

Denbighshire project

The Shared Prosperity funded Denbighshire project is progressing well. The last few months has seen a lot of youth engagement work happening which has been really rewarding. Navigation workshops have been held with the juniors in Ysgol Tremeirchion and Ysgol Bro Dyfrdwy. A similar session was run with Corwen Scouts who are now keen to come out and help with some vegetation clearance. I also spent two days with the bronze D of E students from St Brigid's school who for their volunteer hours helped build 30 steps at Bodfari Woodland Skills Centre, replacing some that had long since rotted away on a very steep bank. They worked really hard and were really proud of what they had achieved over the two days. These combined youth activities have included 129 children to date.

There was also a good turn out for an adults Paths and Maps session held in Llandrillo village hall. Sixteen attended and I have offered them a further session in smaller groups to work on their map and compass skills outside.

In terms of path maintenance activities, the main target is a section of boardwalk in Tremeirchion which is on the Pilgrims Way. We are going to be working on improving this section on the 3rd and 4th June and if anyone would like to help with this project please do get in touch.

Guided walks are also going well with 12 having been led to date. This includes a regular monthly walk with Denbighshire Leisure Services from Denbigh Leisure Centre as well as specific walks such as a Red Squirrel walk and talk with Clocaenog Red Squirrel Trust and a joint walk with Vale of Clwyd Mind. I have met with Llangollen Railway and are looking at the possibility of leading a few walks in the summer holiday from Corwen station.

If anyone would like any more information or would like to get involved please just get in touch. heather.martin@ramblers.org.uk



St Brigid's School D of E Bronze group creating the steps at Bodfari Woodland Skills Centre (photo: Heather Martin)

Deganwy level crossing

No real progress to report I'm sorry to say.

Last June I reported here that consulting engineers commissioned by Transport for Wales had completed a study into the feasible options for the crossing, known in the trade a 'WelTAG' study. This will have cost a load of money.

The main options seemed to be a stepped bridge (expensive) or a re-instated level crossing at right angles to the track. A reinstated level crossing would most likely require a reduction in the line speed at the crossing location (currently 50 mph) but we know that in practice trains almost always pass the crossing point much slower than line

speed. However we understood from Network Rail (NR) that getting the line speed changed was a very lengthy bureaucratic process, which may well be true: NR are masters of red tape.

NR were supposed to be doing some further work in connection with the WelTAG conclusions but nothing has been forthcoming for over 12 months.

The crossing was closed in 2011 and remains closed under a temporary order as I write. It doesn't feel 'temporary'.

PB

Recycling!



Sign spotted on a walk near Frodsham (photo Rod Singlet)

Secretary's report

Following a light bulb moment I realised that the task of writing the Area Secretary's report was now my responsibility! Following a plea from Joanna at the NW AGM in January I agreed to take over the role of North Wales Area Secretary: this is an integral role in order to support and maintain the flow of information between groups and staff at Ramblers Cymru and also the NW Area committee. I would like to take the opportunity to thank Joanna for supporting me as I took over the role and established my contacts and found my feet.

It seems that there is a lack of volunteers coming forward to support in administrative roles in addition to volunteer walk leaders in some groups. It seems that not only the Ramblers are facing this issue, this is reported within many charities such as Scouting groups and The National Trust. April is National Volunteer Month and I found myself also recruited at the Ramblers Cymru AGM to support Ramblers Cymru by joining the steering group and I really started to wonder why there is a reluctance to volunteer.

How can the Ramblers engage and motivate volunteers? There is a need to bring people together by providing educational and networking opportunities. Barriers need to be lowered and insight gained so that we can move forward with more engaged volunteers.

'We evaluate volunteering as we would other activities and weigh the opportunity costs versus the rewards. Said another way, we're asking "If I give you my time, what do I get in return?"

That may sound selfish. But I think it's a fair question, and many organisations would do well to thoughtfully answer it if they want to expand their volunteer ranks.'

Do you have any suggestions? Please let me know and options can be explored.

I started to look at the reason why I volunteer... My parents volunteered and organised group activities so it was something that was always familiar to me. Friends of my parents regale memories of events organised or articles written and it is lovely to hear of the recognition given for the work they have done. When I started to volunteer, I did not think about recognition, I simply thought oh yes I could do that – I can take myself or my family for a walk so I

can take some Ramblers friends with me too. This volunteering has enabled me to expand my walking friendship circle and on reflection I have gained respect from those who have walked with me. Whilst out helping a friend with some navigation practice I was touched when he said 'I would like to be able to navigate like you'.

