



**LONG DISTANCE WALKERS ASSOCIATION
AIM: TO FURTHER THE INTERESTS OF THOSE
WHO ENJOY LONG DISTANCE WALKING**

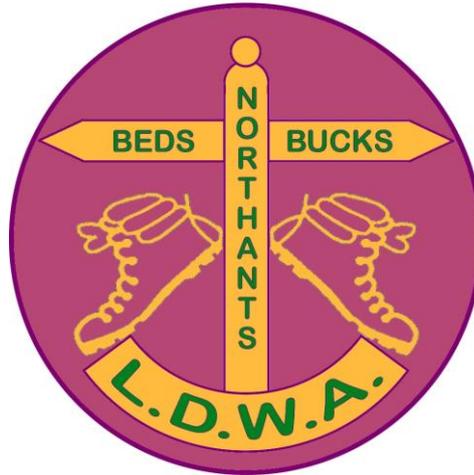
BEDS, BUCKS & NORTHANTS GROUP

NEWSLETTER

AUTUMN 2015



HAVE A GREAT DAY OUT, WALK WITH BBN
www.ldwa.org.uk/bedsbucksandnorthants



NOTICE OF ANNUAL GENERAL MEETING

**LONG DISTANCE WALKERS ASSOCIATION
BEDS, BUCKS & NORTHANTS GROUP
ANNUAL GENERAL MEETING
SUNDAY 29TH NOVEMBER 2015 AT 2 PM**

**BROUGHTON VILLAGE HALL,
BROUGHTON, NORTHANTS NN14 1ND**

Contact details for 2015 committee members are shown
on the last page of the Newsletter.

**LONGER WINTER WALKS
Remember to take your torch**

CHAIRMAN'S CHATTER

For those of you who are regular readers of this chatter column you may have noticed it starts with a common theme. It is normally bemoaning the epic struggle but ultimate failure of Liverpool FC or the England Football team in the Premier League or a major tournament. I'm writing this the morning after the England team's exit from the Rugby World Cup....Plus ça change, plus la meme chose.....Phil!

The summer has been full of highlights and lowlights. A lowlight was the passing of Kathy LoRaso a well known figure in the LDWA and partner of my predecessor Nigel Schofield. Several London Group and BBN members attended the funeral in London and the burial in GreenAcres Woodland Burials (near Gerrards Cross) to honour her memory and support Nigel. It was a fine day for such a sad occasion.

It has been good to see Nigel out on events such as the Litton Cheney weekend and the Shotley Peninsular 50 keeping himself active to cope with this traumatic event. Our thoughts are with you.

The group has been active on challenge and social walks. Alan Leadbetter organised the first From Here to There and Back which attracted 106 starters on the 5th July. The weather was kind to the walkers with only a few showers towards the end. The bread pudding and flapjack went down a treat and, with one retirement and many helpers, the entrants were adequately supported. The comments on the LDWA Facebook page were very favourable. Well done to Alan for coming up with the idea and making it a reality.

The event will be held again next year and, along with the Pick & Mix and the Steppingley Step will mean BBN has a full programme in 2016.

A highlight of the group's Social Walks programme was a weekend at Litton Cheney Youth Hostel in Dorset enjoyed by 26 members and brilliantly organised by our BBN members in exile John Cheshier and Jan Williams. With delightful weather, beautiful scenery (and cream teas!) and walks of varying lengths we were very lucky. The varying walk lengths meant Ian Sage, Lucy Tink and I went to Broadchurch and could sit on the sea wall with our ice creams!

The White Horse Inn next door did a particularly roaring trade from us and the highlight of the weekend was watching the Last Night of the Proms (complete with amusing subtitles for the classical opera pieces). When singing the National Anthem I realised I didn't know the second verse! How many of us do? Answers please.....and I don't mean answers from Google!

To paraphrase the television announcers, what original BBN drama do we have coming up in the autumn?

The Sundon Saunter in November is our next Challenge Event and this is now a well-established part of the triple series with the Steppingley Step and Shillington Shuffle. Merrian has put in a request for helpers in her latest news update. As I've said repeatedly, it is just as good from the other side of the desk helping fellow walkers and friends to complete the event. As it's in November if you help it will probably be drier and warmer!

Mentioning Merrian as I've also said repeatedly she is stepping down as Secretary/Web Mistress (?) at this forthcoming AGM along with Lynn Yorston and Dee Brockway. They have all contributed immensely to BBN and helped establish our reputation as being an excellent group. If anyone is interested in the Secretary's position then please contact M or myself. It is an important part of the group and anyone who volunteers for it will receive a lot of help. We don't do AA or RAC levels of support but get pretty close!

Reference social walks, at a recent committee meeting we did away with posting out the Social Walk Attendance forms on which walk leaders recorded the number of attendees on walks and record next of kin details. Since then the information supplied to Dee has completely dried up.....

Please can social walk organisers please help the new walks secretary by emailing them numbers on each walk? As most of us are online a lot of the time a quick email with numbers will be sufficient. This helps with facts and figures at the Group AGM and helps the committee know what's popular and what's not!

The Group AGM is on Sunday 29th November and this promises to be an interesting one. With the retirement of the aforementioned committee members and the adoption of a new group constitution (which has generated some committee debate and heartache!) it is important that members turn up. This is your group and your constitution and affects how our hobby is organised. We will again subsidise the meal of all those members who turn up for the walk and stay for the AGM. Okay that's the bribery and corruption bit out of the way.....

That's all I've got to say for now so, as I said in my last column, please remember that when you're out with BBN friends on a national trail, social walk or Challenge Event that you might walk on but YNWA....



Good Walking!

Norman Corrin

Committee Positions

As mentioned in my Chairman's Chatter there will be a few changes on the group committee at the 2015 BBN AGM.

Merrian Lancaster will be stepping down as Secretary and from the committee after a very commendable 3 years in the post plus a couple of years before that as a committee member. The Secretary's position is a crucial one in the group as he/she is the public contact for anyone interested in finding out about the LDWA and also for liaising with other walking groups.

She has also looked after the BBN website for some time whilst combining this with the Secretary's role and has been the Local Group Rep for BBN, although this has currently been taken over by Alan Leadbetter.

Merrian has quite rightly managed to delegate a lot of this work to other committee members and the job although busy can be very satisfying. We introduced a rule at the 2012 AGM about limiting the roles of the 3 main posts (Chair, Secretary and Treasurer) to 5 years. So if anyone is interested in taking the job you're not committing yourself for life. There would be light at the end of the tunneleventually!

Dee Brockway is stepping down as BBN Social Walks Secretary after some 9 years of pleading, cajoling (don't remember threatening.....) for walk leaders. Again this is an important position that needs to be filled.

Lynn Yorston will be stepping down as Merchandise and Equipment Officer after 9 or 10 years in the role and she has really excelled herself in sourcing new kit (Hi-Vis Vests, T-Shirts, Crockery, Cutlery.....the list is endless). She has said she will be willing to carry on but not as a member of the committee if no one else comes forward.

There are many people in the group who have played huge parts in contributing to the excellent reputation that BBN has amongst the other groups in the LDWA. This is not without some time and commitment and it is unrealistic and unfair to expect the same people to carry on forever.

