



# The Poly Rambler

Members' Newsletter of the Polytechnic Rambling Club

[www.polyramblers.org.uk](http://www.polyramblers.org.uk)

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Our summer was sandwiched by Bank Holiday trips to Killarney and Skipton, which were well attended and very successful. Both were B&B based which means even more work for the organisers, so our special thanks to Danny, Gillian and Stuart.

As a club we have had several trips to Yorkshire, which offers good walking as well as being easily accessible from London. The club went to Pickering a few years ago, thanks to Danny and Sandra, and made an excursion to Whitby. In July this year Sandra and I walked the Cleveland Way, which is about half moorland and half coastal walking paths. It passes through Whitby, but for those unfamiliar with the area, we would also highly recommend other coastal towns and villages such as Saltburn, Staithes (see photo below), Robin Hoods Bay and Filey.

Walk attendances have been good over the last few



months. The Rambler of the Year award is being hotly contested this year. Sunita is currently in the lead by a neck, but last year she eased up towards the end and was pipped at the finish, and so it is all still to play for.

Best wishes for the run up to Christmas.  
Mike Coyle

## Chairman's message

By the time you read this, the nights will be drawing in and in three weeks, the clocks go back. Where did the summer go? After a wet spring, the weather finally perked up and we had a good summer for walking, though for those of us that garden, it seems that some of our plants never really caught up.

We had a varied programme of walks and thanks to those of you that lead them. As usual, this has fallen on a small number of members, and so I would make my periodic plea for new leaders to step forward. With the wealth of books and websites devoted to rambling, it really isn't hard to find walks of a required length.

Material for this edition collated by the committee.  
Production by Kim Chowns  
Printing arrangements by Dominique Le Marchand.

## The Polytechnic Rambling Club

(in association with the  
University of Westminster)  
Founded 1885

Affiliated to the Ramblers'  
Association (Inner London Area)  
Affiliated to HF Holidays

### OFFICERS AND COMMITTEE

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#### CLUB OFFICERS

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Mike Coyle

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Gillian Swan

##### Treasurer

Daniel Duffy

### COMMITTEE MEMBERS

Hilary Abbey  
Pam Beach  
Kim Chowns  
Dominique Le Marchand  
Solvig Starborg  
Stuart Swan  
Geoffrey Waters

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#### Club's Facebook page:

<http://tinyurl.com/qclyyfq>

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\* Articles for inclusion in the  
newsletter are welcome from all  
members. They should be walk  
related, but do not necessarily  
have to be about a club walk.,  
e.g. walking holiday or what the  
club was like in the past. **Kim**

## Spring Bank Holiday in South West Ireland

An impressive 32 made their way to Killarney where we stayed in several B&B's. It's a small town and, as the gateway to the ring of Kerry and the lakes, is given over to tourism. The main streets are very lively with dozens of bars and restaurants and throngs of visitors from all over the world. There's music everywhere, in bars and hotels and also from street performers.



We particularly enjoyed a Scottish busker, complete with golden wig, who had a scurrilous song about Donald Trump to the tune of the Boxer. As usual there were two levels of walks arranged over the three days. Sandra suggested that those doing the longer walks be called Hikers, and those doing the shorter ones, Strollers.

**Sandy writes:** On the Friday, 16 Strollers caught the shuttle bus to Kate Kearney's Cottage for the walk to Gap of Dunloe. **continued**



## Spring Bank Holiday in South West Ireland (continued)

We started the walk in fine weather and made a gradual ascent to the summit of the pass. A fellow Rambler has mentioned the rugged beauty of the scenery and my descriptive powers can't match his. However it matched the scenery to be seen in such places as Glencoe and the Lairig Ghru, if you have visited the Highlands of Scotland.



As we got further into the pass the road became steeper and we found that the walk was going to take longer than expected. This meant that we would be late for our boats, but our intrepid leader had the situation under control and phoned the boatman to secure our places. A special feature of the Gap was the constant stream of horse and traps carrying tourists who would rather ride than walk. The vehicles are known as jaunting cars and their drivers as jarveys. The road was so steep in places that the drivers and passengers had to dismount to make it easier for the horses. There were a few cars too, which made the road congested at times. I am informed by a reliable source that the high point of the pass was 239 metres.

The descent at the other end of the pass was even steeper (editor's note: stroller steep is equivalent to hikers slope!!) than the ascent and we were glad we hadn't done the walk in the other direction. We came out into the beautiful Black Valley, so called because so many people died there during the Great Famine. Here and there in the valley were neat little bungalows which looked fairly new and a little church. It must have looked a lot different at the time of the famine in the 1840s.