For several years, well actually it was 13 years, I was the secretary of the Clwydian Group. When I reflect on what that has given me, I can think of several examples:

- Larger network and greater support from other volunteers.
- Reputation—I didn't set out for fame or recognition but find that my contributions are recognised from within the organisation.
- Health effects—science backs me up on this one. Studies have shown that volunteers experience deep feelings of gratitude and satisfaction triggering the release of dopamine, which makes you feel happier and reduces stress. There is also a long term study on ageing that shows that volunteers have lower mortality rates than non-volunteers.
- Quality of life—I enjoy bringing people together and communication, whatever I do to improve the quality of life for others improves my quality of life.

'Volunteers don't get paid, not because they're worthless but because they're priceless' – Sherry Anderson

Shirley Fermor
Area Secretary

Area AGM

The Area AGM was held in January. Unfortunately the booked speaker was unable to attend at the last minute, therefore the meeting covered the election of committee – details are in the Walks Programme. The four delegates to the Ramblers Cymru AGM to be held in Llandudno this year were agreed and the delegates for Ramblers General Council to be held in Birmingham in April were decided at the February committee meeting.

First Aid training has been agreed and there are various levels available, please contact Joanna Slattery if you are interested - joslattery10@yahoo.co.uk

The next AGM will be held on 11th January 2025.

Risk assessments

As I write my report there is no update: please continue using the current template. If there is any news I will arrange to circulate through the group secretaries.

Ramblers Cymru AGM

This two day event was held in Llandudno this year over the weekend 6-7th April. Attendance was up on last year and we started the day off with a short walk around the base of the Great Orme battling the wind.

There were two speakers, the first Rebecca Handley is a disability activist who talked about the barriers she faces when accessing the countryside and our path network. The second speaker was Seth Bye of Filkins Drift who talked about walking the Welsh Coast path touring and playing gigs along their journey. We enjoyed songs and photos and film displays of the journey. There were several discussion and debate sessions including the new strategy in place for the Ramblers.

The official business started at 10 am on day 2 included looking at financial and other reports together with voting representatives onto the Ramblers Cymru Steering Group. There were two motions brought to the meeting – Junior Membership and a campaign for consultation on Traffic Regulation Orders. The voting agreed to take both forward for further discussion.

SF

NB. Ramblers Cymru AGM was previously known as Welsh Council

Cotswold Discount

Gill Caves points out that the code for getting the Ramblers' discount at Cotswold Outdoors has recently changed.

There was a mention in a recent members' (email) newsletter but maybe not everyone has seen this.

It says: "Enjoy your 15% member discount today! Please use **AF-RAMBLERS-M6** when shopping online."

Presumably the same in person?

Rewilding our Environment in Wales?

I SAW an interesting article** recently describing recent research into the history of wolves (blaidd yn Gymraeg) in Wales. They have formed a massive part of our mythic and folklore values to this day, from place names to legends. The best evidence available suggests the last wolves in Wales died out in the medieval period, about 1200 AD. According to more popular legend, the last Welsh wolf was killed near Coed y Bleiddiau near Maentwrog in Eryri National Park in the early decades of the 16th Century. The most famous story is that of Llewelyn Fawr, prince of Gwynedd who killed his greyhound Gelert, as he'd mistakenly believed he'd savaged his newborn son. Llewelyn realised that the blood he'd found was from the wolf not the baby, and that the greyhound had protected the child. Today it is remembered on a grassy mound in the village Beddgelert and even found its way into Disney.

Wolves are a protected species under conservation laws in Europe and have been spreading to areas not seen for many years. This is increasingly leading to conflicts with local farming and hunting communities. In Wales there are less controversial conservation and rewilding schemes including one at Ysbyty Ifan on

the Blaen Eidda Isaf upland farm within the National Trust's Ysbyty Estate. The landscape has improved in recent years and become flower rich and marshy grassland, river corridor, woodland and ffridd. It is a Site of Special Scientific Interest, Special Areas of Conservation and Special Protection Areas. The farm is currently home to several priority species, including hen harriers, curlews and water voles. It has had to achieve economic viability and a sustainable lifestyle, with livestock production matched to the natural qualities and capacity of the land. Summer cattle grazing is restoring habitat for ground nesting birds such as curlew. A programme of ditch blocking to re-wet the Migneint is restoring deep peat back to health and a varied grazing programme is helping with the recovery of nature on the farm. For me this is the way forward for conservation as it involves various parties working together to improve our environment and biodiversity. The Ramblers organisation have shown a commitment to work with partner expert organisations to understand, mitigate and improve on biodiversity and environmental impacts of our key activities.

