



July 2011
Newsletter

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<p>Sunday July 10th 'The Steam Train Special' Approx 5.5 mile walk along part of the Derwent Valley Heritage Way starting with a steam train ride and including a short town tour of Matlock £10</p>	<p>Saturday July 16th New - 'The Trit Trot Trail' Approx 3 mile walk in the beautiful Hope Valley to include a magical hour long ride on a horse drawn dray + ginger beer and cake! £15 A FEW PLACES LEFT</p>	<p>Sunday July 24th New - 'The Energy Special Walk' Approx 4-mile walk around Ilam and Dovedale with advice and fun measuring personal energy levels from Karen Rhodes (a Certified Practitioner of Meridian Energy) £15</p>	<p>Wednesday July 27th 'Sally and the Chocolate Factory' AS SEEN ON TV! Approx 2 ½ mile walk from Castleton with tour, talk and tasters of award winning chocolates at Cooadance £10 NEARLY SOLD OUT!</p>
<p>Tuesday August 2nd New - 'The Trit Trot Trail' Approx 3 mile walk in the beautiful Hope Valley to include a magical hour long ride on a horse drawn dray + ginger beer and cake! £15</p>	<p>Wednesday August 17th 'Three Stoops to Conquer' Approx 9-mile walk high on the Dark Peak moors and Edges from Longshaw Lodge, passing 3 ancient guide stoops including my absolute favourite! £10</p>	<p>Saturday September 3rd 'Following in Julia's Footsteps' Approx 10-mile walk along the Monsal Trail as featured by Julia Bradbury, through the newly opened tunnels, including a bus ride at the start (fare not included) £10</p>	<p>Sunday September 11th New - 'Friendly Fun Walk - Understanding Weight Loss' Approx 3-mile leisurely stroll in Lathkill Dale with advice on healthy living, weight loss and well being from Karen Rhodes (a Certified Counsellor) £15</p>

(For further information on the above walks please scroll down.

You will also find articles of local interest, a picture quiz, puzzle, snippet of the month, and details of one of my favourite footpaths)

Hello fellow hikers and countryside lovers.

I hope you are enjoying your summer and making the most of the sunshine when it appears. June has been a funny old month requiring shorts and sunscreen one minute and warm woollies the next.

The rolling hills of the central Peak District are currently a panoramic patchwork of fields in all shades of green. Some have been stripped for silage whilst others are grazed and manicured by herds of healthy livestock, hopefully happy to be living in such wonderful surroundings. Far better than some of their intensively reared cousins that never see the light of day! There are glorious hay meadows speckled with pastel shades of wild flowers and roadside verges where delicate tall grasses intermingle with daisies and sway in the breeze.

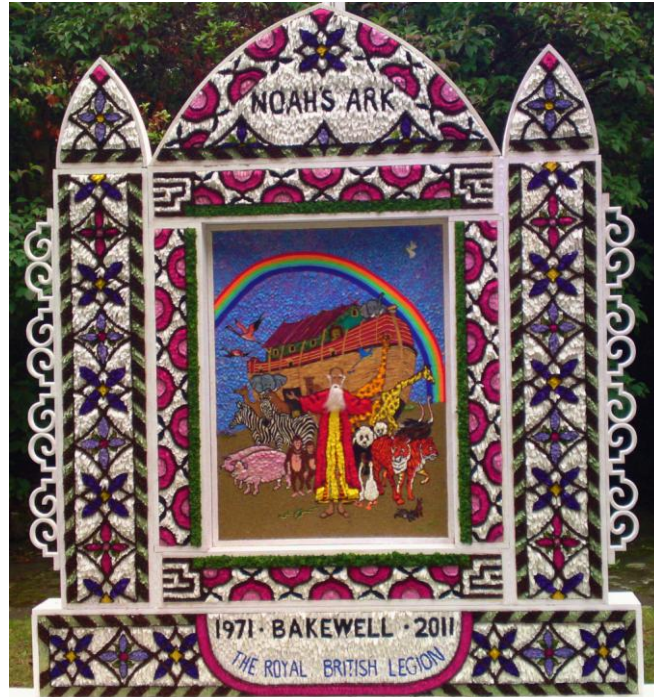
June is a time for insects and the skies seem to be full with buzzing life. Butterflies flit from flower to flower along with bees, hoverflies and wasps, but after a shower of rain or when evening descends, the pesky midges emerge - the little bloodsucking blighters seem to make a 'bee-line' for me and yet I eat lots of marmite!

