

Newport Outdoor Group (YHA)



YORK EASTER BREAK MARCH 2008 by various



Editors

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& Nick Meyrick

Web Site

<http://walk.to/nogs>

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**Get
The
Outdoor
Habit!**

THURSDAY EVENING by Sue & Dave

Dave and I set off from Newport around 6pm heading north for the start of the Easter holiday week end. After a food re-fuelling stop at.....IKEA! (I can assure you it beats the MOTO experience hands down!) we were on the road again heading for Ilam Hall in Derbyshire at the bottom of Dovedale. This was definitely the grandest place I have stayed at since joining the NOG's and would make a perfect setting for a 'period' film. Ilam Hall is a National Trust property, part of which is given over to the YHA and I feel we are very fortunate to be able to overnight at this magnificent property.

We arrived just in time to get ourselves organized in our rooms before 'lights out'. In the morning, I opened the curtains to be greeted by the sun shining on an amazing vista of well kept walled gardens, bounded by a fast flowing river. I was keen to sample the breakfast and to get out there 'exploring'.

FRIDAY Walk From Il am Hall Hostel by Norman

A traditional stroll through beautiful Dovedale – Jackie found the urge to free a young lamb from distress caught up in fencing – followed by an ascent up Hall Dale to Stanshope for mid morning coffee break. On to Alstonefield, where lunch was taken on the village green next to the local inn. A steep descent to Milldale with mallards and return via Castern Hall and Rushley. We finished with refreshments in the cafe at Ilam Hall having covered approx. 7 miles. A lovely day's walk in terrific surroundings.

SATURDAY by Dawn & John

On Saturday all of us headed off for the railway museum. When we go there we all went our different ways and explored the different exhibits in our own time. John and I started exploring in the shed with the royal trains they were very luxurious and quirky.

We then moved into the big hall with the huge turn table to move all the trains around. This hall was particularly noisy as there were a pair of Chinese Dragons and a troop of drummers trying to pretend they were Steam Trains. We then went onto the restoration shed and saw the Flying Scotsman in a state of undress. It had had all its boilers removed for renovation and was unrecognizable except for its name plate. For me the best part of the place was the huge hall that was packed full of all sorts of railway memorabilia that has been collected since the time of Beecham. It reminded me of a huge auction room.

After exploring John and I met up with Sue and Dave and walked into town past the City wall and up towards the Cathedral. Sue and Dave went in search of a cup of tea while John and I did some shopping and found a Yorkshire Ale Brewery Pub for a swift half and some dinner before taking a look around the Cathedral.

SUNDAY by Phil

Three of us walked into York through the remains of the snow, first to a coffee shop opposite the Minster, and then into the Minster itself for Sung Matins, a choir-led service held in the intimacy of the choir stalls rather than the nave. Afterwards Dave went off to the model railway exhibition at the Racecourse, while Sue and I wandered through the back streets and one or two shops. After a hot, spicy soup, to counter the weather, we separated and I joined a queue for the Jorvik Centre. Rebuilt since my last visit, visitors, or “time-travellers”, still pass through the sights, sounds and smells of a Viking town, though the subsequent display cases are now supplemented by interactive terminals.

Later that evening, four of us returned to the city centre for an outstanding brasserie meal from a diverse and tempting menu. The other option was a walk across country in the snow with Brian, John, Norman and Jackie to Nether Poppleton and on to Moor Monkton.

MONDAY by Norman

With the previous day's snow virtually disappeared, the group decided to undertake a walk in the north part of the Peak District en route back to Newport. Dawn and John elected to drive straight back home and we said our farewells at York hostel.

It was a scheduled one hour drive from York hostel to the starting point at Bolsterstone and More Hall Reservoir just south of Stocksbridge off junction 36 of the M1 motorway. Brian and Dave managed to pick a route which ended with a road closure, so were a little late arriving in the village which stands 300 metres above sea level.

The weather was somewhat greyer in the hills, with brief snow showers throughout the walk. The route covered approx. 6 miles with a circuit around More Hall Reservoir. The initial path ran north of the reservoir with a planned walk through the local golf course, but this was avoided with a rapid retracing of steps to the path taking us to Hollin Edge Height. A brief coffee stop with views across to the Trans Pennine Trail preceded a descent through Bitholmes Wood to road level. We crossed Ewden Beck and then ascended back up to the hamlet of Brightholmlee stopping for lunch alongside the reservoir. The track then led to New Mill Bridge after which we faced a short 150 metres of ascent back to the church in Bolsterstone.

A pleasant way to end yet another successful Easter trip for the Newport Outdoor Group.

Sustrans scheme wins £50 million prize

The Sustrans' Connect 2 project beat off 32 other entries to win a £50 million National Lottery grant, to provide a scheme that would inspire communities to revitalise the areas where they live. You may recall the NOGS had a presentation on the scheme from one of their representative. For further details, see the web site at :-

<http://www.sustransconnect2.org.uk>

Christmas Collection by Dave Fereday

A collection was made at the annual Christmas get together at the Engineers, in lieu of sending cards to each other. The sum of £73 was collected and NOGS were able to purchase a goat, a piglet and a bike for a midwife through Care International for a third world country! Well done – what a fantastic effort!



Cardiff Half-Marathon 2007 by Mike Alder-Woolf

"I AM THE TORTOISE, NOT THE HARE!" This is what you might have heard me chanting regularly prior to the start of the Cardiff Half Marathon run in October 2007. It was a mantra that would keep me in good stead throughout the race itself, and indeed during my short but rigorous training regime for this demanding event,

I'm not sure exactly when I decided I would enter this 13.1 mile race, but it may have started several years previously, when I thought I could perhaps run a full Marathon. After all, who cannot but be inspired by the scenes portrayed by the television coverage of the London Marathons? Fortunately, something made me see sense and that idea was very quickly abandoned, only for a small spark of the idea to be left burning away somewhere in the recess of my mind. Like walking, jogging is a great way of keeping fit, of course, and it is something I have always managed to maintain throughout my life to date. Normally this would entail a 30 minute cross-country style run maybe 2 or 3 times a week. Anything else surely would be too much to expect from my "big-boned" body? However, I decided that I wanted a more physical challenge in 2007, and so after coming across an advert on the web 5 weeks before the start of the Cardiff Half Marathon, it provided a catalyst for my back-burner spark to become a towering inferno! To say that the CHM consumed my life for 5 weeks is an understatement, to say the least!

To make it even more worthwhile, and also to make sure that I had an extra "stick" to make me finish the race, I decided that I would have to run on behalf of a charity. But which one should it be? Fortunately, the Half Marathon web site made it extremely easy to choose a charity and set in motion all the necessary things required. As it turned out, there was really only one charity suitable in this case – namely the Central Beacons Mountain Rescue Team, of course!



Indeed, they proved to be an enormous help, even to the extent of inviting me and my family to one of their training evenings in Merthyr Tydfil, which proved to be a most interesting and informative visit.

And so it duly came to be that, bedecked with a Mountain Rescue running T-shirt and bib number 7123, I finished the course at Cardiff Castle in an official time of 2 hours, 15 minutes and 32 seconds, fortunately without a blister in sight, and raising over £300 for their worthy cause in the process. A Half Marathon is probably within the capability of any fit person, with appropriate training, and I would urge you all to give it a go sometime in your life. It is a great experience! Finally, as promised, thanks go to my NOG sponsors, namely Brian, Sue, Dawn, Lesley, Mags, Nick, Ian, Norman & Jackie. Your support was much appreciated.

<http://www.cardiffmarathon.org>