



# The Poly Rambler

Members' Newsletter of the Polytechnic Rambling Club

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

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## Chair's message

This has been an exceptional summer which has presented walkers with a number of challenges on ways to avoid sun burn and the risk of heat stroke. The need for light clothing, sun hats and plenty of water drunk at very regular intervals is essential. The sunny weather has also meant that we could have more picnics which I have really enjoyed so long as there is a pub at the end!

The hot weather does not appear to have deterred Poly Ramblers and walks both short and longer have been well attended. The club has benefitted from new members, some getting to know the club through friendship with other Poly Ramblers and some will have also seen the club website.

We have one further walk weekend to look forward to with an Autumn trip to Ashbourne in Derbyshire. Any ideas for future walking events and trips are always welcome and also feedback from club members. We also welcome short walks added to the programme for club members who are not attending these weekends.

Susan James will be organising a trip to the pantomime at the Richmond theatre and Danny has managed to book our Christmas meal. Details of how to book are on page 7.

Finally, many thanks to Gillian for overcoming a number of logistical challenges to enable us to complete the long-distance walk along the Icknield Way the end of which was marked by a stone slab on our track which could easily have been missed! Best wishes

**Hilary Abbey**



Yet another Boot photo from Dominique!

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**

#### **President**

Christine Bignold

#### **Vice President**

Rosemary MacLoughlin

### **GENERAL COMMITTEE**

#### **CLUB OFFICERS**

##### **Chair**

Hilary Abbey

##### **General Secretary**

Gillian Swan

##### **Treasurer**

Daniel Duffy

### **COMMITTEE MEMBERS**

Pam Beach

Kim Chowns

Mike Coyle

Susan James

Dominique Le Marchand

Jennifer MacKenzie

Geoffrey Waters

#### **CONTACT FOR**

#### **CORRESPONDENCE\***

Kim Chowns

k.chowns@yahoo.co.uk

#### **Club's Facebook page:**

<http://tinyurl.com/qclyyf>

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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.

## **Letter from the President**

I thought I'd better write a bit, otherwise members will not know that I exist!

First of all, congratulations to Hilary in becoming Chairman of the Club, and well done Hilary on your remarks about Mike's stepping down.

Also, well done Judy, on your write up about Pat House, a lot of which I did not know. R.I.P. Pat.

I remember the YHA weekend to Street, in Somerset. Although it snowed then, it's pouring rain as I write this letter at the end of May! But the weekend is one way of really meeting the Club members and a most enjoyable weekend it was too.

Congratulations Sunita, on winning the Rambler of the Year Cup for the 2<sup>nd</sup> year running! Making up for lost time eh!

I see some new rambles as well as old ones, such as Peter Gould's one to Mersea Island. Barnes Bridge reminds me of when I taught at Barnes School Sports Centre; and the day rain flooded the pitches. Our Supervisor rushed up the road to buy some wellies, came back, and promptly gave me a fireman's lift up the stairs to his house where his wife was waiting to give us toast, and then he went to sort the ladies in the Kit Store where they had climbed on the tables! I run up the lane to stop any more coaches coming down and we were there until 7.30pm, when the tide receded. What a day! We were off work for a whole week whilst the debris was cleared from the football pitches.

Margate reminds me of next door neighbours who moved there for their retirement and Broadstairs was, I remember, Sir Ted Heath's constituency.

It's a long time since I was at Osterley. Good luck for the day in September Jennifer and congratulations to you and Susan in becoming Committee members.

The Dover to Deal one, I did the walk over with Geoffrey. In fact, we have been down to Lyme Regis each year since Gillian's long distance walk, over time, ended there, from Avebury.

Good wishes to the leaders for all the day and weekend rambles. A trip down to Glastonbury with my YHA room share, Joyanna and my holidays abroad, should see me through this year and if and when I reach 90, I will invite you all to "Ask" restaurant again to celebrate.