The new Welsh subsidy scheme to

replace EU-based payments for agriculture has been in development since the Brexit vote and is set to be introduced from 2025. In February 2024 farmers and agricultural workers descended in force on Cardiff to protest against a number of the Welsh government's rural policies, which they claim are putting thousands of jobs and their way of life at risk. Protests have sprung up across Wales subsequently with farmers turning up at political events in tractors and causing delays on roads. It has the potential to become one of Welsh Labour's biggest crises since devolution 25 years ago. Hours before the protest, Mark Drakeford and Lesley Griffiths announced initiatives designed to calm the farmers so I trust that the Welsh Government is listening to concerns and are able to find a way forward. We definitely need to develop in the future a more collaborative approach involving many agencies to improve our environment.

J Elwyn Williams, chair

** 'Who killed the last wolf in Wales?'
<https://www.bbc.co.uk/news/articles/ceke1g5503mo>

Two day REC First Aid Course

I recently had the opportunity to attend a Rescue Emergency Care (REC) First Aid course. The REC organisation was founded in the 1980's to specialise in comprehensive and flexible first aid training. It is a two day course looking at managing casualties in an outdoor setting.

We started by looking at how to assess a casualty using AVPU - Alert/Verbal/Pain/Unresponsive - these terms are used by mountain rescue and ambulance teams so are good communication points when handing the casualty over to the emergency services. There is a mixture of indoors and outdoor scenarios - you work in teams to act out various injuries or illnesses, we all found this a really useful way to learn.

During the time spent in the classroom there were a few videos to watch but most of the learning comes from discussion or interaction. I recommend these courses and particularly Jonny at 1FirstAid - the learning is structured,

well-paced and practical plus I spent two days in the historical Pensychnant House with its quirky display cabinets, book cases and paintings by local artists that are for sale in the hallway.

Shirley F

Some outdoor first aid practice



Footpath Workers (1)

Walking in the Countryside is an enjoyable activity. This can be solo, with a friend or partner or as part of a walking group. In North Wales we live in one of the best walking areas in the UK. The paths are usually in a reasonably good condition and easy to follow.

Today the majority of complaints that we get from members and the general public concern overgrown paths and stiles with missing steps. Totally obstructed rights of way are very rare. It was not always like this!

The reason we have by and large a good network of footpaths across North Wales is largely due to Ramblers volunteers. Over the last 35 years these members have worked tirelessly to make complaints and follow them up. This, together with regular meetings with the county councillors and support from Ramblers Cymru and Ramblers Central

Office, have ensured there has been a steady improvement in the rights of way across the area.

Most of these active members are getting on a bit and need younger members to join them. So what is involved? In reality not a lot. The hard work has already been done. Basically all that is needed is that when you go out for a walk you report any problems you encounter. Complaints received about your “patch” need investigating. This often means just going to the problem and verifying that it needs reporting to the relevant county council. Very often the problem can be sorted out with a pair of secateurs and a small folding saw. There will also be committee meetings—usually 2 or 3 a year. You can claim expenses for these activities.

The danger is that if we become complacent there will be a steady dete-

rioration in the path network. Thomas Jefferson said “*The price of liberty is eternal vigilance*”. Vigilance is certainly needed for those wishing to use and protect our unique rights of way. This is illustrated by a current planning application in Flintshire. The applicant had ignored the existence of the right of way across land that is to be developed into a Camping and Chalet development. This was spotted by one of our workers and is now being diverted to the benefit of the general public and the holiday makers using the site.

If you think you can contribute and help please contact your local footpath secretary. Details are in the Combined Walks Programme distributed with this Newsletter.

Ron Williams
Area Footpath Secretary

£5,000 Grant out of the Blue

In 2023, Dwr Cymru / Welsh Water was held liable for a pollution incident affecting the River Cefni in Llangefni. We heard from Arwel Evans at ACC, they were looking for any volunteers group who had carried out work in the area to pay a small amount of compensation

In 2023, one of our work sessions was to clear low hanging branches, side encroachment and clear debris along the popular walking and cycling path Lon Las Cefni and because of this they paid us £5,000.

