes and other snacks. The farm shop also sells local produce and offers great surroundings for relaxing after a strenuous walk over the Downs. We will return!

Goodbye to HF

After sixteen years leading walks for HF Walking Holidays in Sussex, the Cotswolds, Derbyshire, Dorset, the Isle of Wight and Cornwall yours truly has decided to hang up my boots as far as being a HF Leader is concerned. I have also passed on my responsibility as Field Advisor at their House at Abingworth Hall in Thakeham. So you now have my undivided attention!

But I am continuing my association with the company and with Abingworth Hall and I can be found delivering my slideshow / talk to new guests at the House throughout the walking season.

SUSSEX OUSE VALLEY WAY—10th ANNIVERSARY WALK

To celebrate the ten years since we developed and launched the 42 mile Sussex Ouse Valley Way long distance footpath with the inaugural walk, nearly fifty of us, as opposed to the 110 that took part in the event in 2005, have recently walked the length of the path over two weekends.

Of those taking part this time around only six were on the inaugural walk so the route was new to most. But nothing much has changed over the ten years, it is still a great walk and the four days offer up four different landscapes and scenery.

Day 1 got off to a damp start after teas and coffees at Lower Beeding Village Hall but within the hour the sun was out and at lunchtime on Staplefield village green we sat in the sunshine. The Balcombe, or Ouse Valley Viaduct, never ceases to amaze as the route took us beneath this wonderful 170 year old structure that carries the London to Brighton railway across the Ouse valley. The longest day finished at Ardingly Reservoir where we all enjoyed teas, coffees and ice creams.

Day 2 saw us return to the café at Ardingly before setting off in sunshine as we continued our journey east broadly following the Ouse through Lindfield, and across the border into East Sussex after lunch. That was taken in beautiful woodland close to Freshfield surrounded by young bluebells. Passing Sheffield Park Bluebell Line railway we followed the Ouse closely for a while and found the remains of Iron Gate lock, one of 19 locks that once existed along the Ouse Navigation. We completed Day 2 in Newick, the half way point, in time for a refreshing drink at one of the pubs in the village.

The second weekend and Day 3 started at Newick and we were treated to teas and coffees and plates of biscuits by the Newick Amateur Dramatic Society in the village hall before setting off. In a mile or so we reached a now maturing Ouse. After pausing to view the stunning Sutton Hall weir we reached Isfield lock currently under restoration by the Sussex Ouse Restoration Trust. There we were greeted by Ted Lintott, the project manager who gave us a brief but interesting talk about the lock and the work being carried out there.

Continuing to follow the river we reached The anchor Inn where lunch was taken in the sunshine. After lunch we passed through Barcombe Mills, with its web of water courses and ancient bridges, a legacy of the many water mills that once utilized the power of the Ouse in the area.

The end of the day saw us follow the Ouse into the county town of Lewes where we enjoyed a pint in the John Harvey Tavern or a tea in Bill's.

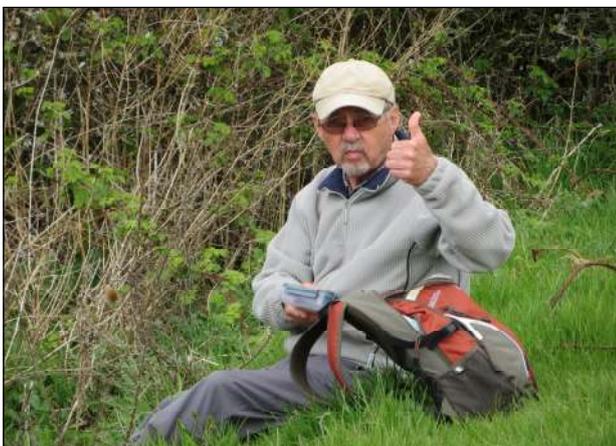
The final day of the walk took us out of Lewes alongside the Ouse for nearly 4 miles before reaching Rodmell, passing Monk's House, the home of Virginia Wolfe until 1941 when she walked into the river and drowned herself. Lunch was taken on the picturesque South-east village green by the round towered church, one of three such churches in the Ouse Valley.



