



TEN WALKING MISTAKES TO AVOID

Walking the right way can help you walk faster and more smoothly. Walking the wrong way can lead to wasted effort or even injury. The Human Resources team at McMaster University have come up with 10 walking mistakes to avoid, some are fairly obvious but still worth stating.

1: Over striding - When walkers try to walk faster, a natural inclination is to lengthen your stride in front, reaching out further with your forward foot. This leads to an ungainly gait, striking hard with the feet and making your shins hurt. **The cure:** All of the power of your walk comes from pushing with the back leg and foot; concentrate on taking shorter, quicker steps then think of really rolling through your step with your back foot and leg, getting a good push off.

2: The Wrong Boots - Heavy, stiff, too small when foot swells while walking. **The cure:** Get fitted for the right boots that are flexible enough for walking and sized right for those swelling feet.

3: Flapping, Slapping Feet - Your feet hit the ground with a slap and get no roll. You may develop shin pain. **The cure:** Get flexible boots that bend at the ball of the foot.

4: No Arms - You keep your arms still at your sides while walking, or swing them without bending them. You notice that your hands swell quite a bit while walking. A normal walking motion uses the arms to counterbalance the leg motion. A walker can add power and speed by using the arms effectively. Long, straight arms act like a long pendulum, slowing you down. **The cure:** Bend your arms 90 degrees and swing them naturally back and forth opposite the leg motion. (*Ed. Try a bit of Nordic walking*)

5: Chicken Winging - You swing your arms from side to side, crossing the centre of your body and extending out to endanger passers-by. **The cure:** Keep your elbows close to your body and swing your arms mostly back and forward, as if reaching for your wallet from a back pocket on the backstroke. As they come forward, your hands should not cross the centre line of your body.



6: Head Down - You are always looking down. **The cure:** Look up! Good posture for walking allows you to breathe well and provides a long body line to prevent problems with your back, neck, and shoulders. (*Ed. Look up, enjoy the Dorset scenery*)

7: Leaning - You lean forward more than 5 degrees or you lean back. **The cure:** Stand up straight but with relaxed shoulders, chin up and parallel to the ground. Think about walking tall, 'suck in your gut, tuck in your butt'. (*Ed. Think a lady passing by*)

8: The Wrong Clothes - Walking at night wearing dark coloured clothing; always wearing too much or not enough, no hat. **The cure:** Wear several reflective elements. Dress in layers; the inner layer should wick sweat away from your body to evaporate - not cotton. The next layer should be insulating and the outer layer should be windproof and waterproof. Hats are obvious essential equipment, they insulate you from the sun. (*Ed. Shorts, socks and sun cream?*)

9: Not Drinking Enough - You don't drink enough water before, during, and after walking. **The cure:** Have a drink every 20 minutes or so.. Ten minutes before your walk, drink a glass of water. Avoid caffeinated beverages before your walk; they cause you to lose fluid, making you thirstier as well as making you take inconvenient stops along the way. (*Ed. Pub lunch anyone?*)

10: Overtraining - You walk and walk and walk. But you have lost your enthusiasm. You feel tired, irritable. You always have aches and pains. **The cure:** (*Ed. Get a life!*)

THE RAMBLINGS OF THREE RUSTY ZIPS AND CATHAY

An occasional series on the meanderings of three late middle-aged gentlemen and a papillon through Dorset and beyond. Having completed our Stourhead Trek we determined to continue our adventures. During our ramblings we kept seeing waymarks for The Monarch's Way. Research led us to find this is a 615 mile trail following the route of King Charles II after his defeat at Worcester.



After defeat Charles and his loyal supporters headed north with the intention of crossing the River Severn into Wales and thence a ship to France. However the river was heavily guarded and at Boscobel the royal party turned round and headed south via Dorset to eventually board a ship at Shoreham-by-Sea to find safe haven in France.

The trail was devised by Trevor Antill, who sadly passed away a couple of years ago. Full details of The Monarch's Way can be found at www.monarchsway.50megs.com and the three guide books covering the whole trail can be purchased from this site at a special price of £21.00 per set.

We decided to start the trail at Castle Cary and follow it to Mottisfont just the other side of the New Forest but as we progressed we thought we'd attempt to reach Shoreham-by-Sea. We started our adventure on 11th August 2011 and eventually reached Shoreham-by-Sea on 20th September 2012. Thirteen months of glorious walking after which we determined to complete the whole trail with a target for completion in 2015.

