



**stride
and
stroll**



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Stephanie Ainsley recalls the events of the walking holiday in the Yorkshire Dales, Photographs provided by Peter Ainsley.
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September attendance figures and an invite to a musical night out.



Flying Scotsman at Bewdley station

**Pictures
courtesy of
Alan Moore**



Scarborough sunrise 30th September

Walking Holiday in Yorkshire

Around 30 Stride and Stroll friends got together in September for a 5 day walking holiday in the Yorkshire Dales.

From the 19th to the 23rd of September they based themselves at Newfield Hall, in the southern part of the Yorkshire Dales National Park. Apart from a shower on day two they were presented with unseasonably good weather in which to enjoy walking in this magnificent countryside.

Newfield Hall is a grand 19th century country house which was built by Nicholas Alcock in 1856. It is now leased to Holiday Fellowship.



The great outdoors is at the heart of everything HF do. Stride & Stroll is now a member of HF and we get discounts on holidays we book there. There were fantastic views from the terrace at the entrance to the house followed by a gracious hall. The rooms were all different as you would expect from an older house. A heated boot and drying room, a heated indoor swimming pool, a putting green and a bar were facilities on offer.

There was also some evening entertainment – a talk by the Air Ambulance, a Quiz and music. The food was fantastic – 3 or 4 courses for dinner, and for breakfast there were cereals, fruit, and a cooked breakfast. We chose our own picnic lunches from the enormous variety of food on offer.



Day 1: Gordale Scar is a huge gorge and its true size is only visible once you turn the corner into the Scar itself.

A waterfall flows down through the scar, see photo.

It is possible to climb up this waterfall on the dry left hand side; with the exception of after heavy rainfall when access is limited but the waterfall becomes even more spectacular.



Day 1: Janet's Foss is a small waterfall which carries Gordale Beck over a limestone outcrop into a deep pool below. The pool was traditionally used for sheep dipping, an event which took on a carnival air and drew the village inhabitants for the social occasion.

The name **Janet** is believed to refer to a fairy queen held to inhabit a cave at the rear of the fall.

Foss is a Nordic word for waterfall, still used in Scandinavia, and is sometimes seen in England as 'force'.

Day 1: Malham Cove is a huge curving amphitheatre shaped cliff formation of limestone rock.

The vertical face of the cliff is about 260 feet high. The top of the cove is a large area of deeply eroded limestone pavement, of a strange pattern rarely seen in England.

The majesty of Malham Cove looks out over the Village of Malham and has been attracting visitors for centuries.



Leaving Malham Cove



En-route to Malham Cove



'The Pavement'
Top of Malham Cove





Day 2: Ribblehead Viaduct (or Batty Moss Viaduct)

carries the Settle-Carlisle Railway across Batty Moss in the valley of the River Ribble, at Ribblehead.

The viaduct, built by the Midland Railway, is a Grade II listed structure.

The land underneath and around the viaduct is a scheduled ancient monument. The remains of the construction camp and navvy settlements are located there.

Ribblehead Viaduct is the longest on the Settle-Carlisle railway at 440 yards (400 m) long, and 104 feet (32 m) above the valley floor at its highest point. It is made up of twenty-four arches of 45 feet (14 m) span.

The viaduct was designed by engineer John Sydney Crossley. Construction began on 12 October 1870 and the viaduct was completed in 1874. One thousand navvies built the viaduct and established shanty towns on the moors for themselves and their families. It is believed that the viaduct was the background to the 2016 ITV period drama series "Jericho". One of the shanty towns went by this name.

There were smallpox epidemics and deaths from industrial accidents. Around one hundred navvies were killed during its construction. There are around 200 burials of men, women, and children in the graveyard at Chapel-le-Dale dating from the time of its construction. The church has a memorial to the railway workers.

Day 3: Bolton Abbey is a 33,000 acre estate which takes its name from the ruins of the 12th-century Augustinian monastery, known as Bolton Priory. The ruins of the priory sit in Wharfedale, on the banks of the river Wharfe, adjacent to the village of Bolton Abbey.

Shelter along the river Wharfe at Bolton Abbey.

Some of the group having a rest from Graham's "fairly flat" walk, which was re-named to "undulating"



The ruins of Bolton Priory are located on a bend of the river Wharfe, near the village of Bolton Abbey.

Views from Bolton Abbey

Back at the Hotel



View from Newfield Hall

The Big Cheese

Every night on the bar counter there was a HUGE Stilton cheese which was hydrated with port – also every night!

The cheese was accompanied by little Yorkshire biscuits to try the cheese as an appetiser.

Graham was demonstrating this tempting offer.





