

O V E R T H E H I L L

**Newsletter for
S.H.O.T.**

**Sept
2010**

Upcoming Trips



**Sedbergh,
Howgills Fells**



**Worth
Matravers,
Dorset**



**Bonus Trip
Buckfastleigh,
Devon**

Other News

Chris's Birthday

SHOT'S YHA
Card

Just time for a quick newsletter updating you all on the upcoming trips, including a bonus extra June trip to Devon. If you see anything I have missed or details are missing from the address list then please let me

Thanks

[Nigel Venables](#)

Friday 15th Oct .Sunday 17th Oct, 2010 Sedbergh, Howgill Fells



Sedbergh

Some people driving north up the M6 beyond Kendal will notice as the motorway swings away from the Lake District and approaches the Lune Gorge for Tebay and Shap Summit, and beyond the West Coast railway line, a herd of elephants. These are the Howgill Fells, a group of 2000ft plus rounded hills betwixt the Lake District and the Yorkshire Dales which Wainwright likened to as a herd of elephants. Seen from

many directions you can indeed see how AW came to this conclusion. This unspoilt landscape is different from that of the Lake District and the Yorkshire Dales National Parks, and for this reason was initially excluded from either. The southern half is now part of the Yorkshire Dales with discussion currently underway to include the northern half.

Sedbergh situated at the south-west corner is a large village/small town that rightly claims ownership. Just beyond on the east side is the Longrigg Residential Centre on Frostrow Lane. This outdoor centre is owned by Milton Keynes Local Education Authority whose remit may include teaching its young charges that milk comes from cows which are not static objects built of concrete and found near roundabouts! The centre has 32 beds. Two dormitories (6 beds) are found in the main building with 20 beds in a larger separate building 1x2, 1x4, 1x6 and 1x8 beds). There is a large kitchen, lounge and drying room. Remember to bring a sleeping bag. Rob Gregory, the warden, should be on site during the weekend. The web site <http://www.longrigg.org.uk> gives limited extra information.

Sedbergh is reached via a very twisty A684 from Junction 37 on the M6. Drive through the centre of the village (past the famous school, church, shops) and 200 yards beyond the junction with the A683 our road crosses the River Rawthey, turns sharp left, passes a caravan site on the left and after 400 yards from the bridge meets a minor road (Frostrow Lane) on the right. Go down this lane; ignore another lane on the left and 200 yards after leaving the main roads reach the Longrigg Centre at the Y junction. This is marked as Lane Ends on the OS Howgill Fells Explorer Map 0LI9. (GR 669915).



Cautley Spout

Walking/exploration opportunities from Sedbergh are excellent. The Howgill Fells rise to 676m at The Calf. Several steep sided valleys and ridges with rounded summits radiate out from the central massif. Walks of any great distance will necessitate an ascent of one or more steep sides unless the same return is done in reverse. One word of warning however, once on the high ground in thick mist locating the correct ridge may be fun! Cautley Spout waterfall and its dramatic headwall are surprising features in this gentish landscape. This can be accessed from the Cross Keys Hotel, which is still a temperance hotel for which this area was once famous in the 19th Century. Wild Boar Fell, Swarth Fell, Dentdale and Garsdale are all conveniently nearby with Mallerstang Edge, Whernside and Ingleborough a bit further afield.

Please send the usual £5 deposit to Gustav to secure a bed or two.

Friday 18th March - Sunday 20th March, 2011 Worth Matravers, Isle of Purbeck, Dorset

Being part of the mainland and calling yourself an Isle would make an advertising guru salivate with the opportunities afforded, especially as much of Dorset already flies under the Welcome to Thomas Hardy Country banner. So when a better idea develops (possibly from a highly successful Stephen Spielberg film), then why not follow the flow and adopt and exploit it. The dramatic cliffs and beaches of Dorset now reside under the Jurassic Coast tag, and our base at Worth Matravers is ideally placed to explore the eastern section of it.



Durdle Door

The Poole and Dorset Adventure Centre, more commonly known as the David Donald Field Studies Base is a converted Second World War Radar Base. It is located in a field west of the village and the first edition of the OS Purbeck Outdoor Leisure Map shows just that- a track into the middle of the field. The Centre has all the usual facilities you would expect. There are 24 beds (2x2, 1x9 and 1x1) with a maximum 5 camping allowed outside.

