

# Footprint

## July Edition 2010

### Stop press ..... Tanners Twenty Trophy Taken



We have done it again! The Tanners Twenty trophy was retained by Barnet YHA on Sunday 4th July. The challenge was to complete the twenty mile walk in less than 8 hours. The event had been held since 2004 and we are the only team who have been awarded this trophy.

As this was the 50<sup>th</sup> and last Tanners Marathon - our name will remain as the only one on the shield.

Congratulations to the 14 people for their personal achievement and for this triumphant landmark for the group: Rosemary, Reg, Gilly, Peter D, Steve F, Georgina, Anne J, Dave Li, Norbert, Bob Mc, Stuart, Katherine, Helen W & Janice.

Also, congratulations to Paul H and Liz who completed the marathon feat of the thirty mile challenge within the required 10 hours.

Regards Graham

If you have any comments for the next committee meeting to be held on **15<sup>th</sup> July**, please see the Chairperson or a committee member or email me.

Please forward anything for the August newsletter, before **27<sup>th</sup> July**.

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**North London Outdoor Group**





## Out and About

### Late May Bank Holiday – Pembrokeshire : Cardiff & Marloes Sands

**Date:** Fri 28<sup>th</sup> – Mon 31<sup>st</sup> May 2010

**Organised by:** Tracy (sketches Rob,  
photos Steve & Peter D)

Participants: Peter D, Peter T, Rob S, Steve,  
Tracy, Julie, Stuart, Dave Li & June.

Tracy's mythical Puffin sightings (she had not really), Peter D's nocturnal habits (he snored a bit) and the insistent rhythm of the Rave beat on an adjoining hillside from Marloes YHA) left us like the ship at Dale feeling wrecked at the end.



Driving to Cardiff

The quiet start at Cardiff YHA with tentative wanderings around Bute and Cardiff Bay and photographic explorations of post modern architecture had raised spirits.

The arrival at Marloes through driving rain led later to a first enjoyable 6 mile ramble around the headland notable for seeing hedgerow flowers such as pink Campion, pinks and gorse as well as observing hairy caterpillars (see Peter T) and birds such as stonechats, (see Stuart for how to attract them), as well as swallows and many rabbit holes . The walk to Musselwick Bay onto the deer Park (It has never had any deer) and back via Marloes beach was led by Rob S with able map reading by Julie who also orientated us ably on Sunday's walk around Dale led by Stuart.



The Sunday walk took us along spectacular cliff edges initially past the Rave at the Aerodrome where Stuart was accosted (Julie's word) by two young Ravers, an American fish-net stocked woman and a coloured jumpered man, who knew they were in Wales, but not sure where. We continued on to the lighthouse and re-met Peter T and June.



After lunch on the beach see wreck illustration we continued on to Dale for pub libations see Steve, Dave and Stuart for ale type consumed (Welsh summer brew from Tomos Watkin Ed.). Rob, Tracy and Julie drank afternoon tea and ate cake, later joined by Stuart being served by an ear-ringed pirate with red and white headscarf.



The afternoon walk then attempted to bypass the Ravers with attendant police marshalling them and distant helicopter monitoring activities overhead and we did eventually succeed. Country lanes were blocked by farming equipment, but this did not impede progress.



Wreck near Dale

Steve enjoyed photographing the estuary here with its views of the oil refinery. As Steve said, "Where would we be without them?". We returned to Marloes as all admitted 14 miles exercised. June and Peter T's Guesthouse find secured evening meals served by a white gloved Swindon man in homely surroundings.

Thanks to Tracy for organising the weekend and booking Saturday night's Lobster Pot meal also enjoyed. Competent musical refrains from the Warden's daughters at Marloes YHA with her partner's acoustic guitar accompaniment set a standard we aspired to, but could not match.

Monday saw Steve and Peter D make the trip to Skomer for authentic photographs of puffins – one shot good enough for nature monthly I thought.

Rob S.



## St. Alban's Circular

**Date: Sun 23<sup>rd</sup> May 2010 - 12 mile day walk**

**Led by Dave B** (photos Steve)

Present: Dave and Romaine, Stuart, Rosemary, Georgina, Helen W, Jane, Graham, Katherine, Andrew W, Reg, Roy, Dave Li, Rob S, Steve F and friend (Will), Gilly.

On a hot, sunny morning we met in St Albans and set off through the lanes to Everlasting Lane out of the city. Avoiding the golf balls, crossed over to the new Heartwood Forest, admiring the efforts of the Woodland Trust to create a new broadleaf woodland and promising to come back in the future to see how it has developed.



From there to Nomansland Common, and lunch at Coleman Green Lane. In Sandridge, some stopped for ice creams, others for a quick drink, before returning through Langley Woods and Childwickbury. The rhododendrons were in full bloom and were wonderful to behold in all their myriad colours.



Back in St Albans, Dave and Romaine provided tea and cakes, and for those that could not resist - rhubarb, parsnips and leek seedlings.

Thank you to both Dave and Romaine for a lovely walk.

Stuart

## Late post from Dubrovnik

**Date: Wed 12<sup>th</sup> – Mon 17<sup>th</sup> May '10**  
**Organised by: Stuart**

One of the bargains of the year was the boat trip; A whole day, with stops at three islands, unlimited (almost!) wine, and barbecued fish that tasted as though it had jumped willingly out of the sea and onto the barbecue. All for £20. Not so much of a bargain was the hostel breakfast (and that was included in the price!). Thankfully the food elsewhere was generally deliciouso. Pizza, seafood spaghetti and 'small fish fried' being washed down with plenty of dry white wine and cold beer. Walking past (and through!) the Adriatic foliage (dark green pines below a deep blue sky) was reminiscent of Greece, with sparkling mimosas and the heady scent of bougainvillea lending a touch of the exotic.

The horrors of war are well hidden in Dubrovnik; aside from the occasional shrapnel marks in the walls to the old city, evidence of the former conflict is neatly shuffled away into a side street gallery, with photos of the damage, along with the maimed and dispossessed, proudly displayed. Not forgotten, but not staring you in the face. The 'Pearl of the Adriatic' does the tourist thing very well indeed.



'les quatre femme'

Peter D

### Charity Donations this year :

£63 Cakes for Haiti.

£13 Friends of the Earth (Welwyn & Hatfield)

To Homeless Action in Barnet:

5 scarves, 9 hats, 5 pairs of gloves, 1 fleece, 1 warm jacket & 2 pairs of socks.



# Hiking Wordsearch

R G T W F V W A G E O B B F H  
P N U V S U N S C R E E N J H  
Q K U X G A B E G A B R A G L  
B S N O H C N O P N I A R N J  
R M H T D B L H M V E S E O A  
S W D M I T P S B F D B T T L  
P S N A C K P G I T A D A E L  
I S E P I W D N A H D I W I L  
H A T R E K K I N G P O L E S  
N P D I P T A K A Z R U B E M  
X M B K E W H I S T L E E X I  
Z O N K B T P H K M R G Q Q S  
D C C S T W K Y C R O S G H H  
M O E N U T M Q M W S C I S H  
P C J B C P L I H M Q F G F W

COMPASS  
FIRST AID KIT  
GARBAGE BAG  
HANDWIPES  
HAT

HIKING SHOES  
MAP  
POCKETKNIFE  
RAIN PONCHO  
SNACK

SUNSCREEN  
TREKKING POLES  
TROWEL  
WATER  
WHISTLE