So as I mentioned at the start changes are afoot.... A committee post can be as fulfilling and time consuming as you wish to make it.....or not....

For those of us of a certain age we can remember that a Double Diamond works wonders, well so does Delegation. We're not after people to spend long hours in front of a screen (unless you wish to!) but just to put something back into this fine group. You would receive a lot of advice and assistance from existing and previous committee members.

If anyone is interested in standing for a committee post and wants to know more please contact either myself or Merrian...

Norman Corrin

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Steve Clark's Photos

Steve Clark has a Flickr site and regularly adds photos from BBN walks. If you hover the mouse over a photo, the name of the walk is displayed. Use the following link because it will take you directly to Steve's albums, which very neatly group his photos.

<http://www.flickr.com/photos/131244540@N07/albums>

Wendover Gap Anytime Challenge

The 26 and 15 miles routes of the Wendover Gap are now available as an Anytime Challenge. The routes can be printed off from the BBN website, where there is also information on how to claim a certificate and badge.

MERRIAN'S MISCELLANY

As I've said for ages, I will be standing down from the committee at the AGM in November this year. I'm very slow, my machine is very slow and I make lots of mistakes so everything takes longer than it should. Also, I can't stop myself offering to do things. I have considered whether I could pare the role down to a minimum, but know I couldn't. Norman, Gill and the other members of the committee already do a huge amount to help, they need others to do a bit please.

At the time of writing this, no-one has volunteered to help with anything. Please consider whether you could do something, maybe just for a few months. Here are some of the things that you could help out with.

- Receive and distribute spare copies of Strider.
- Receive and respond to emails from potential members.
- Receive and respond to phone calls from potential members.
- Take photos on social walks and load onto website.
- Receive and respond to communications from LDWA NEC.
- Produce BBN badges.
- Receive other photos and load onto website.
- Update website with latest news - messages from LDWA NEC, messages from BBN committee members, updates about social walks, details of committee meetings, notes from social walks and BBN events.
- Notify members of latest news.
- Help co-ordinate BBN checkpoints on 100.
- Help organise SSS events.
- Provide refreshments on Santa's walk.
- Provide refreshments on SSS marshals' walk.

Merrian Lancaster

T: 01908 642803

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GROUP WALKS

Hooray...after going into panic mode (mostly my own fault as I started my 'not so gentle' persuasion tactics far too late), our wonderful walk leaders have responded to my pitiful pleas resulting in a very full weekend walks programme for January to April 2016.

Having left 6th and 20th March free to accommodate the Pick and Mix marshals' walk and the challenge event, our members will now be able to enjoy a BBN social walk on no fewer than **13** of the other **16** weekends.....wow! On request, volunteers happily changed their preferred walk dates, as I juggled to fit them all into the diary. I only had to decline one kind offer, but of course I have secured a promise from the leader that he will merely defer it to the next programme. Thanks to Gordon for co-ordinating the Thursday programme.

At this point I usually continue by saying "I am now starting on the programme for May to August 2016. Please contact me asap to book a date to lead *your* walk, with the usual final details required by 10th January 2016 please". This year it must read "please contact me or, *after our AGM, the new social walks secretary*".....

..... After 8 years (or is it 9?) I have finally decided I am not going to stand for re-election. Rest assured, I will give all the assistance, copies of past programmes, spread sheets etc to the new social walks secretary who can then, most probably, find much better ways of producing the whole thing.

Thanks to Sylvie who handed over the ropes to me, to Gill for her never ending support, proof reading and tactful correction of my numerous errors, Gordon and, before him John Nickerson, for co-ordinating the Thursday programme and all the wonderful people I have enjoyed coffee, cake and working with on the various BBN committees.

Of course the final big, big thank you must go to all the BBN members who have led a walk for the group over the past 9 years. If they continue to give so freely of their time and use their own initiatives to offer such a variety of good quality walks, my successor will have a relatively easy, and most certainly enjoyable, job to do.

Cheers

Dee Brockway
Social Walks Secretary

**LDWA : BEDS BUCKS NORTHANTS GROUP : ANNUAL GENERAL MEETING
SUNDAY 29TH NOVEMBER 2015 AT 2 PM
BROUGHTON VILLAGE HALL, GATE LANE, BROUGHTON,
NORTHANTS NN14 1ND
AGENDA**

- 1. Apologies**
- 2. Minutes of the 2014 Annual General Meeting and Matters Arising**
- 3. Officers' Reports**
 - (a) Chairman
 - (b) Secretary
 - (c) Treasurer
 - (d) Membership
 - (e) Social Walks Secretary
(including Thursday Walks)
 - (f) Merchandising
Proposal to purchase BBN badges
 - (g) Equipment
 - (h) Webmaster
 - (i) Newsletter
 - (j) Local Groups Representative
- 4. Election of Officers**
 - (a) Chairman *Norman Corrin*
 - (b) Secretary
 - (c) Treasurer *Ian Sage*
 - (d) Social Walks Secretary
 - (e) Election of Committee Members *Chris Bent, Gill Bunker, Dave Findel-Hawkins, Alan Leadbetter, Mary Knight*
 - (f) Appointment of Committee Members to specific roles:
 - (i) Membership Secretary
 - (ii) Merchandising Secretary
 - (iii) Webmaster
 - (iv) Newsletter
 - (v) Local Groups Representative
 - (vi) Minute Secretary
 - (g) Cheque Signatories *Ian Sage, Norman Corrin*
- 5. Participation Fee for 2016** *Ian Sage*
- 6. Constitution** – *to approve revised constitution amended to comply with recent LDWA requirements*
- 7. Health and Safety/Insurance Issues** *Merrian Lancaster*
- 8. Donations/Projects** *Norman Corrin*
- 9. BBN Challenge Events**
 - (a) Shillington Shuffle 2014 *Gordon Shaughnessy*
 - (b) Chiltern Kanter 2015 *Norman Corrin*
 - (c) From Here To There and Back Again 2015 *Alan Leadbetter*
 - (d) Sundon Saunter 2015 *Dave Sedgley*
 - (e) Pick & Mix 2016 *Lynn Yorston*
 - (f) From Here To There and Back Again 2016 *Alan Leadbetter*
 - (g) Steppingley Step 2016 *Dave Findel-Hawkins*

10. **LDWA Hundreds** *Norman Corrin*
- (a) East Lancs 2015
 - (b) Dorset 2016
 - (c) North York Moors 2017
 - (d) Kent 2018
11. **Group Activities — Weekends — Social Events**
12. **A.O.B.**

***The Minutes of the 2014 AGM can be viewed on the BBN website.
The revised constitution will be available shortly.***

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The AGM is being held at Broughton Village Hall, Northants on Sunday 29th November at 2pm. There will be a 9 mile morning walk, led by Alan Leadbetter, followed by a meal at the nearby Red Lion P.H. There is a sample menu on the following page

The meal does not need to be ordered beforehand - it is a carvery type meal - but please let Gill Bunker know if you plan to eat so we can let the Red Lion know how many of us to expect.

As in 2014, the AGM meal will be subsidised with a £10 refund for all members who attend the meeting.