Worth Matravers is a cul-de-sac village 3 miles west of Swanage. Enter the village; pass the Square and Compass pub, the church (set back on the right) and follow Renscombe Road (dead end sign?) past Weston Farm. Shortly afterwards the road bends sharp right and then 250 yards later you turn right onto the track into the middle of the field. If you reach Renscombe Farm at the road end you have missed it! The Grid Reference is 967777.

There is easy access direct from the Centre onto the Jurassic Coast - St. Aldhem's Head, Durlston Head and Kimmeridge Bay. Further west lies the spectacular Lulworth Cove and Durdle Door. However, between these two areas lies the Lulworth Firing Ranges which are closed at certain times of the year. They have six weekend closures one of which in 2010 was the 2nd weekend in March our visit is for the 3rd weekend.

Other attractions in the area include the deserted village of Tyneham and surroundings (borrowed by the Army during the Second World War and never given back), the seaside resort of Swanage, Corfe Castle, Swanage Steam Railway, the red squirrels on Brownsea Island, Harry Redknapps house and others on Sandbanks (Britain's most expensive real estate), the Bovington Tank Museum,

Lawrence of Arabia's Grave at Moreton, and Monkey World where I am sure all Shotlets would like to come home with a souvenir apelet.

Custodians of Camras 'Classic Country Pubs' published in 1987 describes 100 of the best (out of the 70,000 that were then available). The Square and Compass one such being one of on nine nationwide that has appeared in every edition of the Good Beer Guide which is some accolade. It also won the 2008 National Cider Pub of the Year Award. All the beers are served direct from the barrel and the hand pressed traditional cider is made by the owner. Pub food is limited to hearty looking homemade pies and



Square and Compass Inn

pasties however. This ancient pub has an unspoilt interior, its own fossil museum and has published a 150 page book (£7.50) describing its history. Certainly, it does sound like a special pub indeed.

Not only are we blessed with having such a fine pub on our doorstep, but three miles away at Corfe Castle there is a second entry with the Fox Inn. This is a 14th Century mid-terraced gem opposite the church also serving beer straight from the barrel via a servery. Every year on Shrove Tuesday the Company of Marblers and Stonecutters meet and regale themselves honouring a centuries-old Purbeck custom of presenting the Lord of the Manor with a pound of peppercorns. After the presentation they have to prove their sobriety by running across the road holding their pints without spilling a drop.

And to complete a hatrick of fine pubs (but not an entrant) the Bankes Arms in nearby Studland is a 200 year old pub owned by the National Trust. Not only that but it is home to the Isle of Purbeck Brewery. Sounds like a special visit needs to be made as well. There are also other pubs in Corfe Castle, Kingston and Langton Matravers. Hic!

Please send the usual £5 deposit to Gustav to secure a bed or two.

Friday 17th June - Monday 20th June, 2011 Buckfastleigh, South Devon

Andy is embarking on a mega 9 day bike ride from John o' Groats to Land's End arriving at his destination on Sunday 19th June. He will be camping, along with 500 others just outside Launceston, on Saturday 18th before the final big push on the A30 over Bodmin Moor and clown the length of Cornwall to Lands End where he is expecting/praying for Bernie to pick him up. It all seems rather a lot of effort to tick off some obscure Little Chefs (Andy is a fan by the way), but when a man has got to do what a man has got to do then you can understand it. Having pedaled south into the sun for 9 days you would expect a healthy sun tan, a plethora of near-miss stories, detailed statistics of punctures per mile ratios, average speeds, head winds, Mars Bar consumption rates and energy exertion levels. If all this excites you then this 3 day trip could be just the thing. Be part of the car

borne pursuers or just lend an ear or two for all the post-ride analysis. Hopefully, Neil will be able to supply Andy with a spare set of Postans for him to change into.

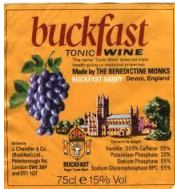


The South Dartmoor Bunkhouse is owned by the Devon Speleo Society. It is the former villa dairy which had a rebuild and restoration in the summer of 2005. It is a simple and clean bunkhouse with an open plan kitchen/dining/living area. Upstairs there are two bedrooms (1 x 4, 1 x 12). There is also a large storage area for mountain hikes. **Bring a sleeping bag.** There is

limited parking available outside the bunkhouse, because of the nature of the residential area, but ample at the top of Crest Hill. Bunkhouse is at 11 Crest Hill.