This will enable us to make a number of purchases to replace some of our equipment. The big ticket item is a petrol rock breaker to replace our heavy Bosch breaker which we also need to carry a heavy generator to use. The petrol version will be lighter and more portable and still do the job when we need to access rocky ground to install gates and stiles.

Other items we have managed to purchase are replacement wheelbarrows, ratcheted loppers, strips of steel to use as step pegs on rocky ground, saws for cutting plastic planks and scaffold boards to put down where we need to use the wheelbarrows on muddy ground. We will probably find more items we need when we see how much we have spent so far.

Andria Massey



Cutting overhanging trees on Lôn Las Cefni and (below) strimming.



Footpath Workers (2)

Ron refers (opposite) to work done by volunteers over the last 35 years, but it actually goes back much further than that.

In the course of some 'Lost Ways' research at Conwy archives, Vicky Buxton and Richard Brunstrom came across a letter written in July 1948 to Caerhun parish council by Stan Marriott of Liverpool District and North Wales Ramblers. The letter ran to two pages of detailed information concerning paths close to the B road on the west side of the Conwy Valley, near Ffynnon Bedr, and he enclosed a neat sketch map - see images. Richard believes that this correspondence was responsible for one footpath, now Caerhun FP 61, making it onto the map. It was 'lost' for some decades but is now

open again. Richard is hoping (with others) to reinstate the stepping stones over the river later this year.

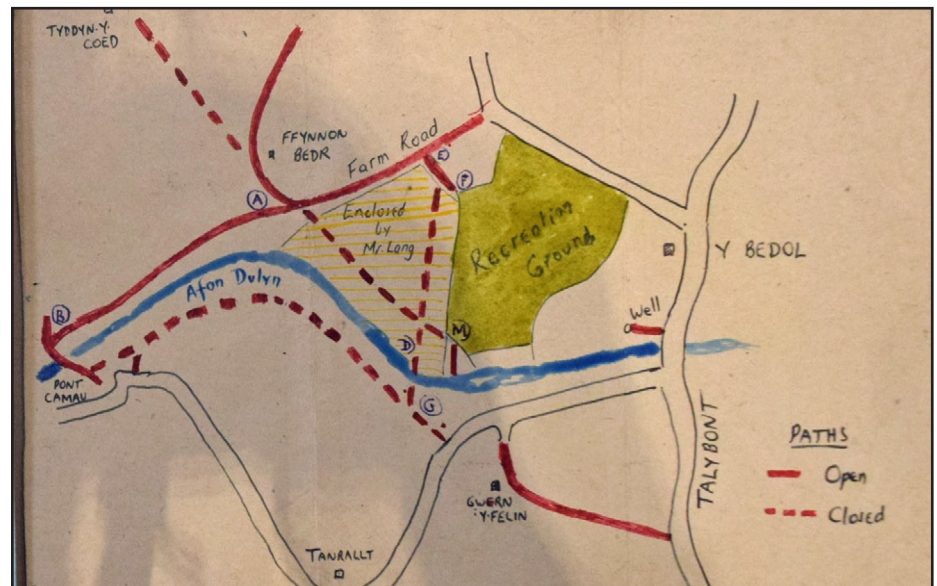
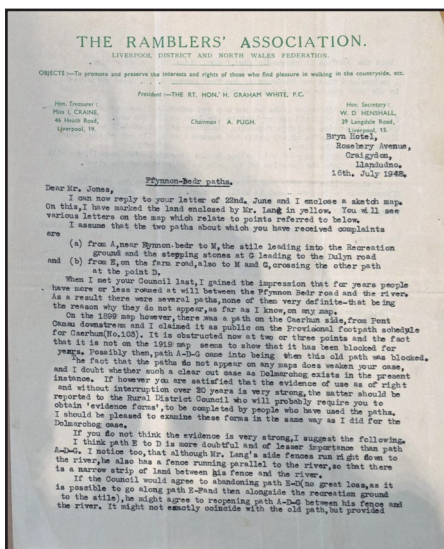
We already knew that Ramblers had considerable involvement in the process of recording paths on the Definitive Map which started after the National Parks and Access to the Countryside Act 1949 was passed. The 1948 letter demonstrates that Ramblers volunteers were already active in relation to local paths before the 1949 legislation and it reinforces some clues to be found on old OS six inch maps, annotated by volunteers, which somehow survived the years and are now deposited in Conwy Archives.