THE RED LION

7 HIGH STREET, BROUGHTON, NORTHANTS,
NN14 1NF
TEL: 01536 790239

SUNDAY 04TH OCTOBER 2015

STARTERS

HOMEMADE LEEK & POTATO SOUP

DEVILLED WHITEBAIT

SET ON A NEST OF SALAD WITH A WHOLEMEAL ROLL

BLACK PUDDING & TOMATO STACK

DRIZZLED WITH A BALSAMIC GLAZE

BRIXWORTH PATE

SERVED WITH WARM TOAST & CUMBERLAND SAUCE

BEER BATTERED MUSHROOMS

SERVED WITH A CREAMY GARLIC DIP

FAN OF HONEYDEW MELON

SERVED WITH RASPBERRY COULIS

MAINS

FROM THE CARVERY

ROAST BEEF, ROAST GAMMON, ROAST TURKEY

THAI GREEN CHICKEN SIZZLER

SERVED WITH RICE, CHIPS OR 1/2 & 1/2 IF PREFERRED

STEAK & KIDNEY PUDDING

A SUET PASTRY PUDDING FILLED WITH LEAN DICED BEEF & KIDNEY IN A RICH GRAVY

HOMEMADE CHEESY COTTAGE PIE

BATTERED HADDOCK FILLET

SERVED WITH CHIPS & MUSHY OR GARDEN PEAS

PORK & JALAPENO SAUSAGES

SERVED WITH FRIED EGG, CHIPS & BAKED BEANS

MASCARPONE & PROVENCAL TARTS (V)

A CHEESE PASTRY TART FILLED WITH A MASCARPONE CHEESE SAUCE, PROVENCAL TOMATO SAUCE, SUN BLUSHED TOMATO & GREEN PESTO

*ALL OF THE ABOVE ARE SERVED WITH A CHOICE OF CHIPS & SALAD OR POTATOES & VEGETABLES FROM THE CARVERY UNLESS OTHERWISE STATED.
IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS PLEASE LET US KNOW AND WE WILL DO ALL WE CAN TO HELP & ADVISE.*

PLEASE SEE OUR BLACKBOARD FOR THE DESSERTS OF THE DAY

1 COURSE £8.95, 2 COURSES £12.50 OR 3 COURSES £14.95

HOOKERS GET HIGH-VIS TOPS SO THEY'LL BE SEEN IN THE DARK

Prostitutes forced to swap miniskirts for high-vis jackets and trousers worn by road workers or face a £360 fine in a bid to improve highway safety in Italy

Their normal attire consists of high heels and mini-skirts, but prostitutes touting for business on roadsides in Italy have been ordered to start wearing glow-in-the-dark vests so that they can be spotted by passing motorists.

Sex workers who refuse to wear the luminous vests run the risk of being fined up to €500 (£360).

The order has been decreed by authorities in Spino d'Adda, a town just south of Milan, where working girls line up along busy main roads.

“Sex workers should be treated the same as road workers and obliged to wear clothes that render them more visible,” said Luciano Sinigaglia, the deputy mayor of the town

Motorists and pedestrians have complained that the sign is 'confusing', saying they don't know if it means to watch out for crossing hookers or if it means prostitutes operate in the area.





With thanks to Tommy Cooper

I went to the paper shop - it had blown away.

I went to buy some camouflage trousers the other day but I couldn't find any.

I bought some HP sauce the other day. It's costing me 6p a month for the next two years.

Last night I dreamed I ate a ten-pound marshmallow, and when I woke up the pillow was gone.

Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one and let the other one off.

Two fish in a tank, one says to the other - you drive, I'll man the guns.

A guy walks into a pub with a lump of asphalt on his shoulder. He says to the barman, give us a pint and one for the road.

I went to the doctors the other day and I said, 'Have you got anything for wind?' So he gave me a kite.

I went to the Doctors the other day, and he said, 'Go to Bournemouth, it's great for flu'. So I went, and I got it.

I cleaned the attic with the wife the other day. Now I can't get the cobwebs out of her hair.

A woman told her doctor 'I've got a bad back'. The doctor said, 'It's old age.' The woman said, 'I want a second opinion.' The doctor says, 'OK. you're ugly as well.'

A man walked into the doctor's. The doctor said 'I haven't seen you in a long time' The man replied, 'I know I've been ill'.

A man walked into the doctor's, he said 'I've hurt my arm in several places'. The doctor said 'Well don't go there any more'.

So I knocked on the door at this Bed & Breakfast and a lady stuck her head out of the window and said: 'What do you want', I said, 'I want to stay here'. She said, 'Well stay there' and shut the window.

Norman Corrin

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HAERVEJSMARCHEN
27TH-28TH JUNE 2015

The Haervejsmarchen (pronounced HairViceMartian meaning The Army Road March) is Northern Europe's largest mass participation event and this year was the 47th. It is held in Viborg in Jutland on the Danish mainland and is part of the International Marching League of non-competitive family friendly events. Between 6000 and 7000 take part.

Viborg means Holy Hill and for more than 600 years all Danish Kings had to be acclaimed at the Parliament, bringing prestige and glory to the city. Further prestige/glory was brought to Viborg this year when a quartet from LDWA/BBN namely Dennis Jacobs, Marcus Rogers, Stephen Coppin and I entered the event. A small group from BBN went in 2010 and I thought it was time we returned.

As with all IML walks there is a choice of distances, in this instance 45, 40, 30 or 20 Km. Dennis chose the 40 km, I did the 30 km and Marcus and Steve on the Saturday opted for the 20 km. The Saturday 20K walk is a carnival walk and they had met up with four Dutch friends who had brought up the fancy dress outfits. So they walked round as a 6 pack dressed as Beer Cans.....

The Danes on walks have a tradition of taking trolleys with them filled with clothing/food or in Saturday's example beer, Schnapps.....non-alcoholic drinks were not available! To quote Marcus, the carnival walk is for Drinkers who walk whereas the other routes are for Walkers who drink....It's not surprising that it took them 9 hours to do the 20K starting at 9. There were lots of photos of people wearing pretty outlandish outfits and I'm pleased Marcus took some shots as I don't think he can remember much of the walk!

After reading this article Marcus did correct me....it was 8 hours to do 20K not 9 hours. Sorry Marcus!

The organisers provide an option for accommodation of staying in a sports hall with food provided from Friday night to Monday morning, but you have to take a sleeping bag and air bed. After his 2010 experiences, that's why Dennis opted for a hotel for him and his family in Viborg centre!

The normal walks started between 0500 & 0700 and after very little sleep in the hall and a continental breakfast in the Beer Tent, I set off on the 30K route at 0615-ish. Dennis was long gone by then. The route took us out on the highway separating the North and South Lakes of Viborg (beautifully serene and calm) at that time of the day. On LDWA events a lot of us set off wearing very modern outdoor gear, so it was refreshing to see several Danes passing by wearing trainers, old jackets with an umbrella slung across their backs.

Checkpoints were between 6 and 8K apart and we reached the first at Bruunshåb very quickly to be serenaded by an Oompah band. Another difference between LDWA events and overseas events is that you pay for your provisions at each checkpoint. Luckily there is enough for all including those who like a beer at 0730.....