Detailed instructions and location map along with some useful links can be found on at www.southdartmoorbunkhouse.co.uk. Otherwise the instructions to SDB, 11 Crest Hill are as follows Enter Buckfastleigh at the A38/A384 junction, at mini roundabout, turn left, past garage on right. Pass 2 turns to Buckfastleigh, (first is No ENTRY). Continue for 500m taking next right into town, signposted Town Centre. Continue past car park on right. At the junction immediately ahead turn left (signed 'Town Hall'), straight on is NO ENTRY. Pass the Town Hall on left and school on right, after 300m turn right at the 'T' junction into Crest Hill. The bunkhouse is approx 85m on the left.

For all those who are not extreme pedal-heads then Buckfastleigh is an ideal location to do less energetic things. It lies at the south-east corner of Dartmoor with the delights of the South Devon coastline nearby Torbay, the River Dart Estuary, Royal Naval College at Dartmouth, Start Point, Bolt Head, Salcombe Estuary, Burgh Island, numerous beaches, two steam railways (one to Totnes and the other to Kingswear), and several ferries. Dartmoor offers moorland walking, granite tors, ancient stone circles, tumuli, clapper bridges etc in abundance, isolated villages and pubs, ponies, an infamous prison and some excellent routes for car and bike alight. Remember to pay a visit to Buckfast Abbey and sample their tonic wine. One other place that could be worth visiting en route is Tuckers Maltings next to the railway near Newton Abbot Station. Apart from being one of the country's largest it also has the Teignworthy Brewery and a very impressive beer shop.



Whether Andy will be able/willing to provide a video chary or SHOT Newsletter Report for those who cannot attend remains to be seen, hut if you feel inclined to experience just a small part of Andy's agony and ecstasy, then please send the usual £5 deposit to Gustav. But bear in mind that people staying for three nights get preference.
PS He may never be the same man afterwards!

Chris's 42nd birthday party

The preparations began on Wednesday with putting up Andy's marquee on Chris's lawn, and gathered momentum on the Saturday morning with the blowing up of balloons, putting up of notices, and shifting of chairs and tables out, and food and drink in to, the converted barn.



Guests started rolling up in the afternoon, with Julian and Andy arriving on their Canondales and Gus

having hiked 9 miles across the Shropshire countryside to try to break in his new Scarpas.

The sun shone, tents were erected, all terribly thirsty work, so some light refreshments were in order.

Then the hog roast arrived – enough for 100 people apparently, so plates were piled high (some higher and more frequently than others).





Jackie's delicious puds were quickly polished off, followed – in the best birthday tradition – by cake and a rendition of 'Happy Birthday'.

All birthday parties must have games, so Ness came up with 'pass baby Leah'. Julian looked quite relieved when the music

started and he was able to pass her to Richard, who had the prize of a soundly sleeping child, before Dave came to collect his 'girls'.



We were promised Beethoven to Bon Jovi and, although we had 'Livin' on a Prayer' we're still waiting for the 'Pastoral Symphony No6 in F Op68'. However, we were well entertained by the blend of modern classics and Greg's relaxed style.

After the concert ended, the party continued in the marquee huddled around Tim's gas lamp and a bottle of Jura whisky. There were a couple more impromptu games – try to erect someone else's tent in the fading light and hunt Yvonne's

(Chris's mum) glasses – Gus winning them both.

Most of the campers were up early the next morning, the lumpy paddock not encouraging a lie-in. The marquee was quickly dismantled, and passed to Nick for its next function – a street party that afternoon, if it didn't take off in the wind. Jean rustled up bacon butties for breakfast, before folk headed off their different ways.

All in all, a very enjoyable party – with a feast of food and some great musical entertainment.



SHOT News

Finally SHOT has purchased a YHA card that can be used by individuals, so if you wish to book YHA accommodation then speak to Donna who will happy to supply you with card.

Email: nigel.venables@gmail.com

Or of course you can visit the web site

<http://www.shot.org.uk/>

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