

EALING OUTDOOR CLUB news

THE MAGAZINE FOR THE EOC OUT AND ABOUTERS / ISSUE 4 / AUTUMN 2021





Welcome to Issue 4 of the EOC Newsletter.

There are some good photos of Flowers in this issue. The next subject is "country signposts". Happy snapping!

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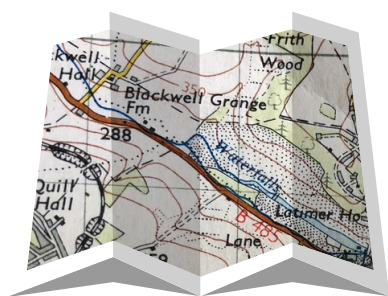


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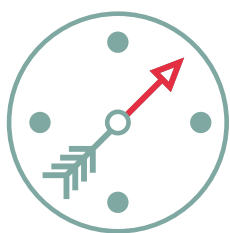
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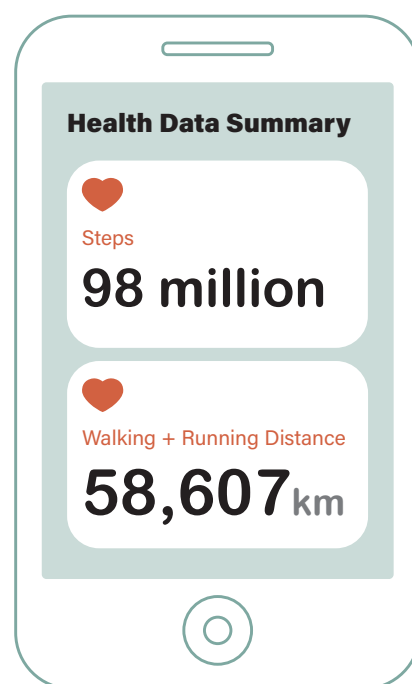
If you require further information visit **www.ealingoutdoorclub.org.uk** or would like a membership form to join the club then you can contact us by e-mail at **ealingoutdoorclub@hotmail.com**

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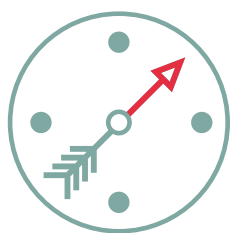
80k Challenge

August turned out to be our best month yet in our bid to walk/run/cycle/swim/kayak 80,000km in 2021. This was done with 35 of our 60 members reporting in. What could we achieve if everyone contributed? The actual number for August was 7,821km. I am not going to name names, but some of the “big hitters” really excelled and everyone else chipped in. It can’t have been weather related, as my recollection of August is not memorable.

Where I live we had the least sunshine since I started keeping records back in 2012. The really good news is that if we maintain our current progress we could actually reach the target by early December! This would mean that we don’t have to exercise over Christmas.



Information about the distance you have walked can be sent to **ealingoutdoorclub@hotmail.com** or **jm.crowther@outlook.com**. I look forward to being swamped with e-mails!

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AGM

The AGM was discussed at the recent Committee meeting of EOC. The Committee meeting is held every three months, currently still over Zoom and is attended by all Committee members. It is essentially the unseen engine which sits behind EOC, powering away.

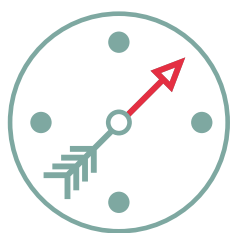
You will all have received an email asking you to select if you would prefer the AGM face to face or over Zoom. Your comments and suggestions have been taken on-board and based on the majority vote, the Committee will make preparations for the upcoming AGM to be held in person on 15th November. Further venue details to be confirmed in due course.

The Committee meeting is open to discussing a wide range of topics, from upcoming club events, updates on activities such as the newsletter and 80,000 km goal, to finances for the quarter. It is comprised of Committee members, the Treasurer, the Secretary who takes meeting minutes and the Chairperson, who chairs the meeting and circulates the agenda beforehand.

The roles of Chairperson, Secretary and General Committee Member will soon become vacant. More details will be released shortly. If you are interested in one of these roles you need to submit a nomination form, on which you are proposed and seconded by two members of Ealing Outdoor Club, prior to the AGM.

Kind Regards
Shameem

NEWS



ULEZ



From October 25th, 2021, the Ultra Low Emission Zone will be extended out to the North and South Circular Roads. Any car not meeting the required emission standards will be charged £12.50 to drive into the ULEZ. This is a concern for EOC as our current meeting point for Sunday walks – Ealing Common tube station – is INSIDE the new zone. Steve Carr is going to investigate locations close to Ealing Broadway station, which lies outside the zone. When a decision has been made, members will be informed. Meanwhile, you can check that your car meets the new standards by clicking on this link:

www.tfl.gov.uk/modes/driving/check-your-vehicle/?intcmp=52451

Typically, the cars affected will be registered before 2015. These cars are not Euro 6 compliant. If your car was first registered in 2015 or later it should be OK, but best to check it.