From here to CP2 at Vejrumbro, where we were greeted by a military band and sat down underneath several gazebos watching the different nationalities go by. The route was all on tarmac and quite flat. Shortly after CP2 the routes split and the 30k started the return to Viborg whilst the 40/45K continued straight on, where Dennis told me afterwards he'd encountered one of the few hills en route!

On our 30K section we were passed by a truckload of students wishing us well. This weekend of the year is when the Danish students graduate from high school. They wear white peaked caps and go round to their families to celebrate. A lovely tradition as explained by Dennis's Danish wife Lone.....

I arrived at the penultimate CP at Kokholm via a very long footpath adjacent to a dual carriageway which did remind me of the Nijmegen 4daagse. But that's another story!

Leaving to the sounds of yet another band I headed to the final CP to cross the top of the Northern Lake to be caught in a torrential downpour 10 minutes from the end. We arrived at the finish to have our cards clipped and join everyone sheltering in the tent from the rain. Luckily we had a Danish bagpipe band to raise our spirits.

It was back to the luxurious sports hall and there have a helping of what was supposed to be Hungarian goulash but can only be described as slop!

Music is laid on both evenings in Viborg Town Centre and there was a parade of 1950s American automobiles burning rubber around the town. I met up with Dennis, Lone and their daughter Sally in the town listening to his tale of trying to access the hotel car park despite the no entry signs! He'd had a very enjoyable 40K (didn't want to put himself under any pressure.....) while his wife and daughter went for a reduced price swim in the municipal swimming pool.

For some reason people in the sports hall were not as chatty as the previous night but after a slightly less broken night's sleep and a beer tent breakfast I set off on the second day's 30K route at roughly the same time. Again we headed out over the lake but the second day's route was more like an LDWA event with quite a bit of cross country thrown in.

The trek to CP1 at Birgittelyst was 10K and sitting under the gazebo I was surprised how cold it was. Luckily there were some Danes handing out the Schnapps to help anyone who needed it! The route then continued on road and back onto cross country to end up at a CP overlooking Hald Lake which is where one of the pictures is taken. The sun was out, we were overlooking a lovely stretch of water and things could not have been better. From here we meandered through the country park opening and closing the very different styles of gates.

At one point we did get lost due to some missing arrows, but eventually rejoined the 40/45 routes along a very long stretch of tarmac path to be overtaken by a German Military team going at a very fast pace. Dennis had met them earlier when they were taking a rest and blocking the path. As he pushed his way through, an order barked out and they started to march with Dennis in the middle of them! After a brief stay at the last CP it was onto the finish to be greeted by Ronnie "2 Sticks" Richardson and 30 minutes later to be joined by Dennis having completed his 'no pressure' 40K in a pretty quick time.

Several walkers received their IML awards for various categories and those who had completed 5 or 10 Haervejsmarchen were called up to receive theirs. I worked out it had taken me 37 years from my first visit to Denmark in 1978 to get my pin for my second completion. At the rate things are going that will still be quicker than when Liverpool win the League again!

Marcus and Steve and their Dutch friends (in normal walking gear) joined us and the rest of the evening was an alcoholic haze.....

Pictures from The Haervejsmarchen



Ian Rush was famously quoted when he signed for Juventus "It was like playing in a different country". Sitting at the end I thought that in Viborg you really do feel that you are removed from the rest of Europe. I will go again, but next time no more sports hall!

Norman Corrin

PS I can't let this article pass without saying that if anyone does go, then please visit Viborg Cathedral with its frescos of the Bible.

Photos: The first four pictures are from Dennis, last two are from me.

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TO THE HIGHEST POINT IN NORTH AFRICA
WITH EXODUS and young Pinky

It all started when I booked a week with Heather Lea bird watching and wildlife tour in Scotland (what's that got to do with a mountain in Africa I hear you say, well read on and find out), for £1700. That's very expensive for only a week, all were saying, and I should go somewhere else they said. Now the price did include a minibus, all ferry fees, all food and three Scottish islands. It would have been great but I cancelled due to the high cost. Well, you did not even get a flight out of it.

I went for the Exodus brochure and found a one week holiday in North Africa climbing the highest mountain in North Africa, Mt Toubkal. I phoned up Exodus and booked my place from the 7th to the 14th of June, took out their insurance and single tent and hotel room supplement, all for £700. (And that included flights, transfers and all food.) Next I had to work out how I was going to get down to Gatwick (no staying at Betty's this year), by National Express for £45, or train for about the same price, each of them meant changing here and there, a pain in the arse or £95 parking for a week at Gatwick. Talking to a young woman at the pool side at my local health club, she suggested a Gatwick hotel and parking. I got in touch with Exodus and they found me a hotel (The Cambridge Hotel) and parking for a week for £69, ten minutes from the airport.

Saturday 6th June and I was all ready to go, just had to put my bags in the car and off I went. Everything was going well till I saw the signs saying "M25 long delays between junctions 18-20" so I decided to go via the Dartford Crossing. Following my sat nav all the way, suddenly I was there at the Cambridge Hotel, well I thought I was. My sat nav took me to the address shown, but it was small and the car park was a surprise to say the least. I went up and knocked on the door and got no answer, so I decided to go a bit further down the road and find a beer. Two minutes further on I passed a large hotel on my right and got a big surprise, the sign said Gatwick Cambridge Hotel, blimy I thought, wherever I was before, it was not the right one. I pulled in to the large car park and booked in at the reception, got my room number and took my bags to the room, then went back downstairs to park my car up for the week. There I got a surprise, rows and rows of cars. I parked my car in a space so it did not have to be moved while I was in North Africa, and went back and chilled out in my room, then to the bar for a few beers before hitting the sack for an early start the next morning.

My flight was not until 0740 but I was up and ready to go for 3am. Got to the airport for 0340 on Sunday morning and was able to check in straight away. I had two bags because I knew I would be leaving one at the hotel in Marrakech and taking the other on the trek. Checking in, I was told that I had only checked one piece of luggage so I would have to pay a charge for the second bag, £32 and a few swear words later I was through and chilled out till my flight. The fried breakfasts looked great but I thought I was going to get fed on the plane so I went hungry, only to find that on easyJet you did not get fed unless you wanted to pay for some grub. Oh b*****s!. Anyway, apart from the fact that I didn't get fed for free the flight went ok, and I did have a cheese and ham melt with a coffee.

Now, usually you can spot other Exodus travellers in the departure lounge by what they are wearing, i.e. walking boots and a day sack as an on board bag, but this time it was not to be because, as I was to find out, some were arriving by BA, (they got a food box courtesy of BA) and some were already there.

We landed in Marrakech at approximately 12 noon and went through the necessary customs, showing my passport and immigration slip. I was asked where I was going to stay exactly. I of course had only put "travelling with Exodus" and that was not good enough. As I had put all my other paperwork in my main bag I could not tell the officer exactly where I was going to stay in Marrakech. Now there was a queue of other travellers, so I turned around and shouted to everyone: "Anybody travelling with Exodus on the Mt Toubkal climb". No answer. I asked twice more and then got a reply. I asked where we were staying in Marrakech, and he replied "Hotel Gomasine". I wrote down the hotel name, and through I went.

