

# EALING OUTDOOR CLUB news

THE MAGAZINE FOR THE EOC OUT AND ABOUTERS / ISSUE 8 / SPRING 2024







**Welcome** to Issue 8 of the EOC Newsletter.



**3** Welcome



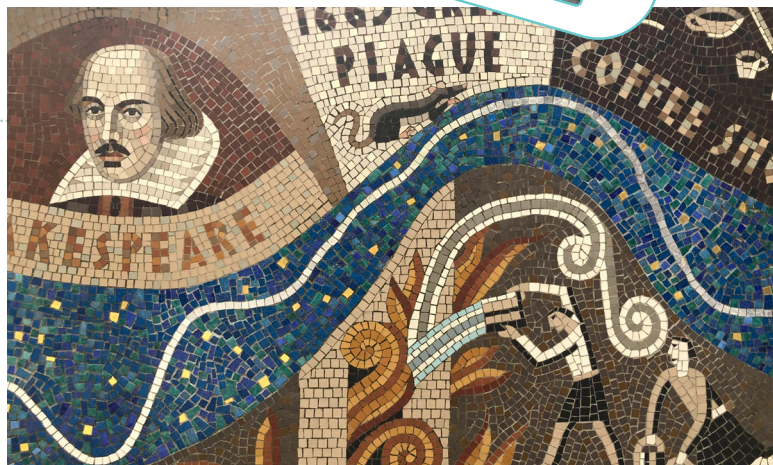
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If you require further information visit **www.ealingoutdoorclub.org.uk**  
or would like a membership form to join the club then you can contact us  
by e-mail at **ealingoutdoorclub@hotmail.com**

We are a friendly outdoor group and our main activity is walking, although we do occasionally push our bikes, canoe, pony-trek, abseil and we always gladly welcome new members to join our 'Out of Ealing' adventures.

We have organised walks most Sundays. Currently we meet in either Ealing, Leopald Road, <https://www.ealingoutdoorclub.org.uk/programme>, or out at the walk venue.

Our weekly treks cover the Chilterns, Surrey and areas around London. Our long weekends away have stretched from Scotland to Cornwall.

Read more about some of last year's adventures >



# TRIPS AWAY



# South Downs

The South Downs are a range of chalk hills in the south-eastern coastal counties of England that extends for about 260 sq mi across the south-eastern coastal counties of England from the Itchen valley of Hampshire in the west to Beachy Head, in the Eastbourne Downland Estate, East Sussex, in the east.





# TRIPS AWAY



## South Downs

**17** members stayed at the South Downs Youth Hostel, [www.yha.org.uk/hostel/yha-south-downs](http://www.yha.org.uk/hostel/yha-south-downs), which is located half-way between Newhaven and Lewes, directly on the South Downs Way. We've been to this hostel before and know that there is some excellent walking right on its doorstep. Unfortunately, there is nothing else on the doorstep, apart from a station 5 minutes' walk away.

The nearest pub is a mile away, but the track involves a bridge over the river and a gate that is locked to motor vehicles! For most of us, self-catering was the order of the day. The accommodation is fairly new, the hostel being opened by Queen Elizabeth in 2013.

Most of the rooms were spacious, as was Maria's bed for the weekend.







**TRIPS  
AWAY**



**South  
Downs**





# TRIPS AWAY



# Hawes

The rural market town of Hawes is one of England's highest, set 850 feet above sea water.

Hawes was first recorded as a market place in 1307 and the lively Tuesday market still entices in the shoppers . Home to the world famous Yorkshire Wensleydale Cheese and set amidst breath-taking scenery it's no surprise Hawes is one of the honeypot tourist attractions of the Yorkshire Dales National Park.





# TRIPS AWAY



## HAWES

**H**awes in North Yorkshire, at the head of Wensleydale was our next location. This hostel is owned by the YHA, but rented by the headteacher of a special school in Aylesbury. He takes all the revenue and hopefully some of the money is left after he has given the YHA their share.

The hostel has some excellent accommodation, is located a couple of minutes' walk from the village and is situated on the Pennine Way. Obviously, the walking is excellent and the scenery – on a good day – spectacular. 18 members went to Hawes and the highlight was probably the ascent of Whernside on the final day.



This is the highest of the Yorkshire Three Peaks and provided some really good views, although the summit was rather windy.







**TRIPS  
AWAY**



**HAWES**





TRIPS  
AWAY



# The Sill

The Sill gives Northumberland and the rest of the UK a world-class facility and visitor experience in the heart of Hadrian's Wall UNESCO World Heritage Site.





# TRIPS AWAY



# T H E S I L L

**In** August, 20 EOC members ventured 300 miles north to The Sill – a brand new hostel run by the YHA. It's name is taken from a geological feature where lava (molten rock) intrudes into sedimentary rock, cools and forms a much harder horizontal layer. Hadrian built much of his wall on this horizontal layer, which is less than a mile from the hostel. Also close by are Housesteads, Vindolanda and The Gap, formerly known as Sycamore Gap. Once again, we were blessed with excellent weather and some amazing views.

