

David and Jim

Corsham walking group will be celebrating a second walker reaching the age of 90!

David Webb celebrated his 90th birthday on 9 August and he joins Jim Marsden who reached 90 a little while ago.

Both have been valued members of the walking group for some years and are great examples of how short regular walks can help to keep you active and mobile for longer.



them along tracks, roads and footpaths, passing through Farley Mount Country Park, King's Somborne, Broughton, the Winterslows, Pitton, the Clarendon Estate and close to the 12th century ruins of Clarendon Palace. Keith and Gill arrived at Salisbury Cathedral just before 4.30pm, completing the route in under eight and a half hours. Not as fast as Keith used to run the marathon, but not bad!

The route crossed farmland, woodland and downs, including part of the Monarch's Way, said to be the escape route taken by King Charles II in 1651 after being defeated in the Battle of Worcester.

The walk through the woods provided some dappled shade while the extensive views across the farmland emphasised the many different shades of green.

For most of the time it was perfect walking weather. All of the walkers were good humoured and friendly with plenty of marshal points to ensure no one lost their bearings and water and snacks were provided along the way. Broughton was the halfway point where lunch was available for those who wanted it. Gill and Keith had taken their own food and stopped to eat, but only for 10 minutes as they were afraid they would seize up if they stopped for too long! The route had been a little hilly and just after Broughton there was a long hill, not especially steep but very long, with some walkers referring to it as cardiac hill!

After that the terrain was not too bad, despite a period of rain. The second half of the route was completed slightly quicker than the first. It was a relief when Gill and Keith crossed the finish line where they received their medals and were offered slippers, snacks, tea, coffee and ice cream!

Gill and Keith raised over £450 for the charity alone and thoroughly enjoyed the walk. Despite walking more than 55,000 steps, neither suffered any problems with feet, thanks to comfortable well-fitting walking shoes. There were a few aching leg muscles afterwards however.

Tackling the Clarendon Way for charity

On Sunday 2 June Keith Griffin and Gill McAlister, both regular volunteer walk leaders in Salisbury and Amesbury, joined over 650 walkers to take part in the Clarendon Way Walk, from Winchester Cathedral to Salisbury Cathedral.

Now in its 13th year, this charity walk is the biggest fundraising event organised by Naomi House Hospice and Jack's Place, raising vital funds to help them care for children and young adults living with life limiting and life-threatening illnesses from across the south.

Gill and Keith had previously completed several long training walks of between 10 and 20 miles around Amesbury, Stonehenge and Salisbury to prepare for the event.

Setting off from Winchester Cathedral at 8am, the walk took



Dates for your diary

Thursday 17 October
Volunteer Walk Leaders course
The Vale Campus Pewsey

Tuesday 22 October
First Aid courses
The Vale Campus Pewsey

Thursday 24 October
First Aid courses
The Vale Campus Pewsey

Friday 6 December
Christmas walk
Salisbury Rugby Club.

The last official GWW walk of 2019
will be Friday 20 December returning
Monday 6 January 2020



For more information about
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[www.walkingforhealth.org.uk/
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Footprint

The newsletter for
Get Wiltshire Walking groups

Issue 6



Wiltshire Council
Where everybody matters

As autumn draws in

When autumn arrives, it brings change and a huge diversity of feelings.

For Get Wiltshire Walking this autumn sees the arrival of a new team member, Natalie (more about Natalie a little later!), and changes in some of the group's responsibilities.

For many of our walkers autumn heralds an exciting time for getting out and about and really enjoying the changing colours and scenery in the landscape.

No doubt many of you are already thinking about a visit to Westonbirt or Stourhead, such wonderful places for an autumn walk.

There will be many within our local communities who see autumn as the overture to another dark, dismal and possibly lonely winter.

This is the time for every one of us to get out and encourage those within our local communities, living alone or in need of good company, to come and join us for our weekly walks and to enjoy the fresh air and great company.

A return to the norm

After the unprecedented soaking we all received at the first challenge walk in Bishopstone, we would have understood if there was a reluctance to join the second of our yearly challenge walks but that was not the case.

A grand total of 178 walkers joined in to enjoy the fabulous scenery and views on offer around Seend, much improved by the clear blue skies and warming spring sunshine.

The routes gave walkers an opportunity to admire some wonderful country houses in Seend itself, with their extensive gardens and carefully manicured lawns, as well as the expansive views across the valley towards Westbury and Salisbury plain.

Both the long and short walks eventually found their way down towards the canal towpath where walkers enjoyed a short stretch, before beginning the climb back up to Seend village hall.

The starter walk was well attended and there was a great deal of common interests between walkers; particularly about wild flowers.

The route for the starter walk was similar to the two other walks, giving

walkers the same opportunity to stop and admire the views, but for this group the overwhelming interest was in the abundance and variety of wild flowers and bird life in the area.

Their biggest "wow" was a beautiful Jacaranda tree on the return approach to the hall. Magnificent!

Summer solstice walk 2019

This year's summer solstice walk took place on 21 June 2019. The walk distance was approximately seven miles.

