



DORSET

FOOTNOTES

Newsletter of the Dorset Area of the Ramblers Association

ISSUE NO. 78

Autumn 2017

GHOSTS WILL BE WALKING ON TUESDAY 31ST OCTOBER HALLOWEEN IS COMING

The origins of Halloween are rooted in the ancient Celtic festival of Samhain. Until 2,000 years ago, the Celts lived in the lands we now know as Britain, Ireland and northern France. A farming and agricultural people, the Pre-Christian Celtic year was determined by the seasons and Samhain marked the end of summer harvest and the beginning of the dark, cold winter. The festival symbolised the boundary between the world of the living and the world of the dead.

Forget 'Trick or Treat', Dorset has over 370 haunting locations amongst which are Bettiscombe Manor, famous for its screaming skull, and the heavily haunted manor house at Sandford Orcas.

Bettiscombe Manor has a boney guardian who appears as a haunting manifestation. It is believed to be the skull of a slave which is said to scream when it is removed from the house. One former owner threw the skull into a pond, only to fish it out two days later after being kept awake at night by supernatural 'sounds'. The site is also home to a phantom coach and horses, and a phantom funeral procession.



Sandford Orcas Manor House also has its haunting manifestations that keep on returning - a farmer seen between 14:30-15:55h (re-occurring) and an old lady at 11.50h (re-occurring). The dead farmer has been seen from the kitchen window, while a little old lady has been reported on the staircase. One must not forget the other figures - a man in armour, another in evening dress, and yet another wearing a large ruff, and finally a little dog. The smell of burning tobacco has been reported, as have stomping footfalls. The manor house gardens are open from May to September on Monday and Sunday afternoons between 2 pm and 5 pm – so you might catch a glimpse of the farmer. The old lady will have been upstairs for two hours or more.

Near my home on Portland there is a memorial to all the American soldiers who embarked from Portland on D-Day. In 1976, presumably in Victoria Gardens, a man was walking his dog early one quiet May morning, Mr Murphy suddenly found himself surrounded by tanks, jeeps and American soldiers walking around. Then, as suddenly as they had appeared, the scene vanished, leaving both Murphy and his dog shaking. The witness speculated that he had witnessed a brief moment when soldiers were making final preparations for the D Day landings.

The main ghostly hotspots in Dorset are at Dorchester, Bournemouth and Poole. In Dorchester keep your ears open as you walk past the pond alongside the towpath. An escaping prisoner tripped and drowned in this pond, weighed down by his chains. The sound of rattling is still said to haunt the area. Near Bournemouth, the area around the A384 bridge on Millhams Lane is reportedly haunted by a white or grey woman who was killed when hit by a horse and trap along the road. One story says she tries to entice men to jump off the bridge. She was last seen in 1976. The next time you are on Canford Heath think back to August 2005 when a woman with her elderly mother was crossing the heath and heard a growling noise followed by a loud roar from behind bushes. As they ran off, the roar was heard again. A cyclist and her son have also reported seeing a ghostly woman wearing a grey Victorian dress on the heath, close to the bomb crater used by mountain bikers.

To get you even more in the mood for Halloween take a peek at over 370 haunting locations in Dorset <http://paranormaldatabase.com/dorset/dorset.htm>. You are rarely walking alone.

Doug Pigg

THE DORSET AREA ANNUAL GENERAL MEETING

The Area AGM will be held at 2.00pm on the 25th November 2017 in Broadmayne Village Hall, Cowleaze Road, Broadmayne, Dorset, DT2 8EW - OS Grid Reference SY 730 864

The village hall has an informative website at <http://www.broadmaynevillagehall.btik.com/>

There will be a 5-mile morning walk starting at 10.00am via the White Horse Hill and Poxwell. Please consult your walk programme for further details.

Catering

As trialled last year following the walk there will be an "American Lunch" at 1 pm. For those not familiar with these events the idea is that we each bring along a plate of food to share with other members. There is a completely free choice as to what you bring - sandwiches, cakes, salad, etc. Not too much but enough to share with a few others.

Even if you don't come on the walk, please come for lunch. The hall will be open from 9.00 am so food can be left there. We will be providing wine and soft drinks with the lunch. As usual, there will be tea/coffee and cakes at the end.