**Christine Bignold**

## Annual YHA weekend trip to Beer, Devon - Friday 15th to Sunday 17th March 2019

The hostel is a beautiful stone country house located just outside the fishing village of Beer. Standing in its own grounds, it retains many original features, including stripped timber floors and leaded windows. It can accommodate up to thirty-eight people arranged in four, five and six bedded rooms. As usual, we will restrict the party to a manageable number, so that the hostel is not too crowded.

Travel will be from London Waterloo by South Western Railway to Axminster Station from where taxis will take us the seven miles to Beer. We will dine in one of the three pubs in the village on the Friday night and have expertly cooked meals by the talented chefs amongst us in the hostel on the Saturday night.

One walk will take us along the scenic South West Coast Path to the pretty village of Branscombe. On the other walk, we will visit the nearby resort of Seaton. The cost of the weekend is estimated to be £75, which includes train & taxi fares and in-house food.



To reserve a place, please transfer £30 to the Club's bank account (number 29935940, sort code 05-02-00) or send a cheque, made out to the Club, to Danny Duffy, 28 Dunraven Road, London W12 7QZ. **Note my change of address**

**Danny**

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### How we handle and use your personal data

As part of the new data protection regulations that came into force earlier this year we would like to remind you what personal data we hold on Club members and how we store and use it. We hold your name and postal address, email address(es) and your landline and any mobile numbers you provided when you joined or renewed your membership.

We use this information to send you the walks and social programme and Club newsletter three times a year and to notify you of new events and changes to published events as necessary. The data are held by the Club Treasurer as an Excel spreadsheet and this is shared with the Secretary and other Committee members as required for the purpose of arranging postal and electronic mailings and communicating with members about weekends away etc.

We do not and will not share your personal data with other Club members or with third parties unless you have given permission for us to do so in response to a specific request. Should you choose to discontinue your membership we will delete your personal details from our records.

If you have any concerns about how we use your personal data please do not hesitate to get in touch with us.

**Hilary Abbey** Polytechnic Rambling Club Chair      habbey@btinternet.com

**Gillian Swan** General Secretary      gillian.swan@dsl.pipex.com

**Danny Duffy** Treasurer      qprduffy20@hotmail.com

## **Dolomites, Italy Trip May 2019**

24 - 28 May 2019 with the option of two extra days sightseeing.

We will be staying in or near Moena in the Dolomites. Accommodation will be B&B, but self-catering may be possible. There will be walks for all levels. We will fly to Venice and then by coach or train (depending on numbers) to our final destination. For those staying for the two extra days we will stay in or near Padua and will be able to visit this interesting city as well as Verona and Venice. Flights are being snapped up very quickly so please book as soon as possible and let me know that you have done so. Please also let me know if you require a single room, as I need to request this in the initial booking enquiry. The suggested flights are shown below and the onward transport will be arranged to coincide with them, so if you make other arrangements and wish to travel with the group to the hotel, you will need to meet us at Venice airport.

24/05 Luton 12.50 Venice 15.55 EZY2191 or  
Gatwick 12.30 Venice 15.40 EZY8067

28/05 or 30/05 Venice 17.05 Luton 18.20 EZY2192 or  
Venice 16.15 Gatwick 17.30 EZY8068

Depending on the flights chosen the current cost is between £148 and £163 return, hand baggage only, with an extra £33.98 for checked luggage. EasyJet only allows one piece of hand baggage with no weight restriction. Handbags etc. must be placed inside it. It is half-term and flights will be increasing in price very rapidly.

Should you require any further information please contact [susan271@btinternet.com](mailto:susan271@btinternet.com) or 07763131145.

**Susan James**

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### **MAY 2018: BAD REICHENHALL (BAVARIA)**

25 Polyramblers spent a long weekend in Bad Reichenhall, an Alpine town in Bavaria. It is a health resort, a city of fountains, brine springs and brine baths. The natural salt deposit discovered in the Stone Age, has made the city rich and famous and salt production was for a long time its sole source of income.



