

LMC MOUNTAINEERING CLUB

October 2024

Contact Details

Chairman: David Wells
Meets Co-ordinator: Angela Leaman
Secretary Charles Harrison
Treasurer: Paul Ackroyd
Newsletter Editors: Angela Leaman
 Hilary Pettit

LMC email address: LMCmountaineeringclub@gmail.com

Next Newsletter: Please send copy for the next issue to both editors
 by midday on the 10th of the month.

LMC Meets & Events Programme 2024			
Date	Event	Meet Leader	Comments
Thu 17 October	Explore the Elizabeth Line: Hanwell to Richmond via the Grand Union Canal, Syon Park and Isleworth	Marion Downie	Day walk
Fri 18 to Sun 20 October	Herefordshire and NE Black Mountains	Andy & Kirsty Johns	Weekend
Sun 17 November (Amended date)	Teddington to Chiswick	Charles Harrison	Day walk
Sat 14 December	Londinium – history walk and Christmas social	Marion Downie	Day walk + social
2025			
Sat 18 January	AGM and Annual Dinner Cotswolds	Angela Leaman	Weekend
Sat 8 to Sun 16 March	Crickhowell Walking Festival	Andy Johns	Not LMC. Book direct via the CWF website.
March/April tbc	Yorkshire Dales	Angela Leaman	Weekend self-catering
Fri 13 to Mon 16 June	Exmoor	Heather & Andrew McGinn	Weekend

Fri 12 – Fri 19 September	Lake District	Sarah Dixon	Full Week
Sat 25 October	LMC - 50th Anniversary Reunion Salisbury	Angela Leaman	Club social

LMC Meets Details

Thu 17 October - Exploring the Elizabeth Line: Hanwell to Richmond via the Grand Union Canal, Syon Park and Isleworth – Marion Downie

After a Summer recess, I thought it would be good to start up on the Elizabeth Line walks again as many of the walks are short which seems ideal for these shorter days. These walks come from 'Exploring the Elizabeth Line' by Jeff Lock.

Meet at Hanwell Station at 11am for a 6 mile walk on mainly paved surfaces, towpaths and riverside paths to Richmond (Tube and mainline station). There are refreshments en route but bring some emergency supplies as the café at Syon Park was very slow service the last time I was there.

If you are interested, please let me know.

Contact: Marion Downie

Fri 18 to Sun 20 October - NE Black Mountains and Herefordshire hills – Andy & Kirsty Johns

We are looking forward to seeing everyone in Hay on Wye very shortly. We have 13 people signed up including ourselves and one new member. All six rooms at The Firs B&B in Hay on Wye are reserved for us and fully taken up, and extras have booked their own accommodation at the nearby Swan Hotel or elsewhere in Hay. Suppers are booked for both nights and we will be contacting participants shortly with the menu from the Old Black Lion for your pre-selections for Saturday night, and with any other final instructions.

Others are most welcome to join us, but you will need to make your own accommodation reservations – if you do this, please let me know where you are staying and if you wish to be included in supper bookings on Fri/Sat nights.

Our intention is to explore this corner of the Black Mountains in the Hay-on-Wye area, and/or areas such as the lower hills along the Herefordshire/Wales border and the Golden Valley. Distances are likely to vary between 8-12 miles, height gain between 1000-2000 ft. There is beautiful scenery all around, and autumn is a great time to see it at its best.

Contact: Andy & Kirsty Johns:

Sun 17 November - Teddington to Chiswick – Charles Harrison

NB This is an amended date

This is a walk of 7 miles from Teddington Lock along the River Thames to Strand-on-the-Green timed to coincide with the annual Draw-Off at Richmond Lock. This is when the weirs are left open to allow the river between Teddington and Richmond Locks to drain down at low water on each tide to allow for maintenance on riverside structures, providing a very different view of the river. The day will finish a short distance away at your Secretary's house for soup & bread. Teddington station is on South Western Railway; in Chiswick, the options are South Western Railway, London Overground and the District Line Please let me know nearer the time if you are interested.

Contact: Charles Harrison

Sat 14 December - Londinium – A Saturday Walk around Roman London followed by dinner – Marion Downie

This will be a stroll around the City, looking at some of the main Roman sites, followed by an early evening meal.

The walk will be about 2.5/3 hours but longer if we decide to stop at the Mithraeum or Amphitheatre (depending on demand). I originally suggested meeting at 11am outside the City Information Centre which is opposite St Paul's Cathedral on the route up from the Millenium Bridge but as we are hoping to have an early evening meal as a pre-Christmas social, I may adjust the timing to a bit later.

As I will be away for most of November and to help with my planning, if you think you might be interested, please email me with an answer to the questions below **by 21 October**:

1. Do you wish to do
 - a. Walk only
 - b. Walk and meal
 - c. Meal only (c.5.30/6pm)
2. If walking, do you wish to
 - a. Visit Temple of Mithras – probably takes 30 minutes
 - b. Visit Roman Amphitheatre – 20 or 30 minutes

We can call into both the amphitheatre and Mithraeum (both free) but I am just trying to get a feel for how long people might want to visit, so that I can work out timings.