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 **	Newsletter Editor++
Vice President **	Coastal Access Officer ++
Chairman	Publicity Officer ++
Vice Chairman	Countryside Secretary ++
Secretary	Web Master ++
Treasurer	Individual Members (4)
Area Footpath Secretary	Representative of Affiliated Clubs
Membership Secretary ++	

Key:
++ = Officers who are not necessarily required to be Members of Area Council
** = Honorary Positions where the holder is not a member of Area Council

Guest Speaker

The guest speaker this year will be Alistair Chisholm, Dorchester Town Crier and Blue Badge guide who will talk on the subject of Rambling around Dorset with Hardy, Barnes, Powys and friends.

Trustee Representative

We expect that there will be a Member of the Board of Trustees who will give a short introduction and be available to answer questions raised.

WALK SCILLY 2017

Time to get your boots on! 12th-16th October

Have you ever fancied a long weekend exploring the islands? Walk Scilly Weekend is a brilliant opportunity to see Scilly at its best during the quieter but still spectacular Autumn. We are often blessed with Indian Summers bringing warm days and cooler evenings, perfect for exploring the Islands.

There will be a feast of different walks to whet your appetite that we hope you will enjoy. Delve into the history and archaeology on St. Mary's, try your hand at foraging some of the many wild fruits the Islands have to offer or explore one of the uninhabited 'off islands' - the choice is yours.

For travel bookings to the islands please quote ref: WLKW17 to receive your 10% discount.

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MAJORCA WALKING HOLIDAY

The South Dorset Group has for some years taken a group holiday, one year in the UK the next year abroad; this year we decided on a walking holiday in Majorca. The location was first proposed in February 2016 when a year of planning and organising took us all to Majorca in April 2017. The planning took a year due to the logistics of accommodating and guiding thirty-eight of us. We had to select a location, a walking company, a hotel and flights.

We selected Secret Hills as the walking provider; we had used them before, they had detailed experience in Majorca and were very competitively priced. The Hotel Marina in Port Soller came as part of the package, and we were able to fly out of Bournemouth, which was a great advantage. We all purchased our flights with Ryanair; I kept a watch on the release of tickets so that we could all get seats and at the best prices. It was some time before they became available, I then advised everyone, and they pounced – even so there was a large variety in ticket prices as the early bird cheaper seats quickly filled.



All went according to plan, leaving Bournemouth on 25 April for Palma where we were met by Secret Hills at the airport with a coach transfer to the hotel. The hotel turned out to be excellent in every way, with great food, rooms, location on the promenade and friendly staff.

Secret Hills provided four walk leaders, and two walks each day, a harder and an easier walk; this gave us a leader and a backmarker for each walk, unusual but helpful. The walks were a mixture of mountain, hill and valley routes. The leaders were very helpful and provided a very good service. Several walks started off with a coach ride, others, walking directly from the hotel.

The Soller area is beautiful and very agricultural with

orange and lemon groves, vineyards, small villages, country cafes and lovely views. Soller town is a nice, small, busy town with a tram to Port Soller and a railway through the mountains to Palma. When we arrived, we found that we were sharing the island with an 8000 strong bicycle race around the island. Not something for us to get mixed up with, but a spectacular sight for those of us taking a rest day.



We departed Majorca on 2 May with regret, but with new friends in the Secret Hills leaders. All returned safely to Bournemouth with no serious afflictions. Two members extended

their stay on Majorca to meet other friends. Everyone very much enjoyed the holiday and several said they would like to return.

John Pennington – Organiser and South Dorset Group Committee

[Editor-Well done John, an excellent holiday, well organised and enjoyed]



THE RAMBLINGS OF THREE RUSTY ZIPS & BOB

An occasional series on the meanderings of three late middle-aged gentlemen and a cross channel swimmer through Dorset and beyond.

Regular readers of these ramblings will have noticed that we reached the end of the Monarch's Way in September 2012. As reported here the next twelve months were taken up with walking the Wessex Ridgeway, MacMillan Way West and South Downs Way. During this time we plotted and planned how we could walk the remaining 330 miles of the Monarch's

Way. Having decided we would start this enterprise in the spring of 2014 we need a winter adventure for the next six months and we chose a couple of shorter trails in Wiltshire: The Pewsey Avon Trail (the continuation of the Avon Valley Way) and the Mid Wilts Way.