The main party reached Bad Reichenhall at lunchtime after a flight to Salzburg and a pleasant bus journey. After settling in our rooms at the Vier Jahreszeiten (4 seasons) hotel, we had lunch at Cafe Reber where the cakes were to die for. Then some of us visited the old salt works (photo) while others went to the spa. We met late afternoon for a tour of the very nice town and went to the Royal Spa Garden where we saw the inhalatorium and sampled the salty water in the rotunda. We also saw and heard a number of churches and went to the old town ending the day at the Wieneringer Schwabenbrau restaurant for a nice dinner.

**(Continued on next page)**

## BAVARIA WEEKEND CONTINUED

Saturday 26 May 2018: Königssee - We took the bus to Königssee, which is the most beautiful, cleanest and third deepest lake in Germany situated in the Berchtesgaden National Park. We travelled on the lake aboard quiet electric boats. Along the way, the boatman plays his trumpet and the echo bounces back from the mountain walls. Back on land the walkers stopped at St Bartholomä church (12<sup>th</sup> century) for a quick visit and then we started climbing through the forest along narrow paths. Up and up we went. We



stopped for a picnic lunch and continued climbing along more exposed rocks where there were cables and ladders to help our progress. The views were magnificent, but some points along the path were a bit scary. We saw lovely spring flowers including lily of the valley. We finally reached Archenkanzel, the top, after climbing 957m. Soon after, we arrived in a meadow with an Inn in the middle, Kuhroinhtutte, such a welcome sight. We stopped for a drink and then started the descent, first along a gentle path and then on a very steep gravel path through the forest which was very punishing for the

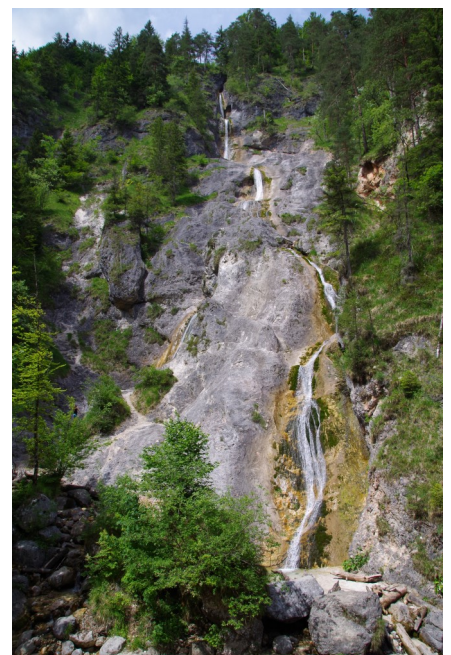
knees. After going down 984m, we finally reached Königssee but had missed the last bus to Berchtesgaden to catch the train back to the hotel! We considered walking, but following a prompt from the Editor about a taxi rank, fräuleins Harriet and Hilary had a joint brainwave that we may be able to order taxis at a garage close and the owner kindly obliged and we arrived just in time to take the train back to Bad Reichenhall (phew!).

The Strollers took the boat to Salet at the far end of the Königssee and walked about a mile to the Obersee and to the Fischunkelalm where they had lunch. They continued to the Rothbach waterfall, the highest waterfall in Germany, along a very difficult path (so they say!) and then took the boat to St Bartholomä where they stopped briefly before getting the boat back to the departure point. They managed to catch the last bus to Bad Reichenhall.



Sunday 27 May 2018: Berchtesgaden - On another sunny day, the walkers took the train to Berchtesgaden. We walked along the river Berchtesgadener Ache, passing the salt mine, along woodland and lovely meadows before reaching the Almbachklamm gorge. We had a drink at the inn, looked at the marble ball mill and had our lunch. We then entered the beautiful gorge and walked on narrow paths and crossed over 25 bridges until we reached Theresienklause, a small barrage.

