

Newport Outdoor Group (YHA)



Editors

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Web Site

<http://walk.to/nogs>

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***Get
The
Outdoor
Habit!***

WESTWARD HO! WEEKEND

March 11th – 13th 2011

by Richard Weeks

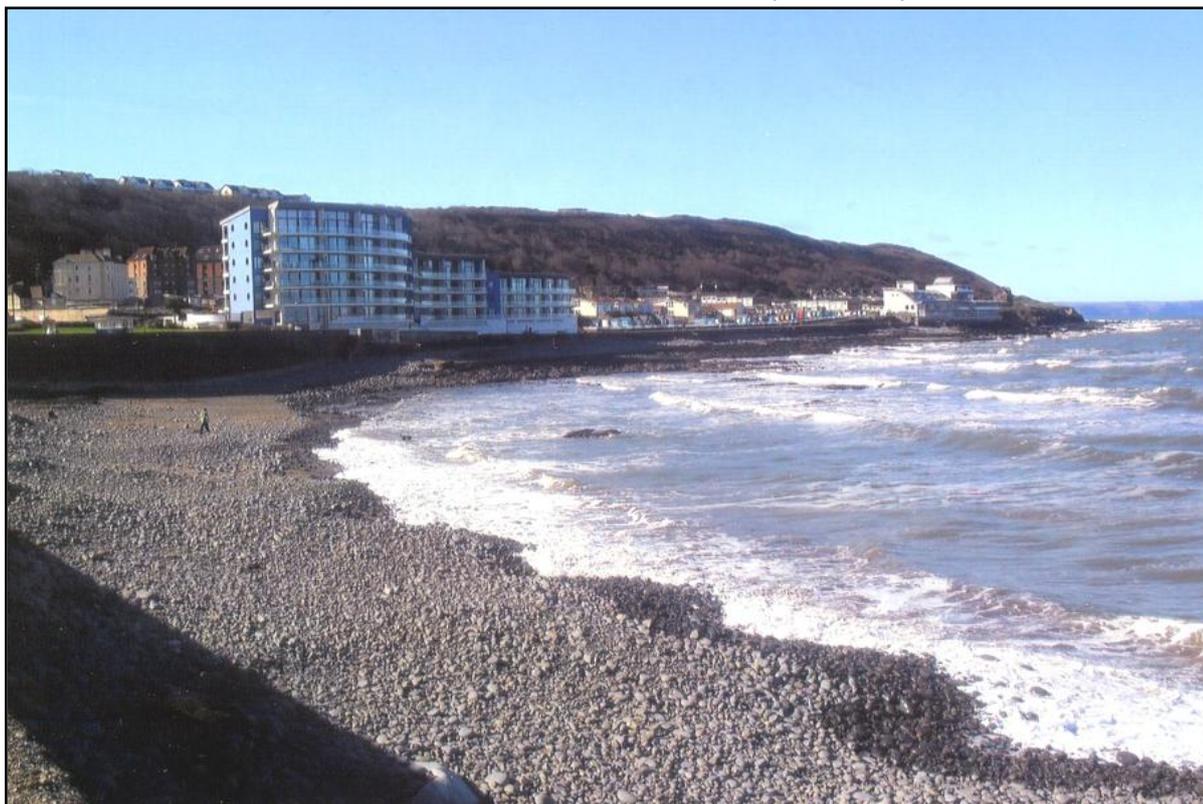
This enjoyable weekend was attended by 20 NOGs. The youngest being Paula and Alex’s daughter, who was only 6 months old at the time of writing! (Must be a NOGlet then -Ed).

Most people arrived during the evening. After settling in most of us had a drink in the local pub at *Westward Ho!* Called the *The Village Inn*. On Saturday there was a choice for a longer or shorter walk. I opted for the longer of the two. Starting from Westward Ho! we walked along the coastal path, taking in the sea views. As the walk progressed we ventured into a village called *Peppercombe*. The coastal path was tough and extremely unforgiving, especially on a pitch that descended to the beach, then up some very steep steps. From *Peppercombe* the walk turned inland. It was gradual at first, then steep. We had lunch at



The Coach and Horses at *Hens Cross*, a small village. After an hour’s break, the walk continued. We walked a few miles to a church. Despite the beautiful weather, a short, sharp rain shower occurred. This was near *Alnswick*. Returning, we followed a lane then across country. I felt really tired by this time, so did everyone else. The final 2 miles of road walking really took its toll. When signs for *Westward Ho!* Came into sight it was most welcoming. It was even more welcoming to reach the hostel after a walking a total of 12 miles.

At the hostel the Wales v Ireland rugby international was about to start. Paula and Pam were cheering on Ireland, and everyone else for Wales. Wales won the game 19-13. That evening the weather turned to rain and most of the NOGs had a meal at The Village Inn. Afterwards we ventured back to the hostel, where the weather was less than pleasant by this time.



On Sunday there was another choice of activity, either visiting a National Trust Property, or an 8 mile walk.

I chose the 8 mile walk, which after the walk north on the previous day, took a westerly direction. Starting from the hostel we went along the Devonshire Coast, along the sea front and golf links, and arrived at *Appledore* for lunch. This is a seaside village with narrow streets, much

like *The Shambles* in York. The river, being tidal, was being used by boats and yachts. Again the weather stayed fine for us.

After leaving *Appledore*, the final 3 miles was walked along roads and coastal paths, ending at *Bideford*. This is a larger town spanned by a railway bridge, and we caught the bus back to *Westward Ho!*



At the hostel it was decided by some to have a cream tea in the village. Several of us visited the *Sand Cats Café*, complete with 2 cuckoo clocks on the wall, one 5 minutes fast and one 5 minutes slow! It also had a fish tank containing various small fish, and sold books about N. Devon. The food consisted of tea or coffee, scones, chocolate crisp cake, carrot cake or ice-cream.

Afterwards we packed our cases in the cars and ventured back home. This took about 2½ hours.

Finally, I would like to thank Dave and Dai for leading the walks.

NOGS NEWS TREASURE HUNT 2011



OK NOGS, does anyone remember the last NOGs News treasure hunt in 1995?

Well, hopefully Dai will remember, as well as his "legman", Nick.

If not, see newsletters 31 & 32 for an amazing account of how and where the treasure was eventually found.

Well, it's high time that another treasure hunt was set in motion, so watch out for more information on this coming soon.

THE OLYMPIC GAMES RACE WALKS

Did you know that there are 2 race distances? Men and women compete in separate 20 km races, and men only at 50 km (that's over 12 and 31 miles!)

At all times the walker's front foot must be on the ground when the rear foot is raised. Also, the front leg must straighten when making contact with the ground – otherwise, the walkers are cited and can be disqualified for "lifting".

No Olympic World Records exist for walking, as the races take place on roads, not on the track. However, the 2008 Olympics 20 km men's race was won in 1 hour 19 mins 15 secs, and the women's in 1 hr 26 mins 31 secs (both were Russian). The men's 50 km race was won by an Italian in 3 hrs 37 mins 9 secs. Fancy a stroll, anyone?



Noggin the NOG