Passing beneath the Balcombe Viaduct

After lunch we followed the river again, briefly ascending a viewpoint to reflect on where we had walked from and reached Piddinghoe. We then followed the river into Newhaven and then walked across the remains of the Tidemills, once a thriving and industrious village, where the miller William Catt operated this most successful of operations.

On reaching Seaford Bay and the sea we had completed the journey from Lower Beeding. Before returning we stopped off at the newly-opened Itford South Downs Youth Hostel where we enjoyed sandwiches and cakes and a refreshing drink to celebrate our walk. All those on the walk was presented with a special certificate, the quiz winners were announced and prizes awarded. It was then time to return home after our walk down the Sussex Ouse Valley.



All seems well with Barry



Ouse Bluebells

Where do you want to walk?

We try hard not to repeat too many of our walks and are constantly striving to discover new paths and walks. One look at Dave Kent's maps will give you some indication of where we have been over the years!

For those who have not had the pleasure, Dave highlights the routes on his OS maps after each walk.

I have looked at his maps to try to see where we haven't been walking and the gaps that show up are usually in areas where there are no rights of way or get a little too close to a main road. So selecting a new area is almost impossible, or is it?

If you feel there are places we should go too or would like us to return to, repeating a walk or exploring a different route, then please do not be shy, just mention it to us when we see you next.

Some of you already do this and indeed in the current programme two walks were requests, the beautiful walk in Kingley Vale that we did in April and the forthcoming 'repeat' walk from Stanmer Park in July are both special requests. So we do listen and take note.

I am also open to any short article that anyone would like to be considered for inclusion in a future Newsletter.



After completing the four days of the Sussex Ouse Valley 10 year Anniversary walk **Gillian Littlechild and Peter Wise** were rewarded at the post walk reception held in the Courtyard café at Itford Youth Hostel.....why? Both turned up on Day One wearing an original S.O.V.W. fleece and continued to wear the special fleece throughout the walk. Cathy and myself also wore our fleeces and I was able to answer my many doubters as to whether I would still fit into mine after 10 years of good living and post-walking beers. It fitted perfectly but has been put away with moth balls for another 10 years. How many of you are up for walking the 20th Anniversary walk of the S.O.V.W. in 2025? We are NOT taking bookings yet!

MORE OLD WAYS

More words of wisdom from S.P.B.Mias and his 1930's publication 'Southern Rambles' and here is what he had to say about 'SPEED'always a problem for a walking group Leader.

"I am always meeting people (non-walkers) who imagine that four miles an hour is an average walking pace. If you average four miles an hour it usually means that you are missing all the side-shows. Try yourself out between two mile stones and if it takes you less than a quarter of an hour you might as well be in a car for all the good you're getting out of it. And on field paths you ought never to cover more than three miles in the hour. I say this by way of warning to all people who, like myself, are given to walk alone, for the tendency is to gather momentum as one goes along, and as the day goes onto charge like a bull through everything, looking neither to the left nor right, which is bad both for the mind and the body".

Mias then quotes Stephen Graham.

"It is a pleasure to meet the man who has learned the art of going slowly, the man who disdains not to linger in the happy morning hours, to listen, to watch, to exist.....fallen trees are to be sat on, laddered trees to climb....nests to be looked into, songbirds to hear, falcons to be watched.....the grand desideratum is to have found a agreeable spot--'we can put in forty minutes here! - my friend, HOURS!"

Now whilst I totally agree with his approach to speed, I am not sure just how many in a Per-Rambulations walking group would appreciate stopping to climb 'a laddered tree', and we certainly should not go around 'looking into nests'.

DATES AT A GLANCE

(Details in the Discovering Sussex Summer 2015 programme)

21st June South Ashdown Forest 28th June Loxwood / The Canal
5th July Ashurst 26th July Stanmer Park
9th August Slaugham 23rd August Shermanbury & The Adur
20th September Lodsworth / Serpent Trail 27th September Motts Mill Scarecrows



PER-RAMBULATIONS

The Gate House, 25 Warnham Road, Goring By Sea, West Sussex, BN12 4LL

Tel: 01903-246339 e: larkshill@btinternet.com

www.per-rambulations.co.uk