**continued**





## Spring Bank Holiday in South West Ireland (continued)

Eventually we reached Lord Brandon's Cottage. This was at the start of the Lakes of Killarney, three lakes which are connected by rivers. We had to travel in two boats. The lakes are connected by rivers and the water level was quite low. At one point a few people had to get out of the boat to create enough draught. One of our number (Sandy!) slipped as he was getting out and grazed his shin. I understand that his wound is healing nicely. After a voyage of between one and two hours we reached Ross Castle. Most of the group walked back to Killarney, but the injured Stroller took the bus.

### *View from boat of the lake*



**Gillian writes:** The on Friday morning

first summit of the weekend – Torc Mountain – admittedly a fairly modest peak at 535m. Sixteen of us boarded the shuttle bus and were slightly disconcerted to find that the bus driver didn't issue tickets, but assured us that he would remember us for the return journey. This would never happen in the UK! En route we passed Ross Castle where crowds of anglers were convening for a fly fishing competition, won by England, we later heard. We left the bus in the extensive grounds of Muckross House, a Tudor style mansion built in the 1840s for Colonel Henry Arthur Herbert, an Anglo-Irish politician.

Hikers were up early ready to climb the

We strolled along rhododendron lined paths to Torc Waterfall, climbing steadily and eventually left the surfaced path for a steeper one consisting of stepped railway sleepers over boggy land interspersed with sections of rocky boulders and gravel. The weather was perfect for walking and the views of the lakes and mountains were stupendous.

After climbing steadily for an hour or so we reached the summit and, unusually for mountain summits, we were able to sit and admire the view (see photo next page) without being blown off our feet or becoming hypothermic. The descent was the same way but seemed harder going and a couple of us took tumbles on the way down. After lunch at the bottom the next part of the walk was a 6 mile circuit of Muckross lake. What could be easier – we thought – but in fact the route was hard surfaced all the way and undulating (see photo next page). Mike offered a short cut but the hikers don't like to be seen to give up and we all decided to carry on.

Having been promised tea at Dinish Cottage, half way round, we were disappointed to find it closed indefinitely. Weary and foot sore after 12 miles, we were pleased to eventually see the Muckross Estate hove into view. It was full of tourists and jaunty cars and we headed straight for the shuttle bus which just had enough seats for us. Luckily the driver did recognise us!

**continued**

## Spring Bank Holiday in South West Ireland (continued)

**Hilary writes:** The hikers on the last day tackled Carruntoohil, which is part of a classic horseshoe walk. We had advance warning that there was no defined path and to be aware of a number of possible hazards along the way. We arrived in time for our minibus containing 13 Hikers to park in one of the few car park spaces left with a steep and well marked out path ahead of us to make a steady determined ascent, only to be overtaken by a number of climbers half our age including a couple with a six years old child.



We were rewarded with a cloudless sky and a beautiful vista of the other ranges (see photo at bottom of page) and surrounding lakes. The ascent towards the peak (1001m) did indeed prove to be hazardous and very steep with a number of loose stones and rocks interspersed with grass. We reached the point where a cairn marked the first summit of Caher and all that remained was a steep ridge to the top of the mountain.

As is clear from the photos we were particularly fortunate with the weather. On Monday, half the group returned to a windy and wet London and the other half spent a night in Cork, making a trip the next day to its attractive port of Cobh. As always, these things don't just organise themselves so our thanks to Danny for arranging such an excellent trip and providing us with such comprehensive trip notes.

**Mike**

Deer seen on last day of strollers walk





## A polite request!

First of all, thank you to all those members who have been loyally leading walks for our programmes. The club is nothing without you! This involves finding a walk, doing a walkover for transport, timing, suitability and checking out the pub (most important!) including checking with the landlord/lady that they can cope with a group of walkers on the allotted day.



We always welcome new leaders and ideas for walks. Some say they want shorter walks – we need leaders for such walks! Some say they (and potential new members) want longer / more challenging walks – we need more leaders for such walks too! You can be such a leader or inspirer! We can support you in your finding, walking over, checking (timing and pub) or any other details you need help with.

Please contact me (see my details on the walks programme) with your ideas and offers to lead walks and/or any other queries. Or just have a chat with me when you come to a walk.

## Pam

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### Club Christmas Lunch, Sunday 11 December 2016

A change of venue for this year's Christmas Lunch. The upstairs bar in the Rutland Arms with views over the Thames has been reserved for the Club. See details for booking and payment on the next page at the bottom of the menu.

A 2.5 mile walk along the Thames Path to the venue, starting at Putney Bridge at 11am, will precede the Lunch for those who wish to build up an appetite!