Contact: Marion Downie;

Sat 18 January 2025 – Cotswolds LMC AGM and Annual Dinner – Angela Leaman

I am delighted to let you know that we will be returning to the Cotswolds for our AGM next



January. The venue will be the Hatton Court Hotel which is located near Painswick and 12 minutes' drive from Gloucester station. The Cotswold Way passes close by and there is good walking to explore. The AGM and private dinner will be held in the Cotswold Room.

I have a provisional booking for 14 rooms for Saturday night which will be held until the end of November. Bookings can be extended on request to Friday, for those who wish to arrive the night before. Walks will be arranged for mid-morning Saturday and on Sunday morning.

To book your place please call the hotel directly on 01452 617412 and quote my name to link into the LMC group booking and discount rate. Guests will be required to pay in full for Saturday dinner/accommodation at the time of booking, but Friday night can be paid for on arrival. Friday dinner can be at the hotel, or there is a cheap and cheerful pub 5 minutes' drive away at the Kings Head in Upton St Leonards.

The rates are as follows:

Saturday DB&B: Double £149 (total for 2 people); Single occupancy £129.

Friday B&B: Double £109; Single £99. Note there is no provisional booking held for Friday. The hotel is unlikely to be busy but advise booking earlier to ensure availability if staying two nights. All rooms will be Executive/Superior grade.

T&C: Bookings can be cancelled free of charge until 7th December. After 7th December we can cancel 2 rooms free of charge up to 48 hours prior to the event. Further cancellations will be charged in full.

Hope to see you then.

Contact: Angela Leaman;

www.hatton-court.co.uk; Hatton Court, Upton Hill, Upton St Leonards, GL4 8DE

Sat 8 to Sun 16 March 2025 - Crickhowell Walking Festival – Andy Johns

Planning is well underway for next year's nine-day Crickhowell Walking Festival in and around the Bannau Brycheiniog National Park (Sat 8 March to Sunday 16 March).

See <https://www.crickhowellfestival.com/2024-gallery> for lots of good images from March 2024 – fog, rain, plenty of mud, sunshine, great views and many happy walkers. Booking opens as usual on 1st December... put it in your diaries now!

March/April 2025 - Yorkshire Dales – Angela Leaman

Expressions of interest are sought for a self-catering trip to the Yorkshire Dales next spring. If you think you may be interested let me know, so I can get a feel for numbers to find a house to rent for a long weekend.

Contact: Angela Leaman;

Fri 13 to Mon 16 June 2025 – Exmoor – Heather & Andrew McGinn

We are proposing to run another weekend meet at the Simonsbath House Hotel, Simonsbath, Exmoor next year. We have provisionally booked the hotel for the weekend and will get the prices for next year in September.

We have also asked that they include transport as well as dinner, bed, breakfast and a picnic lunch each day, because we felt that not needing to use cars on linear walks was a huge advantage giving us more time to enjoy cafe stops on the walk and a later start to the day. Again, it would be 2 days of walking plus a shorter walk on Monday before travelling back. Please let me know if you are interested in joining us for this meet so that we can gauge whether it is viable. Then in September after we know prices and date for deposit, we will ask for a commitment. At present we have the whole hotel, but numbers will depend on rooms and the capacity of the minibus.

Bookings will be on a first come first served basis. We look forward to you joining us.

Contact: Heather & Andrew McGinn;

Fri 12 – Fri 19 September 2025 - Lake District – Sarah Dixon

Due to the popularity of the location in the [Duddon Valley](#) giving a wide choice of beautiful walks on high and low fells for all capabilities and states of health I am planning to organise a week from Sept 12th-19th 2025 in the same two cottages we hired this year (see the meet report). The price has been reduced from this year's due to direct booking and is now £1800 for the two cottages (See Cottage 1 and Cottage 2 below for details of the cottages). Each cottage has a double room and a twin room, so, depending on configuration, altogether across the two cottages we could accommodate between 6 to 8 people giving a price per person per week of £225-£300. The booking for these two cottages can be held for us for one month so please let me know as soon as possible if you are interested.

There is other accommodation very close by as detailed below and I can enquire about availability there should there be more people interested. The Riverside Stone cottage is just over the bridge from Cottages 1 and 2, and the Newfield Inn and Seathwaite Lodge next door to it are a short walk away.

[Cottage 1](#)

[Cottage 2](#)

[Newfield Inn](#)

[Riverside Stone Cottage](#)

[Seathwaite Lodge](#)

Contact: Sarah Dixon

Sat 25 October 2025 – Salisbury LMC - 50th Anniversary Reunion

Those that were there will remember the fantastic evening we had in 2015 to celebrate the 40th anniversary of LMC Mountaineering Club. Around 80 current and former members came together for dinner and a hugely sociable evening at Lensbury Club in Teddington.

Therefore we plan to do it again for our 50th! Yes, it all began in 1975.