The Monarch's Way – Stage 1 Stourhead to Castle Cary (13 miles)

The first stage was not the Monarch's Way but sticking to our rule of always starting where we last finished we devised a route from Stourhead to Castle Cary. We were driven by Jane, a spouse, to Stourhead and almost immediately took a wrong turning in the forest and walked in a circle! Having re-orientated ourselves we soon found ourselves in The Bull at Hardington a lovely little pub, which although out of the way, was very busy. After suitable refreshment we ambled along The Macmillan Way through Bruton and then detoured to Castle Cary railway station. The 16:09 train soon whisked us back to Dorchester where we were met by spouse Diana.

The Monarch's Way – Stage 2 Castle Cary to Trent (15 miles)

Peter was ill and Cathay the Papillon was double booked with a vet's appointment so there were only two rusty zips that day. Spouse Jane drove us to Dorchester station to catch the 09:06 train to Castle Cary. A gorgeous late summer's day saw us traverse some spectacular walking country stopping off for lunch in the garden of The Camelot pub in South Cadbury. Reluctantly we left the convivial surroundings of the pub and continued the trail to very soon cross into Dorset and through the delightful village of Sandford Orcas on to The Rose & Crown at Trent. Here we were met by spouse Diana and were allowed a couple of pints before being driven home.

The Monarch's Way – Stage 3 Trent to West Chinnock (15 miles)

As Peter had not fully recovered from his illness he drove to the start at Trent and dropped off two rusty zips and Cathay the Papillon. He then drove to West Chinnock to park the car and catch a bus to Ilchester. Meanwhile the rest of the party walked to the Ilchester Arms in ideal walking conditions with very little climbing. The pub was very welcoming with the staff loving Cathay who had been given dispensation to enter a no dogs allowed hostelry. After a long leisurely lunch we all set off and soon found ourselves in Montacute. We did not visit the National Trust property but did stop for tea and cake at a small tea shop in the village. Then began the long climb up Ham Hill where we took in the wonderful views from the escarpment before undertaking the steep descent down to Chisleborough and thence West Chinnock and the parked car. A long but satisfying day.

The Monarch's Way – Stage 4 West Chinnock to Hawkchurch (15 miles)

We drove and parked the car at West Chinnock on a beautiful autumn's day with fine walking through rolling countryside. At Seaborough I had a trip down memory lane when as a young lad I was paid to take guests at Seaborough Court on walking excursions and we followed the same footpath I used to take the beer lovers on evening trips to the pub at Drimpton. This day however we were the

only customers in the pub. After lunch and a couple of pints of Palmers Copper ale we continued to Hawkchurch with a final hill climb to welcome us in to Devon. At Hawkchurch we were met by a spouse and friend who had spent the day doing art and crafty things to be driven back to the car.

The Monarch's Way – Stage 5 Hawkchurch to Charmouth (7 miles)

With the clocks going back and the days shortening rapidly we decided on just a morning walk. The Rusty Zips and Cathay the Papillon were driven to Hawkchurch by the long suffering spouse Jane through thick cloud over Askers Hill. Within ten minutes of starting the walk the heavens opened and we suffered an hour or so of very heavy rain before a wintery sun appeared. However the rain made the way very difficult underfoot and some steep inclines were difficult. By the time we reached Charmouth we had dried out and took welcome refuge at The George. Amazingly the pub did not accept credit cards but luckily we managed to scrape enough cash for a satisfying meal and a few beers. We then wandered out of the pub to catch the number 31 bus back to Dorchester where we were met by spouse Diana to be driven home.

The Monarch's Way – Stage 6 Charmouth to Bridport (10 miles)

We drove and parked the car at Bridport where we caught the number 31 bus to Charmouth. A very cloudy day and although the weather forecast was for rain it remained dry all day. A very strenuous climb over Golden Cap was rewarded with two pints of Palmer's Copper ale and faggot and chips at The Anchor Inn, Seatown. The afternoon walk was less hard work although Thorncombe Beacon was a bit of a climb. The Jurassic coast lived up to its name but the buildings that greeted us as we entered West Bay we found to be the worst kind of modern design. After a short interlude we continued the last few yards past Palmer's brewery which has been brewing beer continuously since 1794 and is the only thatched brewery in the UK.