We continued walking up out of the gorge through a forest. We met a sign for an Inn which sounded minutes away but it was a lie. We eventually found an Inn in Maria Gern where we stopped to have a drink. We bypassed the lovely church which was at the top of a hill and continued to Berchtesgaden where a few of us stayed to have dinner before returning to Bad Reichenhall.



**(Continued on next page)**

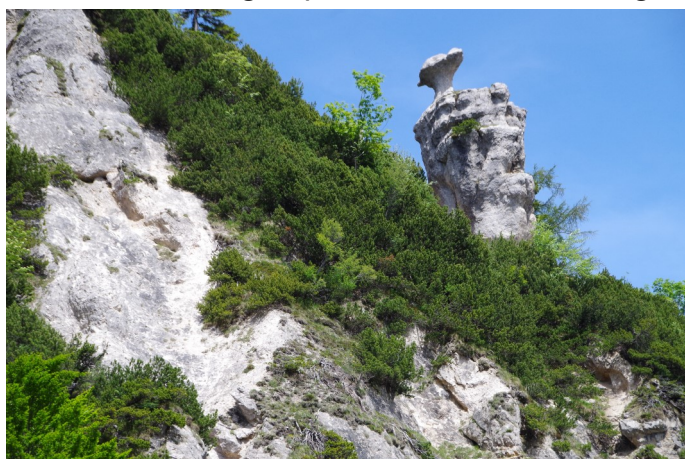
## BAVARIA WEEKEND CONTINUED

The Strollers took the bus to Berchtesgaden, then another bus to the Documentation Centre in Obersalzberg and a further bus to the Kehlsteinhaus – the Eagle’s Nest. They took a tunnel to the lift which took them to the top where they visited the rooms, admired the view and had lunch. They then went back to Berchtesgaden where they had a quick look around the town before returning to Bad Reichenhall. Another arduous day for the strollers!

Monday 28 May 2018: Predigtstuhlbahn - Sunshine again for a day full of options: spa, swimming, shopping, a walk to Thumsee for a paddle, a trip up the cable car (Predigtstuhlbahn) – built in 1928, it is the oldest large cabin cable car preserved in its original state in the world. Those who went up the cable car did various walks, but an elite group of 6 did the Lattenberg



crossing, a 7 mile walk up 464m and down 1345m. It was a great ridge walk with beautiful views up to Salzburg and, on the other side, the mountains. Of course, we had to stop at the inn on the top to have a drink



5 of the elite 6!  
Editor took photo.

before starting the walk. There were still a few patches of snow. The descent started on rocky exposed terrain and continued through the forest on a narrow path with a lot of tree roots. We saw a chamois that ran away when he heard us. And we passed the Stone Agnes, a rock formation. After a few hours walking down, we finally reached Hallthurm where we waited for the bus back to Bad Reichenhall. In the evening, we all gathered for a meal at the Brauereigasthof Burgerbrau, a brewery which has been in existence since the 1400s.

Tuesday 29 May 2018: Bad Reichenhall and Salzburg - Hot and sunny again for our last day which consisted mostly of relaxing, shopping and sightseeing. The Strollers went to Salzburg and walked up to the Hohensalzburg Fortress and around the town, others stayed in Bad Reichenhall and went to Thumsee, shopped, relaxed in the spa and the garden until it was time to leave. We made our way to the airport where we were told that our plane was delayed because of thunderstorms in England. We were given vouchers to buy some food and waited. After 3.5 hours, we finally took off and landed at Gatwick at 23.00. We made it home at around 1.00/1.30, but this was not enough to spoil our lovely weekend in the Bavarian mountains.

**Dominique**

# **The Polytechnic Rambling Club**

## **Christmas Lunch - Sunday 16th December 2018 - 1pm**

Freemasons Arms Public House, 81-82 Long Acre, London WC2E 9NG

Nearest tube: Covent Garden - Piccadilly Line

**Members £19 for three courses or £15 for two courses (excludes gratuity).**

This price includes a subsidy from the Donations Fund, as agreed by the Committee.