“

**we were blessed with excellent weather and some amazing views.”**







TRIPS  
AWAY



THE  
S I L L





# TRIPS AWAY



# Port Eynon

Port Eynon is a village and community within the City and County of Swansea, Wales, on the far south tip of the Gower Peninsula within the designated Area of Outstanding Natural Beauty. The A4118 from Swansea city centre terminates here.





# TRIPS AWAY



## PORT EYNON

**T**en hardy members of EOC crossed into Wales and stayed at Port Eynon youth hostel on Gower. If any of you feel flush, this hostel is currently for sale as the YHA try to reduce some of their assets. The asking price is £450k and this would buy you a splendid location in the old life-boat house at the end of the bay. Not sure if you can change its use, or if you have to continue to run it as a hostel. This hostel is totally self-catering, but does have an excellently equipped and very clean kitchen. When the sea is rough, waves hit the lounge/dining room window!

“

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**TRIPS  
AWAY**



**SEPT  
2023**

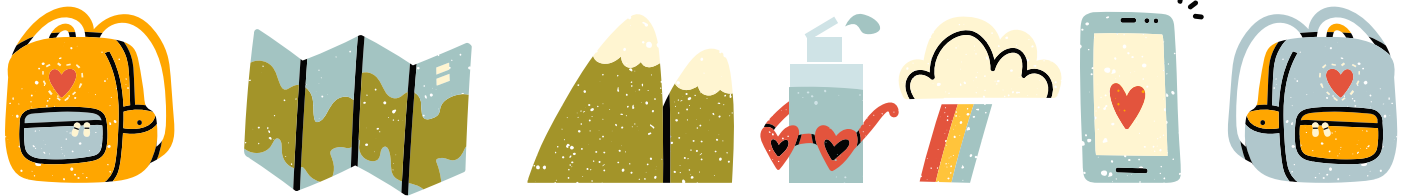
**P O R T  
E Y N O N**





# Leading a walk

The Ramblers have a document which serves as a checklist for those leading a walk. It looks a bit daunting at first, so below I have tried to pick out the key features as they might apply to EOC.



## **Before the Walk**

**Choose a route:** Length, duration, start time, time of year

**Reccce the route:** Walking the route beforehand is ideal, but not always possible. Instead, use a map, guidebook, local knowledge and online tools, to be aware of terrain, points of interest, pubs, toilets, hazards, path closures, mobile phone signal, road crossings, steep sections etc.

Make sure you feel comfortable in leading the walk. If not, ask for assistance.

Decide on the maximum number of walkers you are comfortable with.

Advertise the walk on our website.

## **On the day of the Walk**

Arrive prepared: Food, waterproofs, first aid kit, extra clothing, hand-sanitiser, know the weather forecast, map, charged mobile phone.

## **On the Walk**

Welcome everyone! Know the names of all the walkers. Introduce unfamiliar faces. Briefly list any hazards or special features of the day. Appoint a back-marker, if you need one.

Set a pace that all are comfortable with.

Use you common sense, regarding meeting other walkers and Countryside Code.

## **Have fun!**

## **After the walk**

Thank everyone for attending and inform them of the next walk, if you know when it is.

## **Taking part in a Walk**

The Ramblers have produced a separate document, with suggestions for people who are joining a walk.

- **Turn up on the right day, at the right place, at the right time.**
- **Wear suitable clothing and footwear. Have spare clothing with you.**
- **Carry food and water, as appropriate.**
- **Listen to instructions, keep up with the pace and tell the leader if you need to leave the group.**
- **Be considerate to others.**
- **Have fun!**



# Clouds

Members' photos  
of the month













**Thanks for all  
of the entries.**

**Once again a  
fantastic selection.**







## **THE ISSUE NINE THEME IS 'stone'**

**Please e-mail your photos to [jm.crowther@outlook.com](mailto:jm.crowther@outlook.com)  
or [ealingoutdoorclub@hotmail.com](mailto:ealingoutdoorclub@hotmail.com)**



# Home-Made Cereal Bars

**Our spring DIY home made snack on demand recipe.**

You will need a 20cm square baking tin lined with baking paper.  
Preheat the oven to 180 C or 160 C fan.

## **Ingredients**

- 250g ripe and juicy berries, mashed (or thaw some frozen ones)
- 2 bananas, mashed
- 4 tbsp peanut butter or almond butter
- 100g syrup
- 250g porridge oats
- 100g mixed seeds
- 50g chopped mixed nuts or flaked almonds.

Put the berries, bananas, nut butter and syrup in a bowl and mix well.

Add the oats, seeds and nuts and mix again.

Pour the mixture into the tin and bake for about 20 minutes.

Allow to cool then cut into slices.



# Find the what3words location?



**WIN** a bar of  
Kendal Mint Cake:

**What3words?** It is a proprietary geocode system designed to identify any location on the surface of Earth with a resolution of about 3 metres. Downloading this app to your mobile phone could be a location finder eg. when you may need to pass on your location to a third party. Find out more at <https://what3words.com/ways-to-use>



**Clue:** This mosaic is somewhere between Millenium and Southwark Bridge

- A?) ///shut.share.lake
- B?) ///badger.hit.jump
- C?) ///farms.survey.police

Answers to [jm.crowther@outlook.com](mailto:jm.crowther@outlook.com)  
find out more about what3words