Kirsty has been in touch with a long roll call of past members and we have had a very enthusiastic response. Therefore, I'm delighted to let you know that the LMC 50th Reunion dinner will take place on **Saturday 25 October 2025** at the White Hart Hotel in Salisbury. Further details will be released as plans progress, but in the meantime – **SAVE THE DATE!**
Contact: Angela Leaman;

Meet Reports

Lake District Meet Report - 12 to 16 September 2024

We stayed in two lovely adjacent cottages in the Duddon Valley near Seathwaite – not the wettest place in England, but another Seathwaite. The location was amazing with beautiful hills in every direction. Just out of the door there is a lovely quiet road then track leading to the pub over stepping stones (alternative route over bridge)

Our evening expedition there on arrival on Thursday led to someone getting wet feet.

On Friday 13th in excellent sunny weather all 6 of us set off towards Conistone Old Man via Seathwaite reservoir herding cows and calves in front of us on route.

After Elevenses at the end of the reservoir we split into two groups, one group ascending an almost vertical grass slope leading to the summit, and the other group descending to the valley via a waterfall and bog.

On Saturday 14th 5 of us set off, one decided to have a day enjoying the local scenery from the cottage. We walked directly from the cottages toward Harter Fell, starting off at a measured pace along a reasonable path. After a break, we split again into two groups, the first group heading across difficult boggy terrain to below Harter Fell, where we had difficulty in discerning the track marked on the map. After some bracken fighting and retreat, we finally found the route to arrive at the top in a gale. This was the easy part. The route down was wet, stony, steep and the path along the river we wanted to follow home when we got down was impassable, so we had a long walk back along the road. In the meantime, the other group had taken a slightly shorter route, but equally tricky one, back home.

Sunday 15th dawned wet. We decided on a cultural morning and explored the Conistone Museum, complete with Bluebird and Ruskin exhibitions. As the weather was clearing in the afternoon a group of 4 set off for Stickle Pike. The first path was indiscernible soaking wet underfoot and to waist height through the reeds and bracken, but once the other side of the field the path was well marked. Again, slightly different than the map we split up when David turned left to follow the third route to the pub. This turned out to be hazardous and he had to stay in the pub till dinner time when we met. Meanwhile 3 of us carried on and met our own problems, either due to poor navigation, or due to the poor guidebook. We battled our way through wet bracken before deciding to turn around and find another tour, which is in due course we did – a fine broad, clearly defined tour to the summit where we enjoyed fantastic views.

On three nights we ate in the pub, a short walk down the road or via a footpath. There was a good selection of standard pub grub and very friendly staff and locals. On Friday night we dined on a splendid meal prepared by Penny (not with us unfortunately) and cooked by David, with sous chef Marion. Thank you, Penny, the meat loaf was delicious.

The meet was enjoyed by all, regardless of fitness. It was nice to all start off on our walk together but then have a choice of longer or shorter walks for which there were many tempting options. There were very few people around. At the end of the stay we unanimously agreed to book the two cottages again for a whole week next year, using other locations (e.g. the pub) to broaden the offer to other LMC members. Watch this space for further announcements.



Sarah Dixon

Regent's Canal: Limehouse Cut, Lea River, Hertford Union Canal loop – Thursday 25 September

A depleted group of five met at Limehouse to continue our exploration of the East London waterways, with two prospective members unable to make it due to disruption on the trains. Paul, Charles, Alyson, Liz and I set off along the Limehouse Cut which connects the end of the Regents Canal and the Limehouse Basin to the River Lea and was built to cut out the longer journey by boat around the Isle of Dogs and Bow Creek. The banks of the Cut are slowly being developed with recently built and converted residential apartments replacing the old warehouses and factories.

At Bow Locks, where the Cut meets the River Lea Navigation and the Bow Creek, the path follows a long thin island between the two before arriving at Three Mills. On the island between two further joining rivers are the House and Clock Mills. The House Mill is believed to be the largest tidal mill still in existence, and there are plans to start generating hydroelectricity using two of the paddles. The island is also home to the Mills Studios, a large TV, film and music production space.

Photo in front of Three Mills Island

Our route then followed the River Lea Navigation which played a vital part in the construction of the Olympic Park which was visible from the towpath. After passing Old Ford Lock (and the house which hosted the Big Breakfast for 20 years) we stopped for lunch in Fish Island where the café was part of a new development of creative workspaces.



East Bank Cultural Quarter in Queen Elizabeth Olympic Park

Turning onto the Hertford Union Canal gave us good views back to the Olympic Park and the East Bank cultural quarter where the new V&A and Sadler's Wells East developments are preparing to open next year.

It was a quick walk back to the Regent's Canal skirting Victoria Park before splitting up for various routes home.

Hilary Pettit

Out Walking Reports & / or Photos . . . *None this time*

Other Events / Items . . . *None this time*

Extra Elements: Books, DVDs, Films, other Walks / Climbs – views & comments . . .
If you've read any walking / mountaineering / travel books which you've enjoyed, please share.

LMC Newsletter link to send to interest future possible members:

<https://www.hillsandvalleys.co.uk/LMC/LMCdownloads.htm>

BMC: <https://www.thebmc.co.uk/> Newsletter at: <https://www.thebmc.co.uk/newsletters>

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