The Monarch's Way – Stage 7 Bridport to Shave Cross (9 miles)

Peter convalescing after an operation and banned from exercise so only two rusty zips and Cathay the Papillon for this stage. On a dark dank December morning we drove to Bridport and although the weather forecast was for heavy rain we only encountered three very short squalls. However the going was very heavy underfoot with boots often lost in mud and Cathay instead of having fluffy white fur had brown dreadlocks. Walking was not enhanced by the high winds and the Shave Cross Inn was a welcome sight. Here we were met by Peter and after a superb lunch he drove us back to our car in Bridport.

The Monarch's Way – Stage 8 Shave Cross to Mosterton (10 miles)

The first week in January 2012 and again the forecast was rain and more rain. Having parked the car at Shave Cross we started out wearing full waterproof clothing, which in the event, apart from myself, was not needed as again the rain held off for the rusty zips. We had planned a morning walk of 8½ miles and to meet spouse Diana and daughter Jenny for lunch at The Admiral Hood in Mosterton (a short diversion from the Monarch's Way). However unbeknown to us the trail had been diverted so we decided to follow the way marked route and not the original route devised by Trevor Antill which added 1½ miles. The diversion takes you along Common Lane from Broadwindsor, a lovely green lane in summer I'm sure, but this January it was nothing but a mud bath. Suddenly I plunged in to a large pot hole concealed by the mud and landed spread eagled covered in mud from head to toe. By now time was getting on and the deadline for food was drawing near so we ordered lunch with my daughter by mobile phone and arrived at the pub in the nick of time at 13:50. Instead of sympathy Jenny took one look at her bedraggled father and roared with laughter. Luckily my waterproofs had kept my clothes clean so after removing them and washing face and hands in the gents I soon felt human and enjoyed lunch and beer before being driven back to our car.

The Monarch's Way – Stage 9 Mosterton to Winyards Gap (6½ miles)

Peter had a hospital appointment so only two rusty zips and Cathay the Papillon set out on a dry but dull January morning. With the car parked at Mosterton we traced our steps back to The Monarch's Way. Very muddy underfoot with just one climb and then disaster; The Winyards Gap Inn, where we had arranged to meet Peter for lunch, was closed for a week for the landlord's holiday. We managed to contact Peter enroute so he was able to divert and bring baguettes and drink for consumption in the pub garden. After our impromptu lunch we walked back to Mosterton on the Parrett trail to the car at Mosterton and then drove Peter back to the Inn.

The Monarch's Way – Stage 10 Winyards Gap to East Coker (7 miles)

Mid-January and with short daylight hours another half day walk. We drove to Winyards Gap and parked the car at the layby for the memorial for 43rd Wessex Division. The promised rain did not

occur but the mud, especially at Whitevine Farm was horrendous. However the Helyar Arms at East Coker was a lovely pub despite having run out of beer (we made do with Thatcher's cider). We were met by spouse Diana who joined us for a delightful lunch before driving us back to our car.

The Monarch's Way – Stage 11 East Coker to Trent (10 miles)

The three rusty zips and Cathay the Papillon drove to East Coker and yet again the forecast rain did not materialise. We encountered the usual mud which had bedevilled us throughout the wet January but the hill climbs and descents were very moderate making the going fairly easy. Just outside Yeovil we came to Barwick Park which led to Nine Springs, an attractive public park. Leaving the park we landed on the A30 just before Penn Mill. There followed a long built up trudge along St Michaels Avenue before getting back in to the countryside. Spouse Diana met us for lunch at The Rose & Crown at Trent for lunch before driving us back to East Coker.

To be continued (Stages 12 to 22)

Laurie Fairhurst

WE NEED A WALKING ENVIRONMENT OFFICER

As an Area Walking Environment Officer your work will involve keeping a watching brief on planning and other environmental issues which affect the walking environment in your Area. You will be working closely with our Coastal Access Officer and Area Footpath Secretary to ensure that the countryside and urban public space are both accessible to the public and that the special qualities of these places are preserved and enhanced by influencing local decision-makers and landowners. **See the AGM details on page 6 for other volunteer opportunities.**

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Footnotes is available by e-mail. Just send me an e-mail to footnotes@dorset-ramblers.org.uk and also tell me which Dorset Ramblers Group you belong to. Until the E-Footnotes numbers build up to a level where separation from the general mailing is worthwhile those electing for E-Footnotes will receive both versions.