Another stalwart of that era, Wally Smith, a founder member of Ramblers, published in 1949 in the then (national)

'Ramblers News' an article on 'Some Aspects of Footpath Surveying'. One technique was to organise a busload of members and take them from Merseyside into North Wales. They were given a large scale map extract and dropped at suitable points in the selected area. They were collected later with their now-annotated maps. The individual results were collated later. Sometimes it would be a weekend of surveys based at a youth hostel.

The Daily Post used to have a regular column called 'Ramblers Notes' and I found one from 22 May 1937 which reported a forthcoming survey of fieldpaths and byways in Flintshire. But despite these early efforts we still need to stay vigilant, as Ron points out.

PB



Sustainable Farming

Ramblers Cymru has made submissions to Welsh Government about the detail of the forthcoming scheme, in conjunction with Wales Environment Link.

Ramblers' want a 'cross compliance' obligation as part of the scheme rules so that grants claimed by farmers are linked to their obligations in relation to access and rights of way on their land.

The new scheme will replace the subsidies previously paid under the EU common agricultural policy, starting in 2025.

It's always good to hear news of Town and Community Councils making a contribution to their local rights of way network. The picture below shows one of two new kissing gates on Springy Lane, near Soughton Hall, funded by Northop Community Council in Flintshire. The role our public footpaths play in supporting the physical and mental health of their residents is something for all our local councils to think about supporting. Well done to Northop! (Photo: JR)



Advice from AI

Our esteemed President, Denis McAteer, is currently trying to recover from a bone fracture. He must have had more spare time to think than usual, and got to wondering what sort of summer we might have in 2024. He had read somewhere that it might be a good one.

Anyway, Denis decided to test Microsoft's 'Artificial Intelligence' (AI) offering (known as 'Co-Pilot') and asked it to write an article on the kit required to walk in hot weather in Snowdonia. What follows is the response he got.

Certainly! When embarking on a hot summer's day adventure in the stunning Snowdonia region, being well-prepared is essential. Here's a concise kit list to ensure your safety and comfort:

1. **Sturdy Backpack:** Opt for a hiking day rucksack with a good waistbelt and chest strap. It'll make carrying essentials easier.

2. **Mobile Phone:** Ensure your phone is fully charged. It might be your lifeline in case of emergencies.

3. **First Aid Kit:** Pack essentials like bandages, antiseptic wipes, blister plasters, and pain relievers. Include an insulated blanket or brightly coloured survival bag.

4. **Sun Protection:** Shield yourself from the sun with a wide-brimmed hat,

sunglasses, and sunscreen. Hot sun can cause sunburn and heat exhaustion.

5. **Hydration:** Carry a refillable water bottle. Staying hydrated is crucial, especially in warm weather.

6. **Light Layers:** Dress in lightweight, moisture-wicking clothing. Consider a breathable long-sleeve shirt to protect against the sun.

7. **Footwear:** Wear comfortable hiking shoes or boots with good traction. Your feet will thank you during the ascent.

8. **Snacks:** Pack energy-boosting snacks like nuts, dried fruit, and granola bars.

Remember, even on sunny days, mountain weather can change rapidly. Be prepared for sudden temperature drops, wind, and rain. Enjoy your Snowdonia adventure!

The AI response to Denis' question is not a bad effort, although I think a well-informed human could do better. For instance some of the useful tips in the article on the back page 'In Case of Emergency' would be handy.

No doubt we will have to get used to the increasing use of AI in our everyday lives, but I hope the robots improve substantially from those often encountered during online transactions.

Ed.

Walks Leader Guidance

Those of you who are walks leaders or on your Group committee will know that Ramblers has been working on new guidance for people leading walks.

In the last edition of this newsletter there was an article by Joanna Slattery about the draft guidance then recently published.

This is a very important topic and some members have already expressed their views on the possible loss of leaders who don't want to deal with any extra 'red tape' in connection with what should be an informal bit of exercise with friends and acquaintances.

The subject is on the Agenda for the next Area Council meeting which will be held in Capel Curig on 22 June 2024. Joanna has already sent out the provisional agenda.

It is hoped that all of the North Wales Groups will send along one of their number to take part in the discussions.