Alfie and I were on one of our constitutional walks down in Lathkill Dale on a particularly warm day when I spotted a slithering creature on the path and quickly grabbed Alfie before he trod on it. The slow worm might look like a snake but it is actually a legless lizard and this particular one was certainly no slowcoach as it disappeared very quickly into the undergrowth.



Our Well Dressing season is well underway with some absolutely amazing examples of intricate floral artwork to be seen. My favourite so far was the Well Dressing created by the Royal British Legion in Bakewell which portrayed

Noah's Ark. This masterpiece used only organic materials in its creation, and when I looked carefully I could see that only a handful of daisy leaves, placed in just the right way, went into making the little dove in the top corner - simplistic but extremely effective. For me, part of the enjoyment of seeing a Well Dressing is to try and work out what type of flowers and materials were used.



I attended the rather prestigious award ceremony at Haddon Hall on June 16th to receive my EQM (Environmental Quality Mark) certificate which is now proudly displayed on my website. I was disappointed not to meet Lord Edward Manners but Jim Dixon (Chairman of the Peak District National Park Authority) was there to make the presentations. We had Pimms on the terraced rose garden with chamber music playing in the background. There was a lovely meal in the Stables Restaurant and plenty of time to chat and enjoy our spectacular surroundings. My glamorous and glitzy night out was short-lived as next day I was back to lacing up my boots and carrying a rucksack.



June was a lovely month but I'm really looking forward to July. There are lots of Country Shows and Festivals, Wakes Weeks and Well Dressings as well as Open Gardens and Special Events to enjoy. I've got two Trit Trot Trail walks to look forward to as well as several private party walks. I recently took a family on a 'Sally and the Chocolate Factory Walk' as a birthday special for Alan, his wife, children and grandchildren. The children's' faces were a picture as they watched Dave give a demonstration on the art of being a chocolatier. It was great fun and very much enjoyed, by all, but the highlight for me was when one excited little grandchild on receiving her 'Golden Ticket' at the start of the walk said that she was so excited she had not slept a wink all night!

On Sunday I shall be taking a group of walkers on my 'Steam Train Special'. Peak Rail recently re-opened a short stretch of restored line at the southern end of their track which meant that for the first time in over forty years, the steam trains can once again terminate at platform 2 on Matlock Station - a milestone in Peak Rail's history. I can't wait to return as this is one of my favourite themed walks - a trip down memory lane as well as a journey back in time and a walk along the lovely Derwent Valley Heritage Way!

Forthcoming Walks

If you are interested in booking onto any of the following walks or would like to know more, please do not hesitate to phone 01629 814108/07989 622692 or email me at mail@sallymosley.co.uk.

Sunday 10th July - 'The Steam Train Special'

This moderate walk of approximately 5 $\frac{1}{2}$ miles starts by meeting at Rowsley South Station, the northern terminus of Peak Rail. After watching the tender being coupled up to carriages, we climb on board for a trip back in time with a steam train ride down to Matlock. There now follows a short tour of the town with snippets about its transformation in the mid 19th century when Matlock Bank was established as a hydropathic health resort popular with visitors from around the world. After an opportunity to picnic in the fabulous Hall Leys Park, our return to Rowsley South is a leisurely walk along a stretch of the Derwent Valley Heritage Way.

