



ramblers
at the heart of walking

Sedgemoor Ramblers



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WALKS PROGRAMME: DECEMBER 2009 - MARCH 2010

All of the walks in this programme are open to anyone interested in joining us. If you are not a current member of 'The Ramblers' but wish to join the group as a 'walking member' it is advisable to come with us for up to three times before making application for membership. In this way you can 'try us out' before committing yourself. If you want to know more about 'The Ramblers' please contact the Group Membership Secretary for further details.

Walks: Our main walking day is Sunday, but we do have monthly shorter walks on Saturdays evening walks in spring & summer plus occasional midweek walks where people are willing to lead them. Queries about a specific walk should be addressed to the walk leader.

Clothing & Equipment: Many walks cover rough country and may be muddy. We therefore advise that stout footwear, preferably walking boots, be worn on most occasions. Warm and waterproof clothing is necessary on all but the hottest days and it is best to bring a number of 'layers' rather than a heavy jacket. You will also need a haversack to carry food, liquid, spare socks etc.

Food & Drink: You should always carry a drink of some kind, particularly in hot weather when cold water is probably best. Isotonic drinks are useful on hot days or on long strenuous walks. If the walk includes the opportunity for a pub lunch this will be stated in the programme.

DOGS: WHERE THE PROGRAMME STATES 'DOGS ALLOWED' ON A WALK PRIOR AGREEMENT WITH THE WALK LEADER MUST BE OBTAINED BEFORE BRINGING THEM. IN ORDER TO KEEP THE DOG FULLY UNDER CONTROL WE STIPULATE THAT IT MUST BE ON A LEAD AT ALL TIMES. THE RAMBLERS' ASSOCIATION DOES NOT ACCEPT RESONSIBILITY FOR ACCIDENTS, INJURIES ETC. CAUSED BY DOGS ON WALKS.

Walk Leaders: We are always seeking walk leaders (who must be members of the Ramblers' Association) in order to extend the range of walks offered in our Walks Programme. Remember our programme can only be as varied as the number of leaders permits.

Footpaths: Any problems please contact the Footpath Secretary below.

<u>Office</u>	<u>Name</u>	<u>Tel. No</u>	<u>Email</u>	<u>Office</u>	<u>Name</u>	<u>Tel No.</u>	<u>Email</u>
Chairperson	Tony Fawle	01278-455180	tony.fawle@googlemail.com	Secretary	Kaye Savory	01278-691800	
Footpath Secretary	Mike Zobel	01278-683528	mikenid@tiscali.co.uk	Treasurer	Sue Price	01278-792034	sueeprice@hotmail.co.uk
Membership Secretary	Jackie Morris	01278-785249		Minute Secretary	Elizabeth Woolcock	01278-733293	
Programme Secretary	Edward Levy	01278-651094	edwrlevy@aol.com	Publicity Secretary	Jenny Fawle	01278-455180	jenny.fawle@googlemail.com
Social Secretary	Frances Filsell	01458-251939		Walking Member	Brian Gilling	01278-784190	
Walking Member	Esme Gilling	01278-784190					

PROGRAMMES AVAILABLE ONLY FROM MEMBERSHIP SECRETARY ABOVE

"The Ramblers' promotes rambling, protects rights of way, campaigns for access to open country and defends the beauty of the countryside"

"The Ramblers' Association is a company limited by guarantee, registered in England and Wales. Company registration number: 4458492.

Registered Charity in England and Wales number: 1093577. Registered Charity in Scotland SCO39799.

Registered office 2nd floor, Camelford House, 87—90 Albert Embankment, London SE1 7TW"

Wot's 'appening then? Sedgemoor Ramblers' Group News



SEDGEMOOR RAMBLERS' AGM - The AGM will be held on Friday, 20th November 2009 in the upstairs meeting room at The Arts' Centre, Castle Street Bridgwater. Two of the current committee are not standing for re-election. There are vacancies for Social Secretary and Minute Secretary. If you are interested in finding out more about what these involve, please contact Tony Fawle on 01278 455180. We can also elect several more 'ordinary' walking members if anyone is interested in joining the committee.

HOLIDAYS/SUMMER OUTING 2009 - A group of 20 spent a week walking the Gower Peninsular in June and enjoyed superb walking, good weather and a very comfortable hotel. Tony managed to rescue 2 sheep, who were very grateful as he saw them following him on a few occasions! Thanks again to Edward for arranging an excellent walking holiday.

Swanage was the destination for the Summer Outing at the end of June and a choice of 3 walks led by Edward Levy, Paul Wills and Esme & Brian Gilling gave everyone a chance to enjoy an excellent day out.