Editor

Membership

Membership has increased for nearly all groups. Our nine Groups organise about 250 led walks every six months, many of which are listed in the 6-monthly Handbook which is posted to all members.

Please contact me if you have any questions about your Group's membership.

Membership@ramblersnorthwales.org.uk

Group	May 2024	Dec 2023
LW01 Clwydian Group	155	159
LW02 Conwy Valley Group	227	231
LW03 Ynys Mon Group	146	143
LW04 Wrexham Group	122	120
LW06 Meirionnydd Group	116	103
LW07 Berwyn Group	66	65
LW08 Vale of Clwyd Group	146	155
LW09 Deeside Group	110	109
LW10 Eryri Group	234	216
LW96 North Wales Area	72	50
Grand Total	1394	1351

Vale of Clwyd Ramblers Mini Bulletin

New Committee as follows:-

Chair: Chas Perry

Secretary: Yveline Hands – Mob 07434946698

Treasurer/Membership Sec: Geraint Roberts

Walk Programme Sec: John Kelly

Publicity: Ruth Pritchard

E-mail: vcmembers23@gmail.com

Facebook page: "Vale of Clwyd Ramblers Page"

X (formerlyTwitter): @VCRamblers

Website : Ramblers Association website

Dates for your diary :—

Saturday 16 November at 1400 – Annual General Meeting at the Rhuddlan Hwb – there will be a local pre-AGM walk in the morning (details to follow) – the speaker will be Paco Gonzalez, from Ramblers Worldwide Holidays

Saturday 7 December at 1300 – Christmas Lunch at the Blue Lion, Cwm – there will be a 4 mile D+ Cwm circular walk in the morning prior to the meal (details of menus, price etc nearer the time)

Neville Fernley 1934-2023

NEVILLE Fernley, who was previously our Footpath Secretary for Conwy (sometime Conwy West), and also a former Area Membership Secretary, died on 10 December 2023, just short of his 89th birthday.

Neville was originally from Manchester. His family were active politically: Nev's father Tom knew Benny Rothman and attended the famous Kinder Trespass in 1932. Neville moved to Bangor to take a degree course in biological sciences and stayed there to do a PhD. At some point during this period he met a local girl from Talybont called Margaret Hughes—who later became Margaret Fernley. More about Margaret later.

After a few years in Aberdeen, Neville spent most of his professional career in research at Stanmore Orthopaedic Hospital in Middlesex. He joined a local footpath society in Hertfordshire and there developed expertise in public rights of way which came in handy later, in North Wales.

One case which sparked Neville into becoming an active volunteer for North Wales Ramblers concerned "Shaky Bridge" (SH601699) over the Aber Ogwen between Talybont and Llandegai, which is close to where Margaret was brought up. Margaret and many others in Talybont had used the bridge frequently to get to the A5 where there was a bus stop, and from there to Bethesda or Bangor.

There was unfortunately an error on the 'Definitive Map' which showed the path going through a field and missing the footbridge by 20m. One householder didn't accept that the council's map was mistaken and persuaded Gwynedd to make a Diversion Order in 1994. 220 people opposed this diversion, including Neville & Margaret. Neville already had expertise on rights of way issues and Margaret had local knowledge, and they knew they were right.

Our then Footpath Sec was supportive of the diversion but Margaret arranged a public meeting at Talybont chapel on 31 July 1995 which was attended by about 140 local people. They wanted Gwynedd to withdraw the Diversion Order and to modify the map to show the true line of the path, over the bridge. This was reported by her to a Ramblers Area meeting in September 1995. Margaret also explained the dispute in a BBC TV documentary called "Week in, Week out" in 1999, just after the government had announced "Right to Roam" legislation.

Full consideration of the facts caused North Wales Area to change its stance so as to support the requested modification. Our then Gwynedd FP Secretary didn't accept this and stepped down, partly as a result. Neville took part in the eventual public inquiry in Feb 2001, along with John Robinson. The inquiry Inspector decided to confirm the order so that the path was shown going over the bridge, as Neville and Margaret had argued, so they achieved a famous victory. Neville wrote up a shortened (!) version of the saga in the Area newsletter in June 2001. While Neville was active on Conwy footpaths he also took part in other public inquiries about paths at Caerhun and Deganwy, not to mention a case back in Hertfordshire.