£10 (includes walk + train ride)



Saturday 16th July - 'The Trit Trot Trail'

A glorious walk in the wonderful Hope Valley beneath the rugged hills of Mam Tor, Lose Hill and Win Hill incorporating the picture postcard villages of Castleton and Hope. The morning walk heads for the stables of Peter Eyre to watch him harness up his pair of majestic shire horses to a dray and then we climb on board for an hour long dray ride with the treat of ginger beer and lemon drizzle cake as we trit trot through the valley. The afternoon walk has the dray ride first leading out through the quaint streets of Castleton to head back to the stables at Brough, located by the side of the old Roman Fort at Navio. After our ride we wander back beside Peakshole Water to Castleton. **£15 per person for the walk + dray ride + refreshments (either in the morning or afternoon) Booking essential as numbers are restricted to 14 in a group**



Sunday 24th July - 'Energy Special Guided Walk' On this walk I have liaised with Karen Rhodes to provide a truly unique experience. You'll be able to enjoy a wonderful guided walk around the picturesque and stunning scenery of Dovedale and Ilam including lots of my snippets of local knowledge. Along the way we will be able to have fun exploring and measuring our individual energy and seeing the effect that different things we do has on our energy.

Karen is a qualified Counsellor, Hypnotherapist, Stress Management Consultant, Certified Practitioner of Meridian Energy Therapies and Reiki Master. She is passionate about helping people understand the extent of their true potential and understanding how to use the mind and body to enhance life experiences. She has spent over 10 years working with individuals and groups in areas of personal development, counselling etc. as well as training other professionals to work effectively with people in many different settings. She is an inspiring individual who makes learning about oneself fun and interesting as well as thought provoking.

Karen Rhodes BSc, MBACP (Accred.), Dip.H., C.P.AMT, UKRCP Independent Registered Counsellor (Professional Bodies - Karen is a member of the following professional bodies and works within their code of ethics: Accredited member of the British Association for Counselling and Psychotherapy, General Hypnotherapy Register, General Hypnotherapy Standards Council, The Association for Meridian Energy Therapies)
karenrhodescounselling.com

The walk starts in the pay and display car park at Ilam Hall where we meet at 9.45 a.m. with a view to setting off at 10 a.m. **£15 per person**



Wednesday 27th July - 'Sally and the Chocolate Factory' (as seen on TV!) This easy going walk of approximately 2 $\frac{1}{2}$ miles starts in the Visitor Centre car park in Castleton where we meet at 9.45 with a view to setting off at 10am. The walk heads through the remains of Odin Mine to the base of Mam Tor (The Shivering Mountain) where we call at Coadance Chocolate Factory (the Hope Valley's best kept secret) for a talk and demonstration lasting approximately an hour. Taste for yourself why their award winning chocolates are so good that they have been sold at Harrod's and Harvey Nic's! After a short walk up the closed road, which appears like the set from an earthquake movie, we wander back to Castleton on a high of chocolate happiness! **£10 per person to include the tour and tasters**



Tuesday 2nd August - 'The Trit Trot Trail'

A glorious walk in the wonderful Hope Valley beneath the rugged hills of Mam Tor, Lose Hill and Win Hill incorporating the picture postcard villages of Castleton and Hope. The morning walk heads for the stables of Peter Eyre to watch him harness up his pair of majestic shire horses to a dray and then we climb on board for an hour long dray ride with the treat of ginger beer and lemon drizzle cake as we trit trot through the valley. The afternoon walk has the dray ride first leading out through the quaint streets of Castleton to head back to the stables at Brough, located by the side of the old Roman Fort at Navio. After our ride we wander back beside Peakshole Water to Castleton.

£15 per person for the walk + dray ride + refreshments (either in the morning or afternoon) Booking essential as numbers are restricted to 14 in a group

Wednesday 17th August - 'Three Stoops to Conquer!'