## Danny



**Polytechnic Rambling Club**  
**Christmas Lunch - Sunday 11 December 2016 –1pm**

Rutland Arms Public House, 15 Lower Mall, London W6 9DJ  
Nearest tube: Hammersmith - District, Piccadilly and Hammersmith & City Lines

**Price for members £20 for three courses, including coffee & mince pie, or £16 for two courses (excludes gratuity).**

This price includes a subsidy from the Donations Fund, as agreed by the Committee.  
Guests of members will be accommodated if space permits. Price £24.99 for three courses (£20.99 for two)

**STARTERS**

Sweet Potato & Carrot soup (v)

*Sprinkled with chives and served with your choice of white or brown bloomer bread & butter*

Prawn Cocktail

*A classic dish with Marie Rose sauce served on a bed of mixed leaves, with brown bloomer bread & butter*

Chicken Liver Pate

*With cranberry sauce and your choice of white or brown toasted bread & butter and a salad garnish*

Chorizo Bubble & Squeak

*Bubble & squeak with chorizo, topped with a poached egg & finished with a smoked chilli hollandaise sauce*

**MAINS**

Hand-Carved Turkey

*With sage & onion stuffing, pig in blanket, roast potatoes, seasonal vegetables and Yorkshire pudding*

Topside of Beef

*With sage & onion stuffing, pig in blanket, roast potatoes, seasonal vegetables and Yorkshire pudding*

Fillet of Salmon

*With a lemon butter & Champagne sauce, served with roasted new potatoes and seasonal vegetables*

Brie Filled Nut Roast (v)

*Served with roasted new potatoes, seasonal vegetables, home-baked Yorkshire pudding and vegetarian gravy*

Festive Burger

*Turkey & pork sausage burgers served with bacon, brie, brioche bun, cranberry sauce, chips and BBQ sauce*

**DESSERTS**

Christmas Pudding (v)

*Served with brandy sauce*

Chocolate Fudge Cake (v)

*Rich and chocolatey, served hot or cold with clotted cream vanilla ice cream or custard*

Festive Crumble (v)

*Kentish Bramley apples topped with a scrumptious mince pie crumble, served with custard*

Cheese Selection (v)

*A trio of Stilton, Brie & Cheddar served with biscuits, grapes and caramelised red onion chutney*

Chocolate Orange Cheesecake (v)

*A chocolate cookie base topped with a chocolate & cream cheesecake and a rich chocolate mousse*

**Booking form**

Detach & send with your cheque to Dan Duffy, no later than **25 November**. Alternatively pay by BACS to The Polytechnic Rambling Club (account: 29935940, sort code 05-02-00) and email [qprduffy20@hotmail.com](mailto:qprduffy20@hotmail.com) to confirm your payment & to give your menu choices.

Please reserve \_\_\_\_\_ place(s) for the Christmas lunch - £20 (£16 for two courses) (£24.99/£20.99 for non-members).

Names: \_\_\_\_\_

I enclose a cheque for £ \_\_\_\_ made out to the Polytechnic Rambling Club.

**Menu Choices:** Starter: \_\_\_\_\_

Main Course: \_\_\_\_\_

Dessert: \_\_\_\_\_

## SNOW-WALKING WEEKEND – FRIDAY 13 TO MONDAY 16 JANUARY 2017

This time, the snow-walking weekend will be in Oberammergau in Bavaria (Germany). <http://www.ammergau-alpen.de/oberammergau/en/>. Oberammergau (837m) is famous for the production of its Passion Play (in years ending with a zero), woodcarving and frescoes of traditional Bavarian themes, fairy tales or religious scenes painted on many homes and buildings (called Lüftlmalerei).

The town is located in the valley of the river Ammer, in the middle of the Ammergau mountains, close to another of King Ludwig II's castles – Linderhof Palace - which we will visit.

If you are interested in taking part in this weekend, please book your flights with Lufthansa: <http://www.lufthansa.com/uk/en/Homepage>.

Book flight LH2471 from Heathrow T2 to Munich T2, leave on 13 January at 8.45, arrive 11.30. Return on LH2482 Monday 16 January from Munich T2 to Heathrow T2 at 19.15, arrive 20.20.

The cost is £99 for hand luggage only (one carry-on bag up to 8kg/18lbs, toiletries in a clear plastic bag, no liquids, etc.). Check luggage policy. Payment by credit card is £1.60 or free with a debit card. Or £131 with one suitcase in the hold and payment by credit card is £2.20, but free with a debit card.

Transfer from Munich to Oberammergau by train. Accommodation will be in B&B.

Once you have booked your flight, please let me know.

**Dominique**



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