I vividly recall working with Nev on a dispute we had with Conwy Council about the supply for volunteer use of copies of the Definitive Map. Conwy wanted to charge substantial fees, and relied upon alleged Ordnance Survey copyright restrictions to justify that stance. I went with Neville to a meeting with the council's solicitor, but we didn't really get anywhere, even after OS and the Local Government Management Board published a paper on the subject in 1998.



Neville and Margaret a few years ago in Llandudno
(Photo © Fernley family)

The problem got to a point where Neville was unable to respond to *informal* consultations by Conwy, since they wouldn't send a map extract unless we paid for it! (A map could be supplied with *formal* consultations if they were part of a statutory process.) Things are a lot better now, I'm glad to say, especially with the easy availability of digital maps on the internet showing where paths run.

Neville suffered poor health in the last couple of years but he had kept on walking as long as he was able, and he always seemed to be cheerful, retaining an intellectual curiosity which was a hallmark of the man.

Pete Bland

Rail Rambles

Yveline Hands (Vale of Clwyd Group) has drawn attention to the programme of walks available from the train, known as Rail Rambles. Plenty of information is available on the website

<https://railrambles.cymru/>

I see that most Wednesdays there is a decent length walk (10 to 16 miles). There is also a Saturday programme and some of the walks listed are up to 20 miles, and described as strenuous.

Leave the car at home and give it a try!

Pilgrims Way—Appeal for Wardens

The North Wales Pilgrims Way was set up by a small committee in 2011. Since then this committee has worked to improve the route and get it on the OS Maps.

The route runs from Basingwerk Abbey to Ynys Enlli (Bardsey Island). It was officially opened in 2015 and had been recognised as a Regional Route by Visit Wales and the local authorities ever since. A Memorandum of Understanding is in place between the Committee and the Local Authorities. This seeks to monitor and improve the route as necessary. Despite all this it was not marked on the OS Maps.

At the end of 2022 the OS finally agreed to put the route on their maps. This has taken some time but it is now complete and on the digital maps. It is appearing on printed copies as they are being reprinted.

An important development this year has been the BBC Pilgrimage Programmes which featured a group of celebrities walking the route. This has raised the profile of the route and interest with people from all over the UK seeking information.

Large sections of the route follow



Pilgrims arriving at Aberdaron, with Ynys Enlli in the distance. This is the group who took part in the recent BBC programme (Photo © Mike Costello)

established routes which were already on the OS Maps. Other sections of the route are not as well established or used. The Committee are looking for volunteers to “look after” parts of these sections. So what is involved?

Agreeing to go for a walk along a section at least once a year. This can be a short or long – you decide the section you would like to walk. Take a pair of secateurs for minor clearing around stiles

and gates. Report more serious problems to the Local Council or to the Pilgrims Way Committee

We are looking for volunteers to look after two sections. Llanefydd to Rowen, Tregarth to Llanberis and Waunfawr to Penygroes. If you are interested please send an email to

info@pilgrims-way-north-wales.org.uk

Chris Potter

In Case of Emergency

The new Walk Leaders guidance published in April stresses the need for Walk Leaders to know who is on their walks so someone can be contacted in an emergency and so that leaders or a first aider have access to any important medical info.

In North Wales we have been encouraging walkers to carry In Case Of Emergency (‘ICE’) cards in their top rucksack pocket. Suitable blank cards have been produced by Ramblers. We distributed cards with the walks programme and newsletter in December 2019, but further cards can be obtained via your Group secretary, or walk leader.

Emergency info on your phone

One of our leaders pointed out after her first aid training that many of us don't know you can also store emergency details on your smartphone. When you put your medical details and emergency contact info on the phone this can be accessed, even on a locked phone.

- Switch the phone on and go to settings.
- Find and open the relevant heading.

On mine it's ‘Safety and Emergency’. I had two separate headings to access and fill in—Medical details and Emergency contact(s). The first name and number(s) of a friend or family member for contacting in an emergency.

This name should show on the front of your phone. You can switch this function off but it defeats the object!!

To access the information:

Click on ‘emergency call’ and the contact person will show as well as the dialling pad. There will also be a link to the Medical information.

Register your phone with 999

In a mountains the signal may not be good enough to make a voice call. However an SMS text message may still be possible. You can send an SMS to 999 in an emergency, BUT you do need to register your phone beforehand or it may not work:

https://www.emergencysms.net/registering_your_mobile_phone.php

Joanna Slattery