Stage 1 Pewsey Avon Trail – 12/11/13 Salisbury to Bulford (12 miles)

We drove to Bulford where we met Peter and then drove to Salisbury. From the cathedral we walked through the city centre to join cycle way 45 and then a pleasant path along the River Avon. Slowly leaving the city behind we crossed the river and climbed up to Old Sarum. Temporarily leaving the river for a ridge walk we had breath-taking views of the cathedral and its spire. At Upper Woodford we re-joined the Avon and stopped for lunch at The Bridge Inn. My notes do not mention the ale just that it was a gastro pub rated at four boots. After lunch we continued through Amesbury and on to Bulford where Peter drove us back to Salisbury.

Stage 2 Pewsey Avon Trail – 26/11/13 Bulford to Woodbridge Inn (14 miles)

Four of us left at 08:00 to be driven to The Woodbridge Inn where we caught the 09:47 X5 bus to Bulford. Easy country walking but at Fifield we failed to find the path to the east of the river so had to walk ½ mile along the busy A345 to The Swan at Longstreet (Enford). Acceptable food with a choice of four real ales. Unfortunately time did not permit tasting more than two beers so we set off on the final leg to The Woodbridge Inn. At Upavon the light was failing and we decided to walk along the A352 but as soon as feasible we hopped over a field gate and walked parallel to the road in pasture fields.

Stage 3 Pewsey Avon Trail – 10/12/13 Upavon to Marlborough (13¾ miles)

As failing light had previously prevented us from walking the trail from Upavon to The Woodbridge Inn our starting point this day was Upavon. With an early start we drove to Marlborough where we met Peter at the Armadillo café for breakfast. After a superb bacon sandwich and large mug of coffee we left one car at Marlborough and drove to Upavon and walked to Pewsey on the correct route passing The Woodbridge Inn enroute. We stopped for lunch at The Royal Oak in Pewsey; a typical town tavern serving real ales and light lunches. The pub was rated at 3½ boots. Suitably refresh we set off on the long trek back to The Armadillo. Again the light failed before we reached the town centre but once bitten twice shy and Tim & Peter had brought head torches. However to our surprise after only a few hundred yards the dark field path turned in to an illuminated residential road. Soon we were enjoying stollen and mince pies washed down with copious mugs of tea. Peter drove us back to Upavon whence we returned home.

Stage 1 Mid Wilts Way – 07/01/14 Marlborough to Knapp Hill (9 miles)

After days of heavy rain we were blessed with a clear day but the drive to Knapp Hill was hazardous due to flooded roads. At Knapp Hill we met Peter and he drove us and companion Bob to Marlborough for breakfast at The Armadillo café. After another hearty breakfast after

we set off on the five miles to “Who’d A Thought It” pub at Lockeridge. This Wadsworth pub didn’t disappoint with 6X in excellent condition. The food was good too, fully deserving the 4-boot rating. The long hill climb out of the village helped use up the calories recently imbibed. This was followed by a woodland walk but the few miles to Knapp Hill along the ridge chilled us to the bone. We were glad to reach the warmth of the car.

Stage 2 Mid Wilts Way – 21/01/14 Knapp Hill to Roundway White Horse (12 miles)

After all the rain and cloud of the last few weeks it was a pleasant change to awake to a fine sunny day. We drove to the Subway café at Roundhill to meet Peter for breakfast. Suitably refreshed both cars drove to White Horse carpark and then one car to Knapp Hill. From here we wandered over Milk Hill to join a long ridge following a cursus to Tan Hill. After a long downhill stretch we arrived at The Waggon & Horses at Beckhampton. Another excellent Wadsworth pub granted 4 boots for its good food and ale. After lunch there was an unpleasant ½ mile walk along the A361 to join a Roman road taking us uphill to the Wessex Ridgeway at Morgan’s Hill. These few miles brought back memories from when we were last here in December 2012. Soon we left the ridgeway to continue uphill to our car at Knapp Hill.