Guests of members are welcome. £24 for three courses or £20 for two.

### **STARTERS**

#### **Potted Crab & Smoked Salmon**

*covered in a dill butter & served with toasted sourdough bread*

#### **Creamy Celeriac & Parsnip Soup (V)**

*topped with dill oil & crispy fried onions with rustic bread on the side*

#### **Warmed Rarebit Tart**

*with beef tomato, watercress & pickled shallot salad, drizzled in balsamic dressing*

#### **Chicken & Clementine Pate**

*drizzled with Cumberland sauce & finished with lambs' leaf lettuce & toasted sourdough bread*

### **MAINS**

#### **Roast Turkey Breast**

*with pigs in blankets, sage & onion stuffing, rich gravy, roast potatoes & winter vegetables*

#### **Pot-Roast British Pork Loin**

*with lemon stuffing, roasted fennel & mushroom sauce, crackling, roast potatoes & winter vegetables*

#### **Roast Cod Loin**

*on a herby puy lentil casserole with baby onions & wilted spinach topped with parsnip crisps*

#### **Beetroot & Red Onion Tart Tatin (V)**

*with a salad of watercress, rocket, fennel, feta, cranberries, brussel sprout leaves & pumpkin seeds*

### **DESSERTS**

#### **Traditional Boozy Xmas Pudding**

*finished with red currants, pecan brittle & clotted cream*

#### **Baked Vanilla Cheesecake**

*topped with a rich morello cherry compote & pistachio dust*

#### **Blackcurrant Delice (V)**

*a fluffy mousse on a biscuity base with lemon curd, shortbread crumbs & poppy seeds*

#### **Warm Triple Chocolate Brownie**

*with a dollop of honeycomb gelato & a salted caramel sauce*

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### **Booking form**

Detach & send with your cheque to Dan Duffy, 28 Dunraven Road, London W12 7QZ no later than 3<sup>rd</sup> December (**note change of address**). Alternatively, pay by bank transfer to The Polytechnic Rambling Club (account: 29935940, sort code 05-02-00) and email [gprduffy20@hotmail.com](mailto:gprduffy20@hotmail.com) to confirm your payment & to give your menu choices.

Please reserve \_\_\_\_\_ place(s) for the Christmas lunch - £19 (£15 for two courses) or £24 (£20) for non-members

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

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

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

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

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

## FRIDAY 11 to MONDAY 14 JANUARY 2019 - SNOW-WALKING WEEKEND IN TYROL

For the 10<sup>th</sup> Polyramblers' snow-walking weekend we will go to Ehrwald, in Austria, a village at the foot of the highest mountain in Germany, the Zugspitze (2,962m). Prices shown were correct as of 31 August and may now have increased.

See website at <https://www.zugspitzarena.com/de>

Flights to Munich now available are:

### British Airways

Friday 11: flight BA0950 to Munich Terminal 1 leaving from Heathrow Terminal 5 at 8.55, arriving 11.50. Cost in Economy with hand luggage is £53 and Economy Plus with checked-in luggage is £67.