Sun, Schnapps and Snow in Seefeld

At about 9.30 am on Saturday 7th June, 32 members of the South Dorset Group began to assemble at Gatwick Airport en route for their holiday in Seefeld, in the Austrian Tyrol. The holiday had been arranged for us by Bath and West Travel. This company is run by Sue and Graham Robinson, who had already arranged our holiday in Cyprus two years previously. Encouraged by that precedent, and once again supported by the organisation of Audrey, we were eager to sample their alternative overseas offering.

After landing at Innsbruck, we were swept off to our destination at the Hotel Bergland, owned and run by the Daschil family, supported by their enthusiastic and hospitable staff.

Seefeld is on a plateau above the River Inn, which flows through Innsbruck. We had plenty of time to explore the village and walk around the lake before a drinks reception and the first of many excellent dinners.

Our numbers meant that we had to be split into two groups for the walks. Each group did more or less the same walks, but in a different order, thus ensuring that we did not overwhelm the local cable cars or bus services. Although thunderstorms were forecast during our stay, these did not materialise to any significant extent (but see below!) and we enjoyed a week of warm, mostly dry weather, cooler on the mountains, decidedly hotter and more humid in the Inn Valley.

During the week we enjoyed a variety of different walks, including a valley walk ending at Mittenwald, across the German border. A more challenging walk was guided by Bruno, our hotel manager, along the mountain ridges with wonderful views across the mountain tops and down to the lakes and villages. Even in June spring snows limited some of our progress, at least at the start of the week. The disappointment that could have been thus occasioned was mitigated by Bruno's production, at the top of the mountain, of a consolatory bottle of Schnapps, of which we all partook. Other walks crossed meadows with a proliferation of colourful spring flowers, and views of the snow-topped mountains, and followed gorges along walkways, and through forests, following streams of blue-green water from the newly melted snow.

On our 'day off' many visited Innsbruck in 94 degree heat. Others made for the mountains above Mittenwald, some following mountain paths to lofty summits, which delayed their return, and ensured that they were thoroughly soaked by a passing thunderstorm.

Returning from the various walks, we enjoyed the hotel tea, with soup and / or cakes, often followed by a refreshing plunge in the hotel indoor pool. For the less modest amongst us there was the sauna and steam room to enjoy sans clothing. The dinner was then thoroughly appreciated by all, the hotel's Moroccan chef conjuring up wonders, especially in the seafood department. It would be difficult to overstate the hospitality and friendliness of the hotel staff, and the 'all-inclusive' policy of the hotel supported an excellent atmosphere, and ensured that most evenings were rounded off by our Chairman's wife's signature drink: Hazelnut Schnapps!

Steve Ryder

The English Coast Path – A Real Success Story

The government has recently announced that the entire England Coast Path will soon be open for walkers. Deputy Prime Minister, Nick Clegg, announced that the 3,000 mile path will be complete and open for all by 2020. A success for the campaign to open up the coast for everyone to enjoy: walkers, kids on the beaches, climbers and ornithologists to name but a few.

The government also announced that a path would be created along the entire Isle of Wight coastline. The Isle of Wight was originally left out of plans for a complete England Coast Path when the Marine and Coastal Access Act was passed in 2009. But thanks to our on-going lobbying the government has now decided to add the island to the scheme.



In 2009, we won the right to walk along the coast and explore our stunning beaches but development on the ground was slow. Through the 'One Coast for All' campaign, the government has been lobbied to open up the coastline and set out a full timetable for completion. And now they have! The boost from government means that the coastal path will get more investment and will be completed sooner. But it's not just good news for walkers – it'll also breathe new life into the coastal towns, supporting tourism and local economies.

You can already walk along the coast in Wales and Scotland. And some parts of the English path are ready to walk now. Why not find a walk or route to enjoy?

Doug Pigg

Elections of Members of Area Council and Officers not on Area Council

Positions which will be available for nomination and election at the Annual General Meeting are:

President **
Vice President **
Chairman
Vice Chairman
Secretary
Treasurer
Membership Secretary
Area Footpath Secretary
Newsletter Editor++
Coastal Access Officer ++
Publicity Officer ++
Countryside Secretary ++
Individual Members (3)

++ Officers who are not necessarily required to be Members of Area Council.

** Honorary Positions where the holder is not a member of Area Council.

The Guest Speaker this year will be a representative from the Dorset County Council talking on 'The Work of the Countryside Service'.