Now I would like to say now before I go any further that Exodus are usually excellent at greeting group members off the plane, but this time it was a bit up in the air. I went out into the Arrivals area with my new found friend Rob (that's the guy who answered my calls or wows for help), expecting to see somebody waiting for us with the usual Exodus sign. This was not to be, looking around we could see nobody, so went outside. There we spied a young woman with a taxi driver with an Exodus bag. We went over and explained that we were looking for an Exodus leader. The taxi driver made a phone call and then gave me his phone. I took it wondering what was going to happen next, and said "Hello".

A voice on the other end said "Hello, hello I'm your leader, I'm your leader and the taxi man will take you to the hotel", so into the taxi we jumped and arrived at our hotel 30 minutes later. Booked in and in my room I got a shower and sorted out my gear for the next 6 days. There was a swimming pool in the hotel and there were a few guests at the pool side when I got there to soak up the sun. They turned out to be on the same holiday as me so the formals were done, we introduced ourselves and had a chin wag. At 20.00 in the evening we had a meeting with our leader, a cheerful guy by the name of Hamid. All the paperwork done, we headed off to do our own thing, myself and a young woman by the name of Cheri and one of the other guys went off for a beer. We found a bar where we could get a beer. It's not like England you understand, Marrakech being Muslim, you don't find a bar on every corner. We sat by a pool and started chatting. I asked Cheri where she was from, and would you believe it, she replied Northampton. Taken back by surprise I asked her to repeat herself, Northampton she replied again. Sensing something was up, she asked where I was from. I said, well I live in between the Picturedrome and the White Elephant. We just giggled. We had a round each and then headed back to the hotel and hit the sack ready for a good day in the morning.

Up early and ready for the off I went down for breakfast. As I walked into the breakfast dining hall I stopped and stared. I had noticed a couple of girls having breakfast, when one of them noticed me she said to her mate, "Look who has walked in". As the other girl turned around she said, "Blimy, what are you doing here?". It was Clare and Angela who were on the same holiday as me last year "The Mont Blanc Circuit". Rooms vacated, spare bags handed in to be kept safe at the hotel and day sacks on our backs, we jumped in our minibus which was to take us to our start point of our trek an hour and a half away.

Now of course all of our spare gear, like sleeping bags, spare undies and all, went in a bag which went on the back of a mule with all the tents and food for the trip, so we did not have to worry about them. Because we had mules rather than porters carrying it all on their backs, we had the luxury of mattresses to sleep on at night so we were very comfortable.

The first three days went off without any problems, food for lunch and evening meals were superb as per usual travelling with Exodus. How the chefs come out with the meals that they do beats me, it's like being in a restaurant. On the fourth night we stayed in a gite, which meant hot showers and proper beds, time to get the grime and dust off, **BUT NO BEER**. The following day we walked to a refuge where we would spend the next two nights in tents. The following day we were to summit Mt Toubkal and then come back down to the refuge to spend the second night.

The summit of Mt Toubkal was very windy and a hard slog to the top. Near the top we had to negotiate some scree which took all my patience out of me, even when I stood still I kept slipping down. Everybody got to the top. We all congratulated each other, took photos of each other then headed back down to the refuge. It was a hard slog back down, and my thighs were aching by the time I got back. The trip notes said that we had a chance of a second summit at this point the next day, but I was the only one that was game for it so it never happened. The next day we went back down the valley that we had come up two days before and spent another night in the gite with hot showers and proper beds. The next day all we had to do was walk about half an hour down to a road, jump in a mini bus which would then take us back to our hotel in Marrakech.

We arrived back at our hotel about 11.30am and we were due to go on a free tour around the Marrakech market at 15.00. We all got the bags back that we had left at the hotel and got washed and changed ready for the tour. Not everyone went on the tour but it was free so I went. I started to walk down to the market on my own, and passed a Makyd on the way, well I had to call in didn't I, after all I knew what I was buying in there. Two mins further there was a Kentucky. If only I'd known, I would have been in there instead. During the tour one of our guys suddenly fainted and had to be taken back to the hotel, he was ok but he was never really ok for the rest of the evening.

The tour went well, all three hours of it, it was an amazing place, and afterwards some stayed on in the market place and had some food, and a few of us went back to the hotel. Myself and Julie and Rob, the guy who fainted on the tour, went out locally for a meal. During the meal Rob started to faint again and we had to take him back. Julie called our leader who came out to see him, but Rob stayed in bed for the night and was up the next morning for breakfast and the flight home. Our flights were all leaving at different times so we had said our farewells and exchanged emails and all went our separate ways after breakfast.

Another great holiday with Exodus.

Stevecee xx

FROM HERE TO THERE AND BACK AGAIN WITH PADDINGTON BETTY

Betty came over to Northampton on the Saturday night and we went to my local. We had some grub and a few beers then we hit the sack about midnight. Up at 6am, breakfast, a couple of mugs of coffee and we hit the road at 7am. Half way to Wellingborough I suddenly remembered I had not packed my boots, so a quick turnaround and we headed back to Northampton to get my boots. Hence, of course, we were then running a bit late, only a bit I'll add, but even then we arrived as everybody was leaving. Anyway not even time to grab a brew, (will I ever get around 27miles without my brew, silly me of course I will, Betty's with me), off we trod.

The first section went without a hitch, like all sections really, off we trod somewhere around last, but we were still in front of the runners (they hadn't started yet). It did not take long before some of them caught us up. "Scuse me, 'scuse me, runners coming, runners coming through Steve", shouts Paddington Betty. Then we were nearly last, and that's where we stayed until the rest of the runners came through and then we were last, well we were on the 27 mile route, which is more than Dee and Phil were on, so there. We arrived at cp1 without a problem, so we got a brew and some cake and moved on to cp2.

Well from cp1-cp2 not a lot happened to really talk about, bit of a chin wag, weather great, scenery great and of course the rest of the runners came through. After a brew and some very nice cake Paddington Betty and myself moved on to cp3. As we left Dee and Phil were just walking in, so a little chin wag and off we trod.

We arrived at cp3 to be greeted by Gill and her team, another brew, more lovely cake and a chin wag. Off we went, aching a bit now, (well me and Paddington hadn't done a 25 miler for a while). All was going well until we got to the top of the very last page of the route description. We couldn't understand really where to go. We got very muddled so as the time was getting on we decided to call the emergency number and Alan sorted us out. We arrived back at base just after 18.00, knackered. The only one left out of all the entrants was Tim Glenn who was just finishing off his grub. Coming in well last did have its highlights though. I got double helpings of beans on toast and an extra 4 sausages all washed down with one of 2 bottles of beer, which had been left for me by Jill and Jim from the Isle of Wight. The other bottle they left me went down nicely when I got home.

Cheers for the beer Jill and Jim, they were excellent. Hope to see you on the trail somewhere soon!