Jenny Fawle arranged the overseas walking holiday to Turkey this year. This was a 'tailor made' holiday with Kaunos Tours, a small and friendly company who specialise in outdoor activities, based in Dalyan, South West Turkey. Our wonderful host and guide Murat put together a full 2-week walking programme for us and our group of 14 enjoyed some wonderful, and strenuous, walking with spectacular views. We stayed in 4 very different hotels, including log cabins in a rural village within the Lake Bafa National Park and the final 2 days were spent walking the Lycian Way. The entire holiday was a real Turkish cultural experience and several of us are now planning our return to Turkey so that we can walk more of the Lycian Way.

SUMMER LUNCH - Thanks to Peter & Dee for hosting an excellent Summer Lunch. Peter led an enjoyable walk beforehand and then back for a delicious lunch prepared by Frances and Dee.

BREAKFAST/EVENING WALKS - 4 breakfast walks were held this summer – the weather wasn't good but the breakfasts afterwards made up for this. The evening walks and the meals afterwards, as always, were greatly enjoyed.

HOLIDAY/S 2010 - A walking holiday to the Isle of Man is planned for May. Hotel and flights have been booked for a group of 10 departing on May 7th.

AREA AGM – SATURDAY, 13th FEBRUARY 2010 - The next Area AGM will be hosted by Sedgemoor Group and will be held at Spaxton Village Hall. Tony is leading a 5-mile walk in the morning then back to the Hall for lunch and the AGM in the afternoon. This is open to all members who would like to come along (see details in the programme).

UPDATE ON CHUCK'S PROGRESS – Chuck Pearce is now making good progress following his accident. His knee injury required surgery and it will be some time before he is walking with us again. Best wishes Chuck for a speedy recovery.

Ramblers Website: www.ramblers.org.uk

Find A Walk: Visit website home page and click on 'walks finder'

Area Website: www.somersetramblers.org.uk

Click on 'Sedgemoor' for details of our walks

RAMBLERS 75th ANNIVERSARY CELEBRATIONS IN 2010 -

As well as the twinning week-ends planned for Sedgemoor, a special walk will take place on 3rd January 2010 to commemorate Ramblers 75th anniversary. This will have a 'historic' theme and will take the form of a 'Baton Relay', which will start in the South West in January and work its way through the country, ending in the South East in December (full details in the programme).

EXCHANGE WALKING WEEK-ENDS - 2010 SEDGEMOOR H EAST STAFFORDSHIRE

Sedgemoor Group host – Friday 4th to Sunday 6th June
East Staffordshire Group host – Friday 3rd to Sunday 5th September

'WALKING TOGETHER'

Ramblers are celebrating their 75th Anniversary in 2010. To mark this occasion, Sedgemoor and East Staffordshire Groups will be 'Walking Together' and arranging a full week-end of walks in their areas. This will take the form of a 'Twinning' and accommodation will be offered in their own homes. This is a new venture and an opportunity for members of both groups to enjoy walking in another area whilst sharing the companionship and hospitality of other Ramblers members.

The 'Twinning' is available to all members of both groups, although only those hosting will be offered accommodation on the return visit and non-hosting members will need to book their own hotels. Details of local hotels can be provided.

If you would like to be involved, please contact [Jenny Fawle](mailto:Jenny.Fawle@ramblers.org.uk) on 01278 455180 for further information. Final decisions and full details of the accommodation offered will be required from hosts by: -

Sunday, 28th March 2010

DO YOU HAVE BROADBAND INTERNET ACCESS?



The Ramblers like most organisations are at the present time looking to reduce costs. The Group has recurring expenditure in respect of the issue of programmes and the Somerset Rambler newsletter every 4 months. Both the printing of the programme and the issue by post is a major costs to the group. If you have Internet access by broadband we can send your programme and newsletter electronically and thus reduce costs to the Group. If you are prepared to take delivery by this method would you please e-mail Edward at edwrlevy@aol.com giving the following information: In Subject Box please type 'RA Programmes' then in message box please type your name address and your e-mail address. When the next programme is issued you will receive it and the Somerset Rambler by e-mail. The e-mail will have a subject heading 'RA Programmes'

GENERAL FIRST AID COURSE FOR OUTDOOR WALKING

Saturday, 23rd January 2010 - 9.30 a.m. to 5.00 p.m. at
Somerset Youth Farmers HQ The Oldschool, School Road, Westonzoiland,
TA7 0LN

A one-day First Aid Course will be run by Jeremy Stones. All equipment will be supplied and the course will be tailored to our needs. This will include general falls, circulation problems, extreme weather conditions, breathing problems and initial assessment and incident management.