“I for one thought when the first lockdown was announced this is “brilliant” because I can do all those jobs, I had planned on doing...”



Lockdown living

The benefits of being a member of EOC during lockdown.

By **Marianne Ben-Nathan**

I think most of us were in a state of disbelief when the first lockdown was announced last year!

Who would have thought it?

I for one thought when the first lockdown was announced this is "brilliant" because I can do all those jobs, I had planned on doing but never came round to, thinking it would only last for six weeks!!!

Sadly, many of those jobs remain on the "to do" list

We personally were absolutely amazed about the "local community spirit" which appeared spontaneous and was most helpful and useful to us seeing Laurence, my husband, was on the vulnerable list. For example, emails were sent around saying "I got a Waitrose, Sainsbury, Tesco slot, does anyone need to add any shopping to it".

Below: **Box Hill**



Laurence being on that" List " made "life" very difficult/ frustrating for me. So, I decided to go out on walks during the early hours of the morning.

This was just a totally new experience. Walking alone in the local park at sunrise listening to the birds without the traffic/aeroplane noise, seeing all the wild life waking up. It was a really magical time on which I look back with fond memories.

After the easing of lockdown, I decided that the safest way for me to get out was going on my bike. I am ever so grateful to have bumped into Louis on his bike near Ealing Broadway station (quite a few years ago) telling me that he was going to go on one of Jim's bike rides

Below (clockwise):
Ashridge Estate,
Runnymede,
Cornish coastal
walk.



This got me thinking about the bike I had in our garage, which Louis kindly made roadworthy for me.

We went cycling together on slightly longer rides until we learned from Colin, after the EOC Xmas lunch, about a group of cyclist meeting outside Ealing Town Hall every Wednesday morning. The group showed us many new routes and places to go too. In the meantime, Lity and Carole had started to go cycling as well.

We were able to go into town during lockdown, all the way to Tower Bridge. This was in a way a bit scary we cycled down The Mall towards Buckingham Palace, along by St. Paul's Cathedral, into Covent Garden and Trafalgar square with nobody around. Apart from going

Below (clockwise):
**Isabella
Plantation,
Tower Bridge,
Covid-19 Memory
Garden.**



Below (clockwise):
**Post box in
Burnham Beeches,
A road full of
glorious Cherry
Trees in Chiswick,
Hammersmith
Bridge in March.**

into town we also cycled along the Thames and in Richmond Park. In particular, Richmond Park was just fascinating during the different seasons of the year.

Cycling apart I was very fortunate to bump into, one Sunday afternoon, Lity and Tommy and, together with Carole, we formed a "bubble".

Thanks to Tommy's amazing map reading skills, we have been on some glorious walks

All I can say is that THANKS to EOC, lockdown has not been as bad as I initially thought it was going to be.



Post box in Burnham beeches



A ROAD FULL OF GLORIOUS
CHERRY TREES IN CHISWICK





UNCOVERING THE DALES



Settle goes potty.

Nicki, John and the flowerpot repair crew.

“

a water tower
was converted
into a bijou
residence

Below? Answers in a text please

On our recent Dales High Way walk, Nicki and I spent an afternoon and overnight in Settle. Until now we thought it was known as being one end of the Settle-Carlisle railway line.. It also appeared on TV when a water tower was converted into a bijou residence. It seems that Settle has another claim to fame. Every summer it hosts an 8-week long Flowerpot Festival. Strange constructions



Below: **Dog, Horses, Imp, Dragon**

appear all over town. We must have counted at least 30 exhibits and apparently more were appearing on a daily basis. There was even a “repair crew”, re-attaching flowerpots, working well into the evening. Could this be something that Ealing might do in 2022?

“

We must have counted at least 30 exhibits and apparently more were appearing on a daily basis.



Below: **Dinos, Elephants and Right members of the price comparison team on holiday in Settle.**