We met at the Lady Antrobus house for a 3.30am departure. The weather conditions were excellent, with a bright moonlit sky and just a hint of a light breeze.

A grand total of 18 brave souls joined us for this twilight walk to Stonehenge. As we were walking out of Amesbury up towards the A303, we could hear drums beating and the sound of chanting and singing from Stonehenge.

While walking in the twilight we were able to observe the bright moon with the planet Jupiter in the background against the starlit sky. The ground was covered in a heavy dew at this time in the morning and a light mist could be seen forming in the contours of the landscape. This all added an eerie element to the walk.

After we had crossed the A303 at a traffic light crossing point we could see the crowds at Stonehenge. We continued our approach to the monument via a control gate.

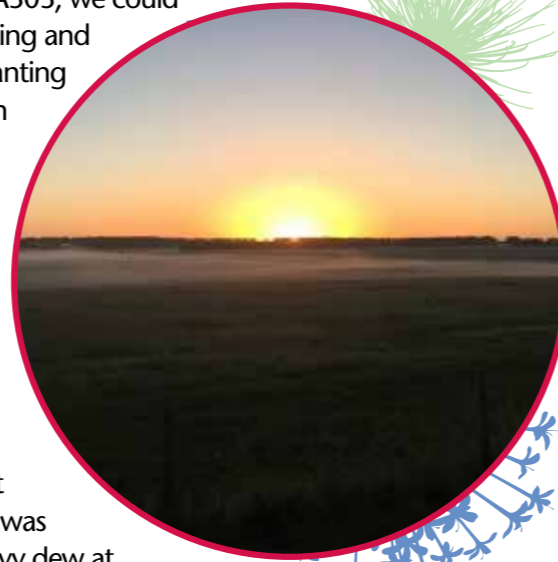
The group was then given a rendezvous point to return to 15 minutes after the sun had risen. Walkers were allowed free access to the stone monument and could walk amongst the stones if they so desired.

The sunrise was simply amazing and our pictures of it do not do it justice.

After the sunrise the group reformed. While some members of the group opted to return to Lady Antrobus house by reversing the outward route, a significant number of us returned via Woodhenge so that we could observe both circles in the one walk.

The post walk feedback I received from those attending was that it was a very enjoyable walk, with many asking if there will be another Solstice walk next year. My answer, "Perhaps"!

By Steve Williams, volunteer walk leader GWW



Lacock challenge

The original evening walks in Lacock were so successful it was essential we incorporated them into our 2019 challenge of 'Pre-Loved' walks.

Unsurprisingly, we had over 190 walkers sign up for this event.

The weather for the event did not let us down with blue skies and lots of sun, making it a little too warm for some.

Lacock village has been under the care of The National Trust since 1944 and is hugely interesting. The house features a wealth of historic architecture from many different periods including wonderfully preserved buildings and sympathetic refurbishments.

The areas around Lacock afforded our walkers some magnificent views across the common lands and meadows to neighbouring Reybridge. Although the longer walk did include a significant hill towards the end, it was a small price to pay.

The starter walk incorporated a local route that still enabled walkers to admire the majestic trees and expansive meadows, before taking in this fascinating village and learning of the many films which Lacock has provided a backdrop for.

Most of our walkers rounded their walk off with a pint or supper in one of the many local pubs or restaurants and generally relaxed after what had been a real challenge.

A very final challenge

Nearly 200 walkers attended the final event of the "Pre-Loved" challenge series on the 3 September.

This event was based in the Garrison Community Centre in Warminster and offered walkers an opportunity for an afternoon walk revisiting some of the historic hillforts and sites around Warminster.

The strider walk, although only four and a half miles, was certainly an intense route using the Imber ranges perimeter path to gain access to Middle Hill; a bronze age bowl barrow topped with a very distinctive clump of trees. To the south of this is the deserted site of the medieval village of Middleton.

This walk continued to Battlesbury Hill, one of the finest examples of an iron age hillfort in England featuring a triangulation point at its summit.

The stroller walk also incorporated Battlesbury Hill, with walkers making their way along the ridge giving them expansive views across the area and the opportunity to see a huge variety of wild flowers.

The starter walk attracted just a handful of people keen to be



part of this occasion.

Following the walks everyone was invited to have tea and choose from a fantastic selection of cakes produced by some of the local Warminster group and walkers from other areas.

It would be unfair to suggest the high volume of walkers was simply due to the lure of cake. It was also the final day of our popular walks co-ordinator Rosie before enjoying a well-earned retirement.



Introducing Natalie

Natalie Parker, our new walks coordinator has lived in Wiltshire all her life and lives with her husband and two little girls in Westbury.

Natalie has worked for Wiltshire Council for seven years in an administrative role within the Waste and Environment Commissioning department.

Natalie's love for the great outdoors began as a child and she has fond memories of taking long walks with her grandparents along the canal towpath in Hungerford.

Natalie is a keep fit enthusiast who loves to cook, especially for her family. Her signature dish is beef chilli!

Natalie has already been introduced to Devizes and Cricklade groups and will shortly be visiting the remainder of her 'patch'.

Welcome Natalie and Good Luck!