This course is offered to those regular walking members of Sedgemoor Group who would be willing to give assistance and basic first-aid, if

required. It is felt that this is an important training and funding has been allocated by Ramblers. Numbers will be limited to 12.

Please bring your own lunch and a cold drink, if required. Hot drinks will be available.

If you are interested, please contact Tony Fawle on 01278

The Coleridge Way

In the Footsteps of the Romantic Poet

from the Quantock Hills to Exmoor - 36 miles from Nether Stowey to Porlock

The Coleridge Way will be walked in 4 sections over two programmes. As all sections will be linear walks, this needs a bit of planning and a car shuttle will operate. To ensure that all those walking have transport between the start and finish, it would be preferable if the drivers of 2 cars can organise the car share in advance between each other so that 3 or 4 passengers can be transported in each car. Please let me know what has been arranged. If anyone is unable to do this, please ring me (Jenny Fawle on 01278 455180) by 6 p.m. on the Saturday evening before each walk to make sure that there are enough cars to shuttle everyone at the beginning and end of the walks. (See Programme for full details).

Part 1 : 10.00am NOTE Sunday, 13th December 2009 Nether Stowey to Bicknoller 9.2 miles

Meet at large lay-by on A358, almost opposite the turning to Bicknoller. Half the cars with passengers to drive to the Library Car Park, Nether Stowey to commence the walk at 10.30 a.m.

(The Coleridge Way officially starts at Coleridge Cottage in Lime Street. If you wish to start from there, join the group at the Library at 10.30 a.m.).



Sedgemoor Group on Holiday in Turkey

SEDGEMOOR GROUP **ANNUAL GENERAL MEETING**

7.30PM FRIDAY 20th NOVEMBER 2009

**BRIDGWATER ARTS CENTRE CASTLE STREET
BRIDGWATER**

PLEASE TRY AND FIND TIME TO COME ALONG

Day	Date	Time	Grid Ref	Walk Title	Meet At	Grade & Distance (Miles)	Dogs Allowed (See Page 1)	Walk Leader	Telephone & Emergency Contact Numbers
Sun	06-Dec	12.30pm for 1.00pm	ST248386	<u>CHRISTMAS LUNCH AT MALT SHOVEL INN BLACKMORE LANE CANNINGTON. Excellent Carvery (With Vegetarian Alternative). Choice of Desserts. Cost £13.50 Per Head to include gratuity. Tea, Coffee, Wine etc. to be purchased individually. Numbers and Payment (Cheques Made Payable to 'Malt Shovel Inn') please to Frances (01458-251939) at Copperfield, North Street, Drayton, Somerset, TA10 0LE, by the latest 28th November 2009.</u>					
Sat	12-Dec	12.00 Noon	ST258394	<u>CANNINGTON & CHARLYNCH</u>	Brook Street Cannington	Medium 5	Yes	Edward Levy	01278-651094 07843-714379
Sun	13-Dec	10.00am <u>NOTE</u>	ST105394	<u>COLERIDGE WAY PART 1: NETHER STOWEY TO BICKNOLLER: SEE PAGE 4 FOR TRANSPORT ARRANGEMENTS</u>	Lay-by A358 Almost Opposite Bicknoller Turning. Car Shuttle to Nether Stowey	Hilly 9.25	No	Jenny & Tony Fawle	01278-455181 07811-545130
Sun	20-Dec	10.30am	ST423560	<u>COMPTON BISHOP & CROOK PEAK</u>	Kings Wood Car Park	Hilly 8.5	No	Esme & Brian Gilling	01278-784190 07843-714379
Sun	27-Dec	<u>CHRISTMAS HOLIDAY NO WALK TODAY</u>							
Fri	01-Jan	10.30am	ST421576	<u>NEWS YEARS DAY WALK WITH MENDIP GROUP: BARTON HILL, CROOK PEAK, COMPTON BISHOP & WAVERING DOWN</u>	Free Car Park Next To Woodborough Inn Winscombe	Hilly 6	Yes (See Note at Foot of page 3)	Peggy & Rod Carne + Eric	01278-783279 07939-334189
Sun	03-Jan	10.30am	ST343397	<u>BATON WALK: RAMBLERS 75th ANNIVERSARY: SEDGEMOOR BATTLEFIELD</u>	Bawdrip Village Hall Car Park	Medium 8.75	Yes	Edward Levy & Kaye Savory	01278-651094 01278-691800 07849-714379
Sun	10-Jan	10.30am	ST318250	<u>EAST DEANE WAY TO HATCH BEAUCHAMP</u>	North Curry Village Hall Car Park	Medium 9	Yes	Don & Ang Aldridge	01823-490501 07500-561661