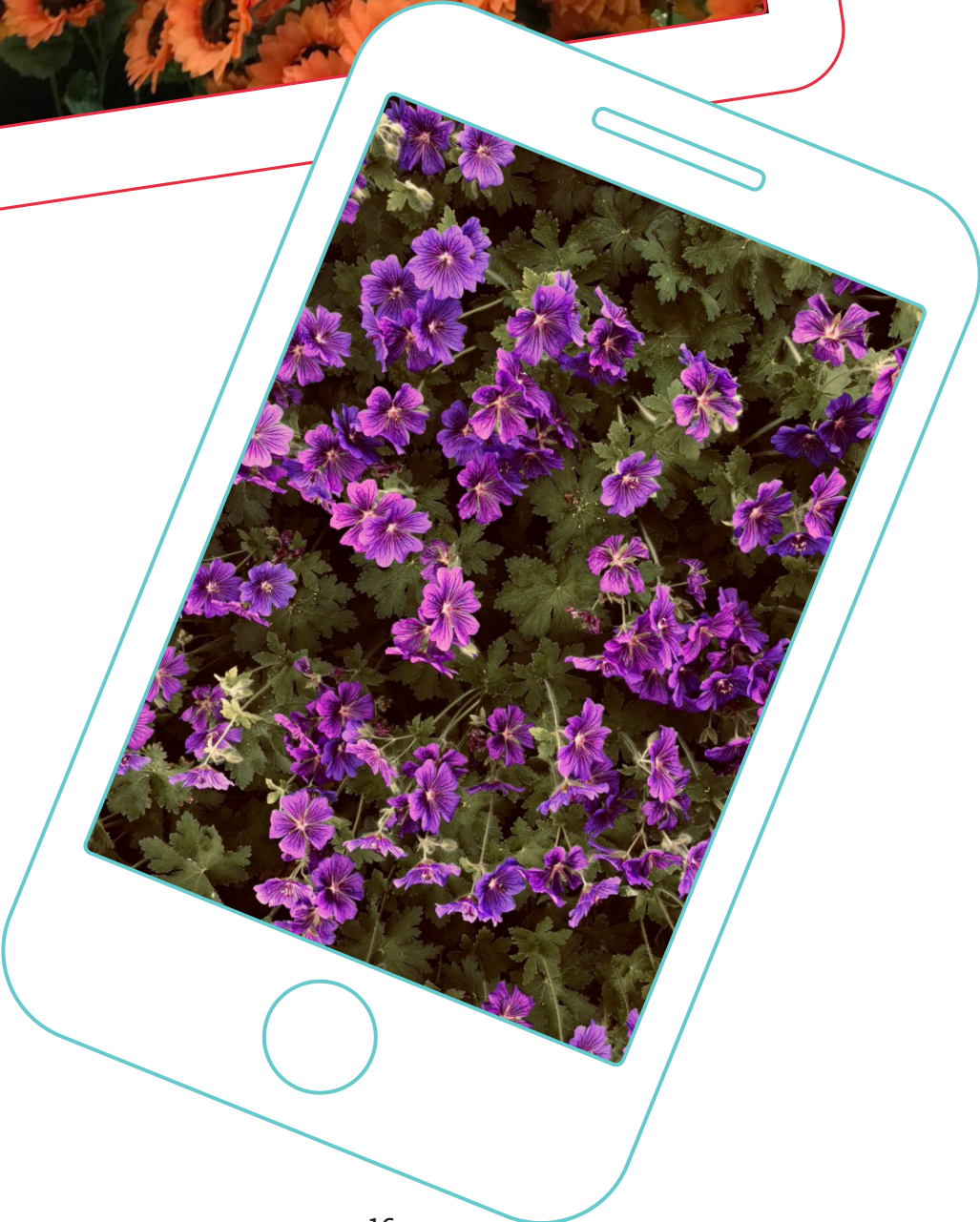
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There was even a 'repair crew', re-attaching flowerpots, working well into the evening.



Flowers
Members' photos
of the month







THE ISSUE FIVE THEME IS 'country signposts'

**Please e-mail your photos to jm.crowther@outlook.com
or ealingoutdoorclub@hotmail.com**



ROUTE REPORT



Chess Valley Walk

A circular landscape rich in wildlife,
with a long and fascinating history...

Writer/walk leader: **Guada Pina**

Start/Finish:

Chalfont and Latimer station

Walk leader: Guada Pina

Weather: Gloriously sunny

On the 29th August, 15 of us went on a 11 mile circular walk to the Chess Valley. I found this route by simply googling '10-mile circular walks in the Chiltern area'. It is the Eastern part of a larger

walk on commons between Chesham and Chipperfield. I am planning to offer to the club a walk along the Western part this autumn. You can find both walks in https://www.chilternsaonb.org/uploads/files/Walks_and_Rides/Chesham_Chipperfield_commons_walks.pdf. Map: OS Explorer 172, 181 and 182. I slightly amended the route and published it into the OS app as "Chalfont and Latimer via Sarratt".

The starting and ending point was Chalfont and Latimer station. For those living in London, the good news is that the Chalfont and Latimer station is served not only by Chiltern Railway but also by the London Underground Metropolitan line. Alternatively, you can also ramble this lovely valley from Chorleywood station, also on the Metropolitan line. www.gps-routes.co.uk/routes/home.nsf/osmapdisp?openform&route=chess-valley-circular-walk-walking-route

The Chess Valley has some of the most attractive countryside in the Chilterns Area of Outstanding Natural Beauty. This is a landscape rich in wildlife, with a long and fascinating history. Along the way there are historic buildings and estates, water meadows, ancient field systems and nature reserves.