Well that's it really. Alan's team were cleaning up around us so off we jolly well went... home. Oh yeh, in case you're wondering, I didn't forget to take my boots home. Thanks for a great day, it was an excellent walk and we were well fed and watered. Photos of the day at www.flickr.com/photos/131244540@N07

Stevecee xx



ON THE ROAD TO MOROCCO

I reckon this was my sixth visit to Morocco. The first was way back in 1976 when I was between jobs and fancied going to Gibraltar. I managed to hitchhike down through France and Spain to the port of Algeciras where I got a boat to Morocco. At the time Franco had closed the border and this was the only way to get there other than flying. After a couple of days in Morocco I got another boat to Gibraltar. I managed to get a job as a hotel receptionist and worked there for a couple of months, thus missing the hottest summer in the UK for years, though we had good weather out there. After deciding to come home, I then had to repeat the process and get a boat back to Morocco. While there I decided to see something of the country and managed to hitchhike down to Marrakech. I spent about two weeks in the country before heading back to Spain and a cheap flight home.

It was to be another twenty two years before I would visit Morocco again on a trekking holiday in the winter. Another winter holiday happened a few years later. The last time I visited the country was in 2008 when I decided to do the High Atlas trek and climb Toubkal. Unfortunately I picked up a bad injury half way through the trip. I had to be rescued by a mule and was flown back to the UK.

Now seven years later I decided the time was right for another attempt on the highest mountain in North Africa. Though I had climbed higher when reaching the top of Kilimanjaro, this was still a challenging climb and it was the thought of not being able to do it the last time that spurred me on.

There were fourteen of our on the trip, including one married couple, Since meeting Pearl this was to be the first time I'd taken a trip away on my own, though I know it is not something she would have enjoyed. Besides, she was going to spend a few days with her sister in Norfolk.

After a night in a hotel in Marrakech we set out on trek. The weather was very warm in the morning though we had a thunderstorm in the afternoon. We were

now staying in more basic lodgings though the food was good. It was interesting talking to the other walkers. Some had done a few of the world's higher peaks while others had been no higher than Snowden.

The weather was good again on the second day when we climbed higher into the mountains.

The next day we climbed higher up to the refuge where we would spend the next two nights. The scenery was really nice with plenty of waterfalls and great views.

The refuge was a bit basic. All fourteen of us were in one room in bunk beds, including the five women who'd previously had their own room. There were lots of different nationalities staying there. After a disturbed night's sleep with plenty of snoring and people getting up to go to the loo, we were up early and set off just before 7am.

The first part of the climb involved crossing a stream and bit of scrambling over rocks before a long climb on a scree slope. Unfortunately, after about an hour, the married couple decided to turn back as they were having a job keeping up.

The higher we climbed, the colder it got, and of course there was less oxygen in the atmosphere which made you more breathless. Once we reached the ridge it was just a steady slog to the summit. I was glad of the BBN trip to Dorset the previous weekend as that certainly helped my fitness, though the scenery couldn't have been more different, from the rolling hills of Dorset and great views of the coastline to the barren hills of North Africa.

Eventually we could see the summit. The mist was coming and going and we reached the snowline with patches of snow and ice. It was a great feeling to finally get to the summit with great views of the other mountains. I managed to text Pearl from the top and got a reply saying she was having a good time and the weather was great at home.

So I'd finally made it to the summit of Toubkal which I'd originally set out to do seven years earlier. I'd definitely recommend the climb. At 4167 metres high there shouldn't be any altitude problems.

Morocco is certainly an interesting country. It's an Islamic country and they are very friendly towards us. The food is great and the cost of living very cheap. Only one downside. No beer on trek!

Steve Smith

A WEEK IN SCOTLAND

The idea of spending a week in Scotland was in my head a few years ago, I just did not know it then. The Wildlife and Bird Watchers Club started to send E newsletters to Norman, then the BBN's Secretary, and Norman would send them on to me being into bird watching. After a while Norman gave them my email address and they sent their E newsletters straight to me. I promised myself I would travel up to Scotland within the near future and spend a couple of nights with them. And so I spent only a week with Exodus this year travelling to North Africa to climb Mt Toubkal, and when I got back home I booked three days in the Grant Arms Hotel, the base for the Bird Watchers and Wildlife Club way up in the Cairngorms of Scotland.

And so holidays booked and bags packed, I left Northampton at 1am Thursday morning of the 24th of July and headed up to Grantown-on-Spey with my bino's and camera gear in the boot of the car. I stopped off at Dunkeld where the LDWA 100 was held a few years back and visited the Osprey centre at Lock of Lowes. The Osprey chicks had all fledged and were flying around, so no male Osprey flying in to feed the chicks this year with headless fish. I hung around for about half an hour and then moved on. I didn't go back out to the A9 then north towards Inverness, I took a more scenic route past a ski centre and arrived at about 1430 at Grantown-on-Spey, my destination for the next 3 days. The hotel where I was staying, the "Grant Arms Hotel", was the base for the Birdwatching and Wildlife club, which is the reason I was treating myself to bed, breakfast and evening meal there. After moving into my room I took a walk into town for a few beers then evening meal at the hotel for 1830, another beer at the hotel then an early night. Well I had been on the road since 1am that morning.

Saturday morning up for kippers for breakfast for 0730. I was booked to be at Loch Garten for 0930 following a BWC member around for 2 hours for a bit of birdwatching. Just me and one other woman on the trip. We did not see much, in fact it was really quiet. After the trip I drove up the Findhorn Valley which was supposed to be good for raptors but it was very quiet there as well so I moved to RSPB Loch Ruthven. To get there I had to drive along a very narrow road, which turned out to be pretty good for a bit of bird watching, AND THE MIDGES. At Loch Ruthven I was told there was a Slavonian Grebe nesting very close to the hide. She was nesting in the middle of some reeds so it was hard to see her. I took some photos then moved on. Back at the hotel washed and shaved I went down for dinner at 1830. After dinner I went back to my room, watched a couple of DVD's, then hit the sack at about 2130.

After breakfast on Sunday morning I followed the BWC warden around the local Anagach woods for a spot of bird watching, but it was very quiet again and we did not see much. Afterwards I drove to RSPB Insh Marshes NNR and then to Loch Insh, but they was very quiet as well, so on to Uath Lochans and a good walk around the Lochs. A few more birds here but nothing fantastic. So back to the hotel and an evening meal, a few more DVD's and to bed. Monday morning I was leaving the hotel and was moving north to visit my niece at Golspie above Inverness.

Up and away for 10am I visited a few more reserves but still not a lot going on. On the edge of Golspie I visited Loch Fleet NNR, a very nice place, but again very quiet for the birds. I arrived at my niece's house at 1430 with a hug and a brew, then she told me about the Ospreys at Loch Fleet. With her two dogs in the car we went back to Loch Fleet and she showed me the Ospreys' nest. We took an hour walking around the reserve and when we got back to her house, we washed and changed and Katy, Adrian her husband and I went out for a meal at a fish restaurant in nearby Helmsdale. I was told that I would not believe the size of the portions and I didn't. I ordered a fish supper and I got two large pieces of haddock and the chips came on a separate plate. I got through the haddock dinner and then had a meringue desert. It was massive, the size that usually gets divided into four, and I got the whole lot on my plate. I managed to get through it but I think I went too far, Katy reckoned I looked a bit ill and I felt it.