Jim Scott

Dorset Area AGM

Your Opportunity to Make a Difference

The Area AGM will be held at 2.00 pm on Saturday the 22nd November 2014 in The Scout Hut, Elder Road, Bere Regis, Dorset, BH20 7LY. The OS Grid Reference is SY 846947.

There will be a morning walk starting from The Scout Hut at 10.00 to walk out at 10.15 prompt. Cheryl will be leading a leisurely walk of about 5.5 miles. Cheryl - 07746 247536.

It will be a circular walk via Dodding's Farm, Hundred Barrow and Turner's Puddle, returning on the Jubilee Trail. Please bring a drink and a snack. There will be time for sandwiches or lunch at the DraxArms after the walk.

There is limited parking so would members attending park tidily and if there is a need to overflow onto the adjacent road or the Central Car Park please show consideration to the residents and don't block access to their properties.

Please consult your walk programme for further details.



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Changes to Rights of Way in Dorset

Orders affecting changes to the following rights of way have been confirmed since Issue 67 and effectively cover the period from January to April 2014. If you would like more details please send a DL (9"x4¼") stamped, self-addressed envelope marked ROW to the Area Footpath Secretary (address on page 8).

Note: PINS is the abbreviation for the Planning Inspectorate – the Government agency that deals with opposed Orders which are seeking to either:-

- create, divert or extinguish rights of way
- modify the definitive map and statement for an area

They also deal with unopposed orders which require modification in some way.

Confirmed Orders (# identifies any New Numbers)

Please note that unless otherwise stated, the following Orders are also confirmed under the Wildlife and Countryside Act 1981(Section 53A (2))

Bishops Caundle FP12 (part):	Diversion (HA 1980, S119) Confirmed by PINS,
Broadwindsor FP62 (part) and FP64 (part):	Diversions (TCPA 1990, S257)
Margaret Marsh FP2 (part):	Diversion (HA 1980, S119)
Moreton FP4:	Modification to add footpath.
Puddletown BR7:	Upgrade to Restricted Byway (RB7)
Shaftesbury FP2:	Diversion (HA 1980, S119)
Verwood FP21:	Upgrade to Restricted Byway and Bridleway.
Whitcombe FP4:	Modification to correct route

Long Term Temporary Closures / Diversions

Please note that unless otherwise stated, the following Orders are Under Road Traffic Regulation Act 1984: Section 14(1)

Broadwindsor FP68:	From ST 3977 0587 to ST 3982 0601 from 08.09.14 to 07.03.15. Bridge repairs. Alternative route available.
Cerne Abbas FP42 & FP12 (part):	From ST678 007 to ST679 005 and ST680 004 to ST681 004 from 31.05.14 to 30.11.14. New water main. Alternative route available.
Charminster FP24 (part):	From SY 674 965 to SY 676 964 from 31.05.14 to 30.11.14. New water main. Alternative route available.
Motcombe FP13 (part):	From ST 86601 25183 to ST 86652 24908 from 22.07.14 to 15.12.14 Wessex Water new main. NO ALTERNATIVE ROUTE.
Motcombe FPs 4 & 6, & BR3:	From ST 85300 25743 to ST 85397 25699; ST 85800 26304 to ST 85423 25538; ST 85470 25437 to ST 86027 25550, from 22.07.14 to 15.12.14. Wessex Water new main. NO ALTERNATIVE ROUTE.
Nether Cerne BR4 (part):	From SY 678 982 to SY 681 003 from 31.05.14 to 30.11.14. New water main Alternative route.
Portland FP5:	From SY682 728 to SY 681 723 from 26.05.14 to 23.11.14. Unstable cliff edge path. NO ALTERNATIVE ROUTE.
Portland FP6 (parts):	From SY 6858 7290 to SY 6830 7254 and SY 6821 7207 to SY 6800 7181 from 02.09.14 to 01.09.15 (extension). Landslips. Alternative route signed.
Sturminster Newton FP43:	From ST 782 135 to ST 782 136 from 08.09.14 to 07.03.15. Surface maintenance. Alternative route available.
Winterborne Kingston BR22 (part):	From SY871 966 to SY 874 966 from 11.08.14 to 26.09.14
Anderson BR8:	Highway drainage. NO ALTERNATIVE ROUTE>
Bloxworth BR10 (part):	

(Note: Any person who uses or permits the use of the footpaths in contravention of any of the above orders will be liable on summary conviction to a fine not exceeding £1,000.)

Jan Wardell