Before turning right to follow the river Chess and then left into Latimer, we walked past the downhill side of



Latimer Green.

Latimer Place, built in 1863 after the original Elizabethan house was destroyed by fire. During World War II the house became an interrogation centre for senior prisoners of war, including Rudolf Hess. It is now the Latimer Place conference centre and hotel. Below the house is Latimer Park Farm which was the site of a Roman farm villa in the 1st century.

The village of Latimer is made up of several 17th and 18th century houses around a village green.

Among quiet country lanes that lead to Flaunden and tucked away behind thick hedges of bushes, the South West Herts Astronomical Society (SWHAS) stargazes from their own observatory-donated to the Society in 1974. Two of the members invited us into the site and kindly shared some noteworthy facts about the observatory, the clubhouse (where members meet regularly for observing sessions) and the SWHAS. More information can be found [here](#)



The SWHAS observatory at High Top, Flaunden.

<https://swhas.org/about-us/observatories/>

Shortly before reaching Sarratt and strategically located a few steps from the top of a steep hill, allowing some of us to catch our breath, stands Jim's Jams stall at Ashfield, in Red Lion Lane. It offers a sweet variety of homemade jams from home grown fruit

and organic fair-trade sugar as well as politely requests to return the jars, if possible.

We broke for lunch at the generous green of Sarratt. My favourite picnic spot is the bench by the willow facing a small pond, on the northern end of the green. The village of Sarratt is surrounded by open fields and bordered to the south by the River Chess. Sarratt dates from about AD 700 and has been used as a location in several television and film productions. After lunch, we followed the river in search for the watercress beds. Watercress is one of the oldest green vegetables known to man. The River Chess, with its clean mineral rich spring



Jim's Jams at Ashfield, Red Lion Lane.



Commonwood House, built in 1932.

water, is ideal for producing this wonderful superfood once a major industry in the Chilterns. When we enquired about the watercress beds, we learnt from one of the farmers that the construction of a nearby sewage polluted the surrounding waters, ruining what once was the family business of four generations. Right beside them and still in the same farm, there is a lovely quirky café that opens every day, including Sundays, with stunning river views to everyone's delightment. If you go for ice-cream, I recommend honey and ginger.

Towards the end of our walk, we came across Frogmore Meadows, a Nature Reserve and Site of Special Scientific Interest. This small grassland heaven is untainted by fertilisers and pesticides. Native British wildflowers thrive here like the striking Devil's-bit Scabious, which provides excellent nectar to hoverflies, bees and butterflies. For further information on how Frogmore Meadows is managed visit <https://www.greatbritishlife.co.uk/homes-and-gardens/places-to-live/managing-the-pretty-frogmore-meadow-7221232>



What a lovely day we had! I can't wait to explore the Western area of this wonderful valley.



The Gritstone Trail

EOC trip to Macclesfield,
16-20th September 2021.

Group Expedition Leader: **John Crowther**. Photo above: **'White Nancy'**

The Gritstone Trail is a 35-mile, well signed, Long Distance Footpath. It runs North to South from Disley to Kidsgrove, down the eastern edge of Cheshire. Much of the terrain is ridge-walking, so the views in all directions are superb. The trail passes within 2 miles of Macclesfield and research suggested that walkers could stay in Macclesfield, use the local buses and trains and walk the entire trail over 3 days. And so it came to pass that 15 members of EOC found themselves on Macclesfield station, catching the 9:01 train to Stockport where we changed for Disley to start the adventure.



Left: **Mow Cop Castle**

“

Much of the terrain is ridge-walking, so the views in all directions are superb”



Left: **Lyme Park**
Below: **Tegg's Nose**

The long weekend away was hugely enjoyable. Accommodation was found at the very convenient Travelodge, buses and trains ran on time, the weather was glorious and the Society Rooms proved very hospitable in the evenings. Daily sections turned out to be 12, 15 and 10 miles in length, with Day 1 probably being the hardest. Staying in a hotel and doing a linear walk was a new experience for a lot of people on an EOC trip away. Is it the way forward?

“
Staying in
a hotel and
doing a
linear walk
was a new
experience
for a lot of
people on
an EOC trip
away.”





Guess the grid ref?

WIN a bar of Kendal Mint Cake!!!

Which A? B? C? is Bart's correct 'eastings' and 'northings'?

Clue: bridge over the Grand Union

- A) East: 516314 North: 178301
- B) East: 612828 North: 978843
- C) East: 709796 North: 199600



Answers on a postcard to MI5/EOC HQ Ealing W5
or e-mail jm.crowther@outlook.com