Most people that know me are aware that I am an anorak when it comes to guide stoops (early way-markers). This walk is a hike over the hills to see three of these fabulous old stones which date back 300 years, including my all-time favourite! To find out why it is so special you will have to join me on my 9-mile hike over the moors from Longshaw Lodge to White Edge and Curbar Gap. The return is via Curbar Edge, Froggatt Edge and the Longshaw Estate. A rucksack snack would be a good idea but we will also call in at The Grouse and possibly end the walk in the tearoom at Longshaw if there is time. We meet at the National Trust pay and display car park at Longshaw Lodge at 9.30 with a view to setting off at 10 am.

£10 per person

Saturday 3rd September - 'Following in Julia's Footsteps'

In recent years the Monsal Trail has been made famous by Julia Bradbury and her Railway Walks. This is our opportunity to go the distance and walk the complete route including all the tunnels which will now be accessible without the need for a Ranger and key to unlock the gates! We will meet at the Bakewell Visitor Centre at 9.30 am with a view to catching the 9.59 Trans Peak bus to Blackwell (fingers crossed that it isn't full of course!). There is then a lovely stretch of path down to Blackwell Mill where we access the Trail. From here it will be a wonderful 8.5 mile wander along the trail through spectacular scenery and a succession of illuminated tunnels to return to Bakewell. (approximately 10 miles in total)

£10 per person (this does not include bus fare)



Sunday 11th September - 'Friendly Fun Walk - Understanding Weight Loss'

Ever wondered why you find it hard to lose weight? If so this may well be the walk for you!

In this first walk in a new series of fun walks I have enlisted the support of Karen Rhodes a qualified counsellor, hypnotherapist, certified practitioner of meridian energy therapies and Reiki Master to provide an interesting insight to weight issues. The walk is ideal for those who want to go on a relatively short walk at a very leisurely pace, with plenty of time to enjoy the wonderful countryside. It will be a small friendly group, so no need to feel nervous about coming along and giving it a try.

Karen has spent many years working with people with regards to their weight issues and will help you to recognise that any excess weight you have is just a symptom and that it's the underlying cause that actually needs some attention. This may be an emotional need or a learnt pattern of behaviour, or perhaps a mistaken belief about yourself.

This walk isn't a personal therapy session or a workout with a fitness trainer where you're counting calories and feeling the burn. It's a fun and interesting way to find out how to move towards a more enjoyable and healthier way of living by understanding a little more about the links between our mind and body, along with the opportunity to socialise and make new friends in a beautiful setting.

Karen is an accredited member of the British Association for Counselling and Psychotherapy, and a member of the General Hypnotherapy Register, General Hypnotherapy Standards Council, The Association for Meridian Energy Therapies and Complementary & Natural Healthcare Council

£15 per person

01629 814108 or 07989 622692 to book your place on any of the above walks

MY FAVOURITE PICTURE OF THE MONTH



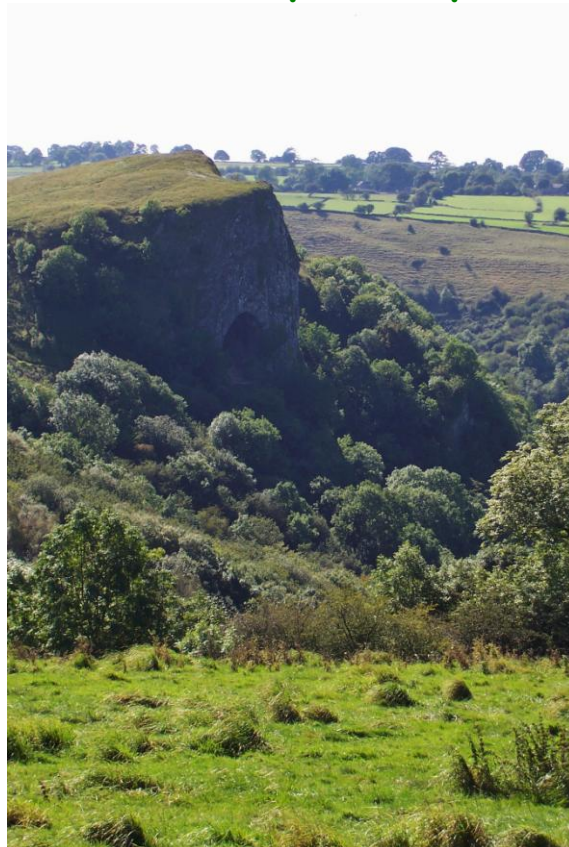
Every year Bakewell has a Day of Dance with dancing troupes coming from all over Europe to perform in the streets. The atmosphere in the town is amazing,