Stage 3 Mid Wilts Way – 18/03/14 Roundway White Horse to Bratton (15 miles)

Companion Bob accompanied us on this stage. Again two cars were used. The first mile to Devizes was along the Wessex Ridgeway (which we had walked in October 2012) then along the Kennet & Avon canal past Caen Hill locks – a total of twenty-nine locks with a rise of 237 feet in 2 miles or a 1 in 44 gradient – to the Barge Inn at Seend Cleeve. Another Wadsworth pub (in the CAMRA Good Beer Guide) was awarded 4 boots. After a longer than usual lunch the last eight miles through Keevil and Steeple Ashton to Bratton just flew by. Before driving home we stopped at The Duke for tea.

Stage 4 Mid Wilts Way – 01/04/14 Bratton to Kingston Deverill (16 miles)

Two cars again with companion Bob and Peter driving. A very slow drive due to the thick fog. Eventually we started walking at 10:30 with an uphill start and visibility extremely poor. The extensive views normally seen from the ridge were non-existent – we could barely see in front of our noses. A detour from the trail took us to the Bell Inn at Warminster for lunch. A lovely old coaching inn with Wadsworth beer. Unfortunately Peter was unhappy with his salad so despite the superb beer the hostelry was only awarded 3 boots. After lunch we re-joined the trail circumventing Cley Hill rather than climbing. Thereafter there was a long road section along the perimeter of Longleat estate and thence to Kingston Deverill.

Stage 5 Mid Wilts Way – 29/04/14 Kingston Deverill to Trudoxhill (17½ miles)

Tim & I drove to Trudoxhill where we met Peter for onward carriage to Kingston Deverill, via a burger van for breakfast. A lovely sunny day just right for walking to complete the Mid Wilts way to Mere. However we continued to The Spread Eagle Inn at Stourhead for a light lunch of soup and a roll washed down with a pint of Kilmington Ale. Then through varied countryside to finish at Trudoxhill on the Macmillan Way. Trudoxhill was chosen as the end point as it could provide the starting point for another adventure along the Mendip Way.

However our thoughts now turned not to the Mendip Way but the Monarch’s Way. In the event we started the Monarch’s way in May 2014 and completed in September 2015.

Laurie Fairhurst

SO YOU WANT TO QUIT COFFEE



There are good reasons for healthy people to consume coffee in moderation, some individuals may find themselves overdoing it or may be simply too sensitive to the acidity or caffeine. If this sounds familiar, here is how you can quit coffee.

Assuming you do want to quit drinking coffee - or at least limit your consumption - you are going to need another way to boost your energy and keep yourself invigorated. The number-one way to quit caffeine and boost your energy is to get your circadian rhythm on a regular, well-rested schedule. To do this, you need to:

1. Stay hydrated. The Institute of Medicine recommends men drink thirteen cups and women drink nine cups of beverages daily. Aim for mostly hydrating drinks like water, lemon water, and coconut water.
2. Eating a balanced, colourful diet composed of whole foods, mostly vegetables, will ensure that you are getting the necessary amounts of vitamins and minerals to fuel your productive genius. Magnesium is a particularly vital mineral for energy. Eat plenty of nuts and fish to boost your levels naturally.
3. Avoid sugar. Sugars, whether in the form of sweeteners or the carbohydrates in processed foods, cause blood sugar spikes that might make you feel better in the short-term, but pack a nasty crash a couple of hours later. Blood sugar and insulin swings make it difficult for you to concentrate and weaken your willpower. Opt for healthy snacks with a balance of fat and protein that will keep you going strong.
4. Move more. Here I'm preaching to the converted - Research shows that a ten-minute walk at a nice clip boosts energy more effectively than a candy bar and that regular walks improve overall energy levels. Check out the next page for an Active 10 App (Not a Nap).
5. Sleep. Insufficient sleep and sleep disorders are all too common in the U.S. Despite recommendations to get seven to eight hours of sleep nightly, 30 percent of adults get six or fewer hours. While the jury is still out on whether more sleep guarantees success if you're nodding off at your desk, it's time to get some more regular shut-eye.

Doug Pigg

(with thanks to Googles Grammarly - <https://www.grammarly.com>)

Active 10 – Are You?

Middle-aged people are being urged to walk faster to help stay healthy, amid concern high levels of inactivity may be harming their health. Officials at Public Health England said a number of activity people did start to tail off from the age of 40.

They are urging those between the ages of 40 and 60 to start doing regular brisk walks. Just 10 minutes a day could have a major impact, reducing the risk of early death by 15%, they say. But PHE estimates four out of every 10 40- to 60-year-olds do not even manage a brisk 10-minute walk each month.