The next morning I left Katy's at Golspie, on the coast above Inverness, and headed for Thurso to visit my half-sister. I was going to visit the Forsinard Flows RSPB (the furthest north of the RSPB reserves) on the way, but took a wrong turn and missed it. I arrived at Jenny's in the middle of the afternoon. We did some catching up, had a few drinks, had some dinner then hit the sack quite early. The next morning after breakfast I left Jenny's and headed back south to Aviemore calling in to Katy's on the way. I was staying at the Cairngorm Lodge for three nights and I was going to bag myself a few Munros over the next few days. I decided on Cairn Gorme and Ben Makdui, both of which I successfully ticked off my Munro list with no problem, although the weather could have been a bit better. The next day was Saturday and it was south all the way back to Northampton and home. A great week.

Stevecee xx

**LONG DISTANCE WALKERS ASSOCIATION
BEDS BUCKS NORTHANTS GROUP**

PROGRAMME OF WALKS

NOVEMBER 2015 – APRIL 2016

Sun Nov 8 2015 Some Chalfonts and a Harefield

18ml. Start 09.00 From c.p. in Northmoor Hill Woods in Tilehouse Lane which runs parallel to the A412, near Denham Garden Village. Maps: LR 176 Exp 172 (GR TQ035892). **C:** John Davies **T:** 01442 874875.

Thu Nov 12 2015 The Puzzled Monkey Walk

15ml. Start 09.30 From car parking area on minor rd just east of Bow Brickhill Church. Map: Exp 192 (GR SP913344). Break at Heath & Reach Church nr to p.h. **C:** Mike Bowley **T:** 01908 616589 **M:** 07933 066784 on day.

Sun Nov 15 2015 Sundon Saunter

27, 18 or 12ml. in 10.5hr. From Barton-le-Clay Village Hall postcode MK45 4JY (GR TL083306). The walk follows mainly field paths, tracks, woods & some roads through undulating countryside with good views from the hills traversed. Start: Walkers from 08.00; Runners/Joggers/Fast Walkers from 09.00 (cp times will be adhered to, with NO exceptions. All must be finished by 18.30, Hall closes 19.00). All must bring own mug (none on route), compass & route description WHICH MUST BE DOWNLOADED & PRINTED from web site beforehand. We recommend map Explorer 192 & 193 or Landranger 165 & 166 (only Exp193 or LR166 for 12 mile route), a torch if you expect to finish after dark & waterproofs. Please wear appropriate clothing & footwear for this time of year. This walk is part of a new BB&N triple challenge over three consecutive years. Entry: In advance LDWA £5.00, Non LDWA £8.00 & Under 18s free (there will be a limit of 300 entrants. No EOD) incl hot & cold drinks throughout, biscuits at start, snacks at all Cps and a light meal at finish. Cert for all finishers. Entries close 3rd November 2015 or when full. Chqs payable to LDWA BBN Group. SEF accepted, SAE not required if email address is given or entry form downloadable from event website. **C:** Mike Hyland., 55, Broadlands Avenue, Chesham, Bucks. HP5 1AL **T:** 01494 774154. **E:** mike.hyland@ntlworld.com

Sun Nov 22 2015 Royston Panoramas

17ml. Start 09.00 From Heath Café (formerly Heath Sports Centre), off Baldock Road, Royston. Free c.p. café and toilets. Map: LR 154 (GR TL348405). Picnic lunch near p.h. Joint walk with Essex & Herts. **C:** Phil Hastings **T:** 01763 853744 before 9pm pls **M:** 07716 992847 on day ONLY.

Thu Nov 26 2015 Another Safari Walk

15ml. Start 09.30 From free c.p. opp church in Woburn. Map: LR 165 (GR SP950332). **C:** Roger & Margaret Skerman **T:** 01525 405540.

Sun Nov 29 2015 Walk + AGM

9ml. Start 09.00 From Broughton Village Hall, Northants (NN14 1ND). Maps: LR 152 Exp 224 (GR SP838758). Morning walk followed by lunch at The Red Lion, Broughton. Please pre-book your meal with Gill Bunker (T: 01908 321308. Menu choices in Autumn Newsletter. The AGM starts at 14.00. **C:** Alan Leadbetter **T:** 01933 440826 **M:** 07775 887493 (on day).

Thu Dec 10 2015 Hanslope Hike

15ml. Start 09.30 From Hanslope. Meet by village sign in centre at rd junct by Watts Arms p.h. Map: Exp 207 (GR SP803471). Figure of 8 walk. **C:** Gill Bunker **T:** 01908 321308 **M:** 07790 976090 on day only.

Sun Dec 13 2015 Santa's New Suit Stony Stratford Saunter

13ml. Start 09.00 From Ostlers Lane c.p., Stony Stratford. Maps: LR 152 Exp 207 (GR SP788409). Join Santa in his new suit for singing at churches en route, mince pies and drinks halfway and optional post walk p.h. visit. Please bring a wrapped Secret Santa gift value £1. **C:** Santa's 'not so little' helper Norman Corrin **T:** 01908 608667 **M:** 07980 378656.

Thu Dec 17 2015 Xmas at Wetherspoons

12ml. Start 09.30 From c.p. near War Memorial N of Berkhamsted Castle, at N end of New Road. Maps: LR 165,166 Exp 181,182 (GR TL005093). Shorter walk to include extended lunch at Wetherspoons. **C:** John Davies **T:** 01442 874875 **M:** 07949 796470.

Thu Dec 31 2015 End of Year Stroll

15ml. Start 09.30 From Redbourne Common c.p. nr cricket pavilion. Maps: LR 166 Exp 182 (GR TL103119). **C:** Gordon Shaughnessy **T:** 01582 518791 **M:** 07518364036.

Sun Jan 3 2016 Winter Wander

15ml. Start 09.00 From Bromham Mill c.p. Map: Exp 208 (GR TL011507). **C:** Christine Bramley **T:** 01234 822557.

Sun Jan 10 2016 Anchor Inn the New Year: Walk and Meal

8/9ml. Start 09.00 From The Anchor p.h. Great Barford. Park in pub c.p. or on side road. Map: LR 153 (GR TL134518). Morning walk followed by pub lunch. Menu details on pub website. Book your meal via Norman by 3rd January. **C:** Norman Corrin **T:** 01908 608667 **M:** 07980 378656 on day.

Thu Jan 14 2016 Milton Keynes Monopoly
14.5ml. Start 09.30 From Stonepit c.p. off Wolverton Rd, Milton Keynes. Map: Exp 207 (GR SP844422). Visiting 13 of the landmarks/squares around Milton Keynes. **C:** Brian Graves **T:** 01908 631013 **M:** 07563 728633.

Sun Jan 24 2016 A Wolverton Wander (Linear Walk)
16ml. Meet Bletchley Rlwy Stn to catch 09.21 train to Wolverton (arriving 09.31), just to walk back through a lot of mud. Map: Exp 192 (GR SP868337). Optional meal at Indian Restaurant at finish. Pls book in advance with leader. **C:** Peter Endledow **T:** 07733 323641.

Thu Jan 28 2016 More Old Ground
15ml. Start 09.30 From Morrison's c.p. (SW side) off Tattenhoe Street, Westcroft, Milton Keynes. Map: Exp 192 (GR SP830346). **C:** Steve McMorrow **T:** 07471 203824.

