



BIGGAR RAMBLERS

Walking in Clydesdale

www.biggarramblers.co.uk

NEWSLETTER February 2021

The Chair's bit

Here we go again with the Newsletter, but how times have changed! 😞 When was the last time you received a nice fat envelope through the post with a quirky newsletter, information about how to join a walk or contact the committee, plus the long awaited walks programme for the next 4 months?

'Adapt and survive' is the motto at the moment. 😊 We've worked our way through the new Covid guidelines (thank you Brian), and we've used the website and email to keep a walks programme going from July last year when, thanks to being affiliated to Sport Scotland, Ramblers group walks were allowed.

And now, with a new Chair only just finding her feet, here we go again with lockdown! But, ably supported by a great Committee, we're still looking forward. Graham plans to send out another request for walk offers to start in March. Don't forget John Hart's offer to show you a walk, and if you fancy leading a walk, we can get you registered. Ramblers offers E learning courses and online chats with other walk leaders. Brian has offered a day of navigation training in July.

In the meantime, keep in touch using whatever means you feel comfortable with, e.g. Biggar Ramblers Facebook page to post your walks and cheer us up with photos. When we get walking again, the walking programme will go out by email, on Facebook and be put on the website.

- It will give you the date of the walk, the location, start time, length, name and mobile number of the walk leader.
- Ideally, there will be precise directions to the start point of the walk, possibly using 'What 3 words', a Grid reference, or a detailed description.
- If that information is not on the programme, it will come out in an email shortly before the walk. If you don't use email, you can get the walk leader's mobile number from the website to get the information. If there are still problems, the walk leader might arrange to meet you at an agreed point so you can drive in convoy to the start location.

If you have a question, you can find contact details for all the Committee on the website and we will do our best to keep our excellent group on track – to share walks and good company. Keep safe.

by Esther

And Now For Something Completely Different

Calling all walkers worried about keeping in training. If Cyclists can use virtual journeys for workouts on their turbo-trainers – how about these for you living room carpet or treadmill?

<https://www.youtube.com/watch?v=Wt8jaHJE60>

Virtual Walk in the Woods - 12 Minute Walking Workout

<https://www.youtube.com/watch?v=IbXdEy7r19o>

- 2000 Steps In 20 Minutes - Walking Workout - Virtual Walking Tour in Paris by the River Seine

<https://www.youtube.com/watch?v=P51pIPyMDTs>

Sunset Beach Walk | Virtual Scenery | Treadmill / Exercise Machine | 4K Walking Tour

Big Shoes to Fill

After years of compiling your Newsletter, Michael has decided to pass on the baton. I'm sure you will join me in wishing him all the best and giving him our heartfelt thanks for all he has done over the years.

Most of you already know me, but for those who don't, my name is Emily Rorke, and I'm a retired Civil Servant (don't hold it against me!). Although a born and bred Weegie, I now live in Lanark.

I've always been a keen walker and climber and I like a good blether, so I was happy to join the group in August 2019. Unfortunately, the pandemic scuppered my plans of lots of walks with the gang, but I already feel that I have been welcomed with open arms, and I have made lots of good friends as a result.

In addition to the Newsletter, I am now your contact for walk reports for the local Newspapers. If you would like to contribute to either of these, please contact me at emilyrorke24@gmail.com

A Weird Walk

Next time you are holidaying in Southend-on-Sea or indeed when Biggar Ramblers has an away- weekend in Shoeburyness, you might like to check out an interesting path known as the Broomway. It's only an SC+ grade with nil ascent and with not much scenery to commend it, but it's a walk you won't forget. It is a public 'right of way' and is clearly marked on the OS maps (but with a warning!). Go to Wakering Stairs where the muddy/sandy path goes off directly into the North Sea, heading towards Denmark. After a few hundred yards it turns NE and then runs about a quarter mile off-shore for several miles until it reaches Foulness Island and makes landfall again at Fisherman's Head. For centuries this track was the only way of reaching Foulness Island except by boat, being regularly used by foot and horse traffic including coaches. During the east coast floods of 1953, it was used by army vehicles to evacuate people from Foulness. It is hard compact sand and is completely covered by the fast incoming tide twice a day and often subject to thick sea mist so that you often cannot see the land. It is very easy to become disorientated and start walking over the sands out to sea, making it highly dangerous to the unwary. More than a hundred people are believed to have died on it over the years, many buried in the churchyard at Foulness. It is called the Broomway because brooms were stuck into the sand on either side of the track to guide people, and there are still some there. Apparently it is an eerie and unworldly experience to travel along it particularly in mist, and you have to be aware of the tide which comes in faster than a man can run! This is a walk where the 'back-marker' and a list of participants are essential, as is a good reliable compass (and wellington boots). Get more info and good pictures by 'Googling' it or reading the excellent book "The Old Ways" by Robert Macfarlane. If you don't fancy being drowned, you can always choose to be shot by the military as the area is sometimes used as an army shooting range. Good Luck.

by Michael Heale.

History Walks

Rosemary Turpie took it upon herself to lead short walks for Biggar Ramblers. As an historian she was interested in local history of the villages in our area. Based on what she told us on these walks, she wrote a couple of little books which can be used as a basis for short walks. The books may still be available in Atkinson Pryce bookshop in Biggar or Biggar Museum.

by Pam Hart.



At the beginning of the year, we received the sad news that Rosemary's husband, Sandy had passed away. I'm sure we would all like to send her our condolences at this very difficult time for her and her family. (Ed)

What a lucky spot!



of ice which resemble hair or sheep's wool.

These ice 'hairs' are extremely thin with a diameter of about 0.01mm! We were very lucky to spot it as ice melts away very quickly.

by Josanne Newton.

Whilst out walking in the recent cold snap Jason and I noticed what we initially thought was some wool on the ground.

On closer inspection we realised it was a peculiar form of ice known as hair ice.

Hair ice is a rare type of ice formation where the presence of a particular fungus (*Exidiopsis effusa*.) in rotting wood produces thin strands



[Quiz Champions needed!](#)

Watch your e-mail inbox for details of our upcoming Zoom Quiz!

... and finally

Thank you for your patience, and thank goodness my first Newsletter is complete.
If I have omitted anything, I'm sure you will let me know and I will rectify this in the next issue.
Please stay safe and take care of yourselves and the important people in your lives.
And remember, as Vera said on many occasions

*'We'll meet again,
don't know where, don't know when,
but I know we'll meet again some sunny day'*