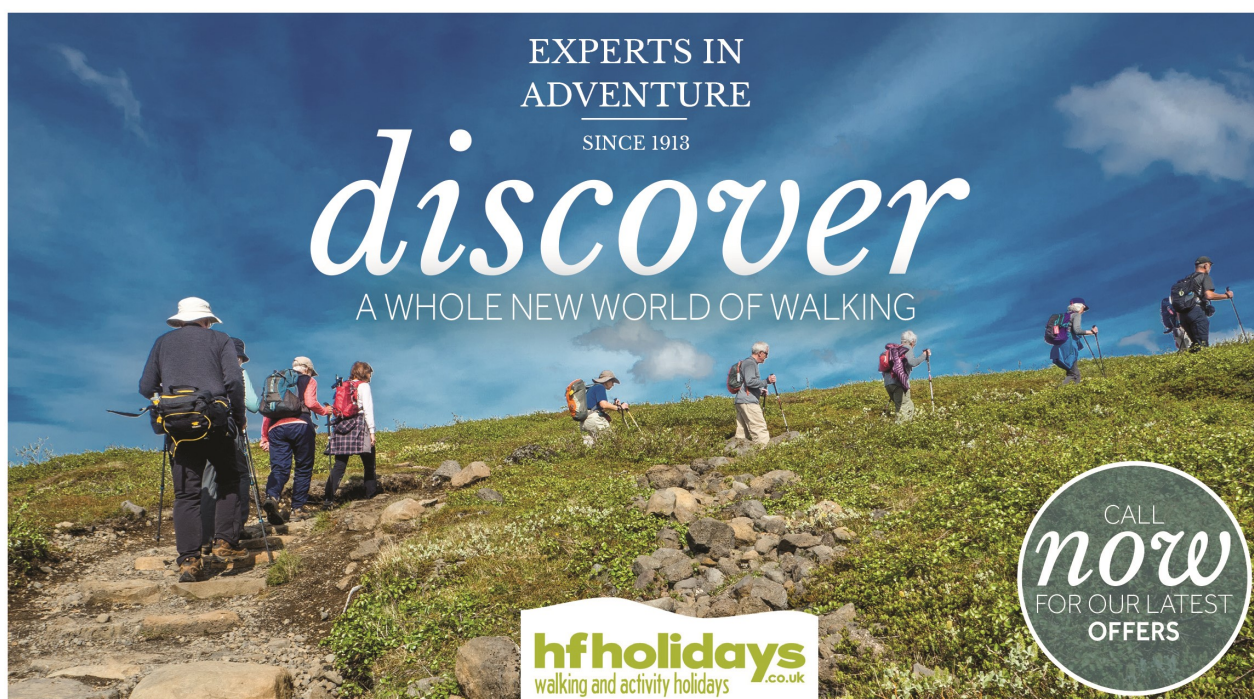
Monday 14: flight BA0961 to Heathrow Terminal 5 leaving from Munich Terminal 1 at 19.20, arriving 20.25. Cost in Economy with hand luggage is £54 and Economy Plus with checked-in luggage is £68.

### Or you can travel with Lufthansa

Friday 11: flight LH2471 to Munich Terminal 2 leaving from Heathrow Terminal 2 at 8.45, arriving 11.30. Cost in Economy Light with hand luggage is £54.30 and Economy Classic with checked-in luggage is £71.30.

Monday 14: flight LH2482 to Heathrow Terminal 2 leaving from Munich Terminal 2 at 19.10, arriving 20.20. Cost in Economy Light with hand luggage is £55.50 and Economy Classic with checked-in luggage is £72.50.

### Dominique

A scenic photograph of a group of hikers with backpacks and walking sticks ascending a grassy, rocky hill under a blue sky with scattered clouds. The hikers are seen from behind, moving away from the viewer. Overlaid on the image is the text 'EXPERTS IN ADVENTURE' and 'SINCE 1913' in a serif font, followed by the word 'discover' in a large, elegant script font. Below this, it says 'A WHOLE NEW WORLD OF WALKING'. In the bottom left corner, there is a logo for 'hf holidays' with the tagline 'walking and activity holidays' and the website '.co.uk'. In the bottom right corner, there is a circular badge that says 'CALL now FOR OUR LATEST OFFERS'.

HF Holidays have been creating walking and activity holidays since 1913. Combine healthy exercise in areas of outstanding beauty, with superb accommodation, good food and the company of a small group of like-minded companions. We take care of the food, the itineraries and the accommodation, letting you relax and enjoy the best that every area has to offer.

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