Each 10-minute burst of exercise is known as an “Active 10”. The NHS is promoting a free app - Active 10 - which can monitor the amount of brisk walking an individual does and provide tips on how to incorporate more into the daily routine.

Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10-minute brisk walk a day and then see if you can gradually build up to more. It's the easy way to improve your health and wellbeing. No gym memberships, no Lycra. Just 10 minutes and you! GPs are also being encouraged to get their patients walking faster - defined as a walk of at least 3mph that leaves you breathing faster and increases your heart rate.

Read more at <https://www.nhs.uk/oneyou/active10/home#Mp2efKB1faaGDp9s.99>

COFFEE ALTERNATIVES

Most people are simply looking for a replacement for their daily mug(s) of something satisfying to fill the void during the morning routine. Luckily, there are many satisfying alternatives to coffee, and they may even taste better in that flask.



If you are looking to cut back on caffeine or the “crash” associated with coffee..... Make your life easy and switch to decaffeinated coffee. Voila, problem solved.

If you can't tolerate the acidity of coffee. . .Reach for some yerba mate or green tea. Both have caffeine, but yerba mate has a smoother come-down while green tea has a 75 percent lower dose of caffeine than coffee. Shorter brew times for both teas will weaken the stimulant concentration further.

If you want to get away from caffeine but still want some chemical energy. . . Try ginkgo tea to boost circulation and energy levels. Siberian ginseng, not to be confused with American ginseng, contains compounds that may improve mental performance, not to mention boost your immune system.

If you want to try a whole new kick. . .Spicy tea varieties pack an energising punch. For no-caff, there is lemon and ginger tea, fresh or in sachets. Try adding a cinnamon stick, honey, and coconut oil. If you're comfortable with a bit of caffeine, try chai. This aromatic mix of black tea with warming spices and frothy milk contains between 25 and 50 percent the amount of caffeine found in coffee.



If you're looking for zero-caf invigoration. . .Just can't do caffeine? Some herbal teas can be quite revitalising. Lemongrass and citrus teas have a bite that perks you up, while mint teas are calming but refreshing. Stay away from lavender and camomile blends, which are soothing to the point of being downright restful.

If you're looking for pure cosiness in a cup. . . Carob powder drinks are your new go-to. This chocolate substitute gives you all the indulgence of hot cocoa and blends very well with all kinds of milk without any of the stimulant effects of coffee or chocolate.

Doug Pigg (again with thanks to Googles Grammarly)

Ramblers – East Dorset Group Purbeck Plod – Sunday 24 June 2018

Start at Swanage Pier at 0830 walkers - 0930 runners
(Entry on the day, please arrive at least 15 minutes earlier)

25 miles via SWCP, Kimmeridge, Ridgeway Hill,
Corfe Castle, Nine Barrow Down, Ballard Down
Finish by 20 00 at All Saints Church Hall, Swanage

A shorter 16-mile route is available for walkers only

*Entries and Information – please contact Event Secretary, 76 Bloxworth Road,
Poole BH12 4BW – email PurbeckPlod@eastdorsetramblers.org.uk or
click on the Purbeck Plod page on line www.eastdorsetramblers.org.uk*

Can you help out on the day, please?

We need marshals to help out at the Start and Finish and at Checkpoints.

Please contact Keilah Towers– 01202 848128 or Email – keilah Towers@compuserve.com

WHAT'S IN A NAME

The Summer 2017 edition of "Footnotes" has a boxed feature headed "What's in a name?" The title is ironic because it comes below a leading article under the heading "Why walk alone when you can walk with Dorset Ramblers?"

We would very much agree with that rhetorical question, as Dorset Ramblers www.dorsetramblers.co.uk exists as a stand-alone organisation. This year we celebrate 70 years of walking the length and breadth of the Dorset Countryside in addition to frequent out of county activities.

Unfortunately, confusion is caused when the "Dorset Ramblers" in the "Footnotes" heading is an abbreviation of the "Dorset Area of the Ramblers Association". The confusion is compounded by the similarity in website addresses. For the Ramblers' Association- Dorset Area website is www.dorsetramblers.org.uk. Possibly it would be less confusing even if less snappy as a title if Ramblers Association- Dorset Area were used in future.