Out and About



WOODLAND COLOUR IN OCTOBER

As the days get shorter and cooler, plants detect this change and many prepare for the onset of winter. One way to prepare, is to lose your leaves and become dormant, until the following spring. Deciduous trees lose their leaves in autumn, but before they do, their leaves display autumn colours.

AUTUMN COLOUR FACTS:

Where the leaf stalk joins the main plant, cells grow to form an Ablission Layer.
 This new cell growth, stops water/minerals from entering the leaf.
 This new cell growth, stops sugars from leaving the leaf.
 The Green Chlorophyll starts to break down, revealing Orange and Yellow/Brown pigments.
 The Orange pigments are Carotenoids; the Yellow/Brown pigments are Xanthophylls.

LOOK OUT FOR THE ORANGE AND YELLOW/BROWN AUTUMN COLOURS:



Silver Birch



Horse Chestnut



Sweet Chestnut



European Ash



Hazel



European Larch

[a cone bearing plant which loses its leaves in autumn]

In some leaves, the trapped sugars are changed into Anthocyanins, which turn the leaf Red/Purple.

LOOK OUT FOR THE RED/PURPLE AUTUMN COLOURS:



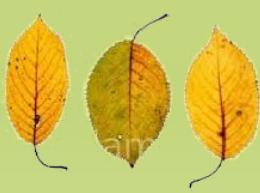
Japanese Maples



Dogwood



European Elder



Ornamental Cherry Trees



Guelder Rose

As well as the Wyre Forest and local countryside, plan to visit the following places to see the autumn colours:

National Arboretum at Westonbirt
 3 miles south-west of Tetbury
 Gloucestershire
 GL8 8QS

Queenswood Country Park and Arboretum
 Dinmore Hill
 Leominster
 Herefordshire
 HR6 0PY



Out and About (continued)



WOODLAND COLOUR IN OCTOBER

Fungi [Mushrooms and Toadstools], become more conspicuous during autumn, as they produce structures, to release their spores.

Some fungi add colour to the woodland floor and any wood they may be growing on.

ONLY OBSERVE THESE COLOURFUL FUNGI AS SOME ARE POISONOUS.

FLY AGARIC [*Amanita muscaria*]

Bright red/orange cap usually with white spots.

In medieval times, the cap was broken up into milk and used to attract/kill flies; hence Fly Agaric. The Ibotenic acid within the fungus, acts as a weak insecticide.



Poisonous---strong hallucinogen.

AMETHYST DECEIVER [*Laccaria amethystea*]

Purple/lilac cap.

With age, the colour of the cap fades, making identification difficult; hence Deceiver.

Known to accumulate Arsenic from the soil.



ORANGE PEEL FUNGUS [*Aleuria aurantia*]

Orange/yellow cap which appears cup like and waxy.

Grows on gravelly paths and bare ground, looking like discarded orange peel.



THE SICKENER [*Russula emetica*]

Red/crimson cap, which becomes sticky when wet.

Grows in coniferous woodlands.

Poisonous—induces sickness and diarrhoea; hence Emetica.

The related Beechwood Sickener [*Russula nobilis*] has a rosy/pink cap and grows in association with Beech trees.

Poisonous---induces sickness and diarrhoea.



As well as the Wyre Forest, plan to visit these woodlands in autumn to view the woodland fungi:

The Million Woodland

Envile

Staffordshire

Nearest Postcode: DY7 5HN

Shrawley Woodland

Shrawley

Worcestershire

Start from Hampstall Inn, Astley Burf. DY13 0RY

Queenswood Country Park and Arboretum

Dinmore Hill

Leominster

Herefordshire HR6 0PY



Notice Board

September attendances

Saturday walk date	Thursday numbers		September 2016					Saturday Totals	Weekly Totals
			A	AB	B	C	D		
03/09/16	50	Saturday	9	9	7	6	15	46	96
10/09/16	30	Saturday	11	9	7	7	5	39	69
17/09/16	33	Saturday	16	20	12	20	17	85	118
24/09/16	28	Saturday	16	12	9	15	16	68	96
								0	0
Totals	141		52	50	35	48	53	238	379
Average miles per person	0.5		6.0	5.0	4.5	4.0	3.0	Saturday Mileage	1070.5
Mileage per Group	70.5		312.0	250.0	157.5	192.0	159.0	Month's total Mileage	1141.0



Sandra Sharpe, AB Group, warmly invites you to:

A Jazz Evening at Holy Innocents' Community Hall.

Friday 21st October 8-11pm.

With Geoff Goodwin and the Chosen Few.

Tickets are £10.00 to include a fish and chip supper and raffle