Day	Date	Time	Grid Ref	Walk Title	Meet At	Grade & Distance (Miles)	Dogs Allowed (See Page 1)	Walk Leader	Telephone & Emergency Contact Numbers
Sat	16-Jan	12.00 Noon	ST148428	<u>KILVE, ALFOXTON & EAST QUANTOXHEAD</u>	Public Car Park Kilve Village	Medium 5	Yes	Edward Levy	01278-651094 07843-714379
Sun	17-Jan	10.30am	ST622589	<u>LIMESTON LINK 4: CLUTTON & HIGH LITTLETON</u>	By Clutton Church	Medium 9.25	Yes	Nicky & Chris Hewett	01278-684676 07864-672559
Sun	24-Jan	10.30am	SS906349	<u>WEST HOWETOWN, ISON LANE, OLDREY, KEMPS LANE, STADDON FARM & EAST NETHERCOTE</u>	Winsford Car Park	Medium 9	No	Sue Hazelwood	01643-841172 07969-158381
Sun	31-Jan	10.30am	ST505556	<u>CHARTERHOUSE & BLACK ROCK</u>	Car Park at End of Lane Running Behind Mendip Activity Centre	Medium 8	No	Rod Senior	01278-686997 07871-049312
Sun	07-Feb	10.30am	ST141366	<u>CROWCOMBE, LYDEARD ST LAWRENCE, SEVEN ASH & TRISCOMBE</u>	Crowcombe Village Car Park (Foot of Hill From Crowcombe Park Gate)	Hilly 10.75	Yes	Edward Levy	01278-651094 07849-714379
Sat	13-Feb	2 WEEKS LEFT TO SUBMIT WALKS FOR THE APRIL - JULY PROGRAMME							
Sat	13-Feb	10.00am <u>NOTE</u>	ST222366	<u>PRE AREA AGM WALK: SPAXTON & HAWKRIDGE RESERVOIR</u>	Spaxton Village Hall Car Park	Medium 5	No	Tony Fawle	01278-455180 07811-545130
Sun	14-Feb	10.30am	ST446534	<u>RIVER YEO & CALLOW HILL</u>	Reservoir Car Park at End of Sharpham Road Cheddar	Hilly 8	No	Esme & Brian Gilling	01278-784190 07843-714379

Day	Date	Time	Grid Ref	Walk Title	Meet At	Grade & Distance (Miles)	Dogs Allowed (See Page 1)	Walk Leader	Telephone & Emergency Contact Numbers
Sun	21-Feb	10.30am	ST153168	<u>AROUND THE BLACKDOWNS</u>	Quarts Moor Car Park	Hilly 9	No	Mike Aldridge	01278-446079 07771-920252
Sun	28-Feb	10.00am <u>NOTE</u>	ST032383	<u>COLERIDGE WAY PART 2: BICKNOLLER TO ROADWATER: SEE PAGE 4 FOR TRANSPORT ARRANGEMENTS</u>	Village Hall Roadwater	Hilly 9.5	No	Jenny & Tony Fawle	01278-455180 07811-545130
Sun	07-Mar	10.30am	ST310480	<u>WEST HUNTSPILL, EAST HUNTSPILL & HIGHBRIDGE</u>	Apex Leisure Park Burnham-on-Sea	Easy 8.5	No	Dave & Jackie Morris	01278-785249 07899-800493
Sun	14-Mar	10.30am	ST633474	<u>OAKHILL- MAESBURY HILL FORT</u>	Oakhill Village Hall (Left into High Street off A367 and First Right into Zion Hill)	Medium 8	No	Sue Price	01278-792034 07798-843133
Sun	21-Mar	10.30am	ST538127	<u>AROUND THE COKERS</u>	Roadside Outside Village Hall East Coker	Easy 8	No	Peter Wallis	01458-254176 07843-714379
Sun	28-Mar	10.30am	ST551455	<u>FROM CATHEDRAL TO BIDDLECOMBE</u>	Bishop Barn Wells	Medium 8	No	Pam Wills	01278-780787 07843-714379
Wed	31-Mar	9.45am <u>NOTE</u>	ST426474	<u>WEDMORE & AROUND</u>	Blackford Road Car Park Wedmore (Turn Left at Telephone Box Before School)	Easy 5	No	Jackie & Dave Morris	01278-785249 07843-714379

NEW YEARS DAY WALK : DOGS MENDIP GROUP ARE THE LEADERS OF THE WALK AND THEIR POLICY IS TO LET DOGS RUN LOOSE WHERE IT IS SAFE TO DO SO. THE OWNER MUST KEEP THE DOG UNDER CONTROL AT ALL TIMES AND ON A LEAD WHERE LIVESTOCK ARE PRESENT