The Ramblers Association is an important national charity and understandably has a formidable regional structure although the Dorset Area Association seems to suffer similar problems to other locally-based charities in recruiting officers and members.

The right to roam is a universal one and the right to a well-established name likewise. Dorset Ramblers are more than happy to discuss with the Ramblers Association-Dorset Area on how both organisations can promote and encourage more people to enjoy walking in Dorset but also how we can best promote our individual identity and integrity.

Dorset Ramblers have had joint activities with some of your constituent members in the past, and we are sure that similar events could happen in the future.

Jenny Newman - Secretary, Dorset Ramblers



TOGETHER

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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 75 and effectively cover the period from May to August 2017. If you would like more details, please send a DL (9"x4¼") stamped, self-addressed envelope marked ROW to the Area Footpath Secretary (address Pg 11)

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.

Please be aware that the planning inspectorate website is now incorporated into the gov.uk website. The link for Rights of Way and Access is: <https://www.gov.uk/topic/outdoor-access-recreation/rights-of-way-open-access>

Confirmed Orders (# identifies any New Numbers)

Broadwindsor BR47:	}	Diversion (HA 1980, S119)
Thorncombe BR10 (part):	}	
Child Okeford FP9 (part):		Diversion (T&CPA 1990, S257)
Long Bredy BR5:		Modification. (W&C Act 1981)
Longfleet and Parkstone, Poole:		Modification to add 3xFPs and 9xBRs (W&C Act 1981)
Oakdale and Newton, Poole:		Modification to add 7xFPs and 2xBRs (W&C Act 1981)
Shaftesbury FP3 (part):		Diversion (T&CPA 1990, S257)
Stalbridge FP25 (part):		Diversion (T&CPA 1990, S257)
Stalbridge BR74 (part):		Diversion (HA 1980, S119)
Swanage FP64 (part):		Diversion (T&CPA 1990, S257)
Uplyme BR66 (Devon):	}	Diversion (HA 1980, S119)
Lyme Regis BR10:	}	(Devon County Council)
Weymouth FP:		Modification to add FP (Old Granary Close to FP15). (W&C Act 1981)

Unless otherwise stated, the above Orders are confirmed under the Wildlife & Countryside Act 1981 (Section 53A (2))

Long Term Temporary Closures/Diversions under Road Traffic Regulation Act 1984: Section 14(1)

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

Coombe Keynes FP4:	}	From 23.59hrs, 05/09/17 until 23.59hrs, 12/09/17 (Camp Bestival)
East Lulworth FP2:	}	Alternative routes signed.
East Lulworth FP3:	}	Section 16A of the Road Traffic Regulation [Special Events] Act 1994
Hurn FP62:		From GR SZ 118 958 to SZ 116 957, from 24/07/17 for 42 days (26 weeks). Resurfacing of the route using heavy plant machinery. Alternative route signed.
Portland FP68 (SWCP):		From GR SY 699 714 to SY 702 724, from 22/06/17 for 26 weeks (extension of temporary closure). Landslip. Alternative route signed.
Sturminster Newton FP11 (part):		From GR ST 78938 14170 to ST 78966 14093, from 21/08/17 for four weeks. Replacement gas main. Alternative route is available.
Stinsford FP21:	}	From 29.08.17 to 12.09.17 (inclusive) Dorset County Show.
Stinsford FP15 (part):	}	Alternative routes for FPs14 & 15 only.
Stinsford FP14 (part):	}	Section 16A of the Road Traffic Regulation [Special Events] Act 1994

Please Note: All the above closures are for Health and Safety reasons. 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

VISIT DORSET – THE OFFICIAL TOURISM WEBSITE FOR DORSET

<https://www.visit-dorset.com/things-to-do/activities/walking>

Do you want to escape the hurly burly of modern life, feel the sun on your face and the wind in your hair? Walks in Dorset give you the chance to let loose and explore blowy cliff tops, peaceful country lanes, rolling hills and woodland trails.

Dorset walks are internationally renowned while its coast and countryside boast over 4,700 well-signed and waymarked footpaths, bridleways and byways to explore.

These paths meander and intertwine across Dorset, linking photogenic villages, cosy pubs, lush meadows and rocky coves. Each turning leads to a new adventure.....