Sun Jan 31 2016 Two Moors & More
20ml. Start 09.00 From The Compasses p.h. Greenfield. Pls park quietly behind pub at rear of c.p. Map: Exp 193 (GR TL051347). **C:** David Sedgley **T:** 01525 714961 **M:** 07583 091770 on day. **Remember your torch.**

Sun Feb 7 2016 Ashridge in Winter
18ml. Start 09.00 From c.p. Ashridge. Park on L of the road to the Monument, just before the café. Maps: LR 165 Exp 181 (GR SP971130). **C:** John Davies **T:** 01442 874875.

Thu Feb 11 2016 Across Bucks to a Bald Buzzard
15ml. Start 09.30 From Stewkley Church (pls park considerately in nearby streets). Map: Exp 192 (GR SP852261). Break at Leighton Buzzard Market Square (near p.h.'s). **C:** Mike Bowley **T:** 01908 616589 **M:** 07933 066784 on day.

Sun Feb 14 2016 Whittlebury Wanderings
16ml. Start 09.00 From lay-by A413 N of Whittlebury. Map: Exp 207 (GR SP694445). **C:** Chris Bent & Frances Craven **T:** 07837 367575.

Sun Feb 21 2016 From Court to Hollywell
20ml. Start 09.00 From Court Road (below Rectory Lane), Cranfield MK43 0DX. Map: Exp 208 (GR SP957418). Lunch at North Crawley near p.h. **C:** Eric Cartwright **T:** 01234 315181 **M:** 07761 589281 on day only. **Remember your torch.**

Thu Feb 25 2016 **A Wander from Bugbrooke**
15ml. Start 09.30 From Bugbrooke Church. Map: LR 152 (GR SP674573). **C:**
Dianne Sutton **T:** 01908 606256 before 9pm please **M:** 07957 466487 on day.

Sun Feb 28 2016 **Walk but No Flight!**
18ml. Start 09.00 From London Gliding Club c.p. Tring Road, Dunstable LU6 2JP
(entrance sign at bottom of hill). Maps: LR 166 Exp 193 (GR TL001202). **C:**
Therese Jamin **T:** 01582 571455 **M:** 07779 227675.

Sun Mar 6 2016 **Pick and Mix Marshals' Walk**
26, 13 or 8ml. From Prestwood. For Pick and Mix marshals. Please phone the
week before to let us know you are coming. **C:** Dave Yorston **T:** 01494 868371.

Thu Mar 10 2016 **Lakes, Towns and Woods**
15ml. Start 09.30 From Caldecotte Lake c.p. by Windmill p.h., Bletcham Way,
Milton Keynes. Map: Exp 192 (GR SP887355). **C:** Linda Marsh **T:** 01908 669698.

Sun Mar 13 2016 **Early Christmas Treat**
18ml. Start 09.00 From Cowsleaze Wood c.p. (N of Christmas Common, W of
Stokenchurch). Map: Exp 171 (GR SU726957). **C:** Chris Bent & Frances Craven
T: 07837 367575.

Sun Mar 20 2016 **Pick and Mix**
loops, of, 12, 8, 6 or 5ml. in 10hr (choose how many loops you do). From Gt
Missenden CofE Combined School, Link Road entrance near HP16 9AE (GR
SP896014). A combination of loops of your own chosen total distance over
undulating hills, mainly on fps and bdws. Start: from 08.00. All to finish by 18.00.
All MUST bring own mug, & compass. We recommend maps Exp 181 & 172 or
Landranger 165, waterproofs & a torch. Please wear appropriate clothing for the
weather at this time of year. Sorry, due to HQ on school premises we cannot
allow dogs. Organised by Beds, Bucks & Northants LDWA. Limit 250. Closing
date 11th March. NO ENTRIES OTD. LDWA £6, Non LDWA £8 (under 18s free
with adults) incl snacks & drinks at HQ between loops. A cold drinks station at
about 7 miles of 12ml loop only until 13:00. All other loops have NO support.
There will be a light meal when you have finished. Badge for sale. Chqs payable
to LDWA BBN Group. SEF accepted with SAE or entry form downloadable from
event website. Online entry at:
https://www.sientries.co.uk/event.php?elid=Y&event_id=2122. **C:** Mike Hyland, 55
Broadlands Avenue, CHESHAM, HP5 1AL **T:** 01494 774154. **E:**
mike.hyland@ntlworld.com

Thu Mar 24 2016 Let Them Eat Cake

15ml. Start 09.30 From Boddington Rsvr c.p. (please note use c.p. near the entrance to the sailing club on the E of the Rsvr closest to Byfield). Map: LR 151 (GR SP498532). **C:** Mary Knight **T:** 01295 812857 **M:** 07554 661519 on day.

Sun Mar 27 2016 Easton Promise

20ml. Start 09.00 From Easton on the Hill, Racecourse Road, (just E of A43, approx 1ml W of A1 (road parking). Map: LR 141 (GR TF017043). Circular to Rutland Water, lunch at Empingham. **C:** Steve Mossey **T:** 01780 482296 **M:** 07889 623965.

Sun Apr 3 2016 Lanes & Villages of North Bucks

18ml. Start 09.00 From free c.p. behind Waitrose in Buckingham. Map: Exp 192 (GR SP698340). Pub near lunch stop. **C:** Terry Penny **T:** 01280 815512 **M:** 07963 043220.

Thu Apr 7 2016 A Bit of Cross Bucks

15ml. Start 09.30 From the Globe Inn, off Stoke Rd, nr Leighton Buzzard LU7 2TA. Maps: LR 165 Exp 192 (GR SP913263). **C:** Jim Morrison **T:** 01908 665300.

Sun Apr 10 2016 Royston Figure-of-Eight

19ml. Start 09.00 From outside Heath Café, off Baldock Road, Royston. Free c.p. toilets and café. Map: LR 154 (GR TL348405). Longer morning, shorter afternoon. Slower paced walk. Picnic lunch near Heath Café which sells beer, hot and cold drinks. Joint walk with Essex & Herts. **C:** Tim Alcock & Phil Hastings **T:** (Tim) 01763 242289 (Phil) 01763 853744 (before 9pm) **M:** (Phil) 07716 992874 on day only.

Thu Apr 21 2016 Gayton Locks

15ml. Start 09.30 From Bugbrooke Church. Map: LR 152 (GR SP674573). **C:** Colin Stoneman **T:** 01327 830889 **M:** 07764685661 on day.

Sun Apr 24 2016 Thornborough & Buckingham

15ml. Start 09.00 From Thornborough. Pls park considerately in streets close to the p.h. Map: LR 165 (GR SP745336). **C:** Sylvie Eames **T:** 07788 287701 (5pm to 8pm).

BEDS BUCKS & NORTHANTS GROUP: COMMITTEE 2015

- Chairman:** **Norman Corrin** T: 01908 608667
E: norman.corrin@btinternet.com
- Secretary/Website/:** **Merrian Lancaster** T: 01908 642803
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9 Hollinwell Close, Bletchley, MK3 7TW
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*Thank you to everyone who has contributed to this Newsletter
Please let me have items for the Spring Newsletter
by the end of January 2016.
Gill Bunker*