[Editor – So that you know it's there]

A Poem for Footnotes – ‘Happy is the heart’ by Patience Strong

In 1935 Patience Strong asked The Daily Mirror for a regular publication of her poems. The features editor asked her to return the following day with eighteen new poems and a suggested pseudonym. This she did with the pseudonym of Patience Strong. Her daily poems, in The Quiet Corner, continued throughout World War II until 1946 when her column was transferred to the Sunday Pictorial (later The Sunday Mirror) and continued for several decades.

Doug Pigg

Happy is the heart that knows
The joy of walking with a friend
Gaily do you pass the milestones
Swiftly over the journey with
Side by side in step together
Up the hills and down the dales
Be it bright or stormy weather
This sweet pleasure never fails

South West Coast Path Challenge in October

My name is Genevieve Hinchcliff and I have just started at the South West Coast Path Association to manage the South West Coast Path Challenge. We would like the Dorset Area of the Ramblers to join in with the South West Coast Path Challenge in October. During October we are encouraging as many people as possible to get out walking and running on the Coast Path to set a record for the number of miles completed in a month and raise much-needed funds for the Path's future.

There are some organised walks which your members might like to join. You can read more online here <https://www.southwestcoastpath.org.uk/events/challenge-2017/>

Genevieve Hinchcliff - Fundraising Manager

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

The Ramblers' Association Dorset area is a part of the Ramblers' Association, a registered charity (England and Wales number 1093577, Scotland SC039799) and a company limited by guarantee in England and Wales (number 4458492). Registered Office: 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW

PUBLIC RIGHTS OF WAY, THE DEFINITIVE MAP AND THE CUT-OFF DATE



Back in 1949 the groundbreaking National Parks and Access to the Countryside Act paved the way for the creation of our national parks and long distance routes such as the South West Coast Path and the Pennine Way. Less well-known is the fact that the same Act of Parliament also required local authorities (county councils and unitary authorities) across England and Wales to keep an official record of public rights of way known as the 'Definitive Map and Statement'. These maps have proved invaluable both in protecting paths from being closed, obstructed and built on and in providing the vital information about rights of way which are now shown on Ordnance Survey Maps.

Preparing and completing these maps was not an easy task; the necessary surveys and procedures involved were complicated and time-consuming. Inevitably some paths were left off maps (and some local authorities were more efficient than others in doing the job). The last Definitive Map wasn't published until 1982.

The original legislation envisaged that local authorities would review the maps every five years at which point they would be amended to take into account any path diversions or closures or any other errors and omissions. However, that has proved to be impractical, and so the Wildlife and Countryside Act of 1981 was introduced as a legal process whereby members of the public could make an application for an order to have a missing route added to the Definitive Map.

Under the 1981 Wildlife and Countryside Act once an application has been registered the authority (in our case Dorset County Council) uses a quasi-judicial process to determine whether or not the claimed route should be added to the Definitive Map. Unfortunately, many local authorities have considerable backlogs of claims to deal with under this procedure.

The Countryside and Rights of Way Act 2000 changed the law again and introduced the concept of a cut-off date for adding historical paths to definitive maps, largely to ensure that landowners have a clear idea of whether the land they own has a right of way over it. The cut-off date for adding historical paths to definitive maps has been set at 1 January 2026. In practice what will happen is that public rights over footpaths and bridleways which existed before 1949, but which have not been recorded on definitive maps by that time, will be extinguished.

This means that any path which came into existence before 1949 but has not been claimed for the definitive map by 2026 will be lost forever.

In 2018 measures to speed up and simplify the procedures for claiming paths in advance of the deadline of 1 January 2026, part of the Deregulation Act 2015, should come into effect. However, the process of gathering the evidence needed to support an application to add a path to the Definitive Map can still be extremely time-consuming. So if the interests of all public path users in Dorset are to be properly protected in advance of the 2026 cut-off date, it is important that any missing, but potentially useful routes be identified in the next few years.



If you think you know of any such routes, and/or could help with researching these 'lost ways', please contact either your Group Footpath Secretary or the Area Footpath Secretary. Remember these are routes which are not shown on Ordnance Survey Maps as public rights of way: they may still be in use or they may have fallen into disuse but still be apparent as physical features on the ground or on old maps.

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