so friendly, happy and buzzing with energy. As well as country dancers, folk dancers and exotic dancers (you should have seen the bellies on the belly dancers!) there are also weird and wacky ones such as the Black Pigs from Nottingham who perform and play music in the form of Morris Dancers but with a difference - a sort of punk style twist! Formed in 1986, their unusual name is evidently taken from the infamous ship on Captain Pugwash!

The Black Pigs attract the largest crowds and their music and dancing is spellbinding but best of all are the costumes - outrageously over the top and as colourful as possible. The guy at the back of the photo with the drum is about 6ft 5in and very scary looking. He has a voice like a foghorn and I certainly wouldn't like to meet him down a dark alley!

Test your knowledge of the Peak District

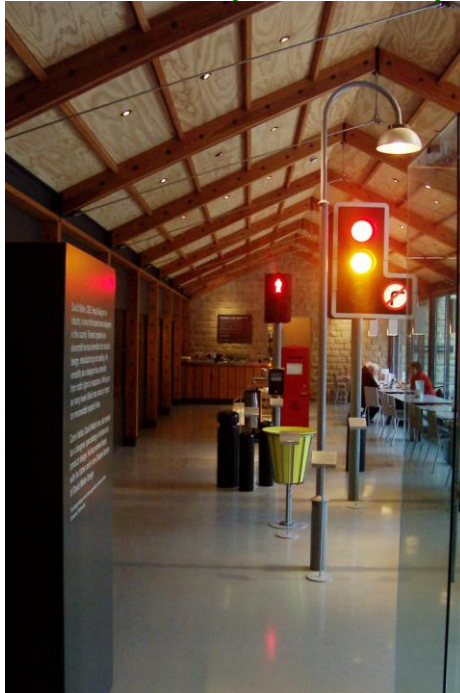
Last month's picture puzzle



This is Thor's Cave in the Manifold Valley, a natural cavern some two hundred and fifty feet above the river Manifold, located high within a limestone crag. A popular Peak District landmark, Thor's Cave has attracted visitors and inhabitants for thousands of years, dating back to Palaeolithic times and later Iron Age and Roman. It is known that occupants over the centuries have included shepherds, miners and occasional temporary homeless persons, but archaeologists have also found interesting artefacts from far

earlier settlers. In the 19th century, Thomas Bateman who explored and investigated many local sites, together with Samuel Carrington, a schoolmaster from Wetton, studied Thor's Cave in depth. They discovered arrowheads, bone combs, bronze brooches and bracelets, iron adzes along with Roman pottery and coins. Many of these finds are now held at the Weston Park Museum in Sheffield and Buxton Museum.

This month's picture puzzle



Where is this tearoom which includes an indoor set of working traffic lights?

PEAK DISTRICT QUIZ QUESTIONS

(Answers at the end)

1. A cheeky chap near The Roaches? (7,3)
2. The Devil's Arse? (4,6)
3. He took a big stride near Elton? (5,4)
4. Paxton's first name (6)
5. Another name for a lead miner's bucket (6)
6. Whose Stone is at the top of Cressbrook Dale? (6)
7. Where pigs were kept on Big Moor? (5,3)
8. Hassop's pub (4,4)
9. Youlgrave's river (8)
10. Stone Talc (a village anagram) (9)

AN EXTRACT FROM 'ALFIE'S DIARY'

Written in 2007

IT'S A DOG'S LIFE

ALFIE'S DIARY

Monday September 17th 2007

I know I keep saying that I see funny things when I go out walking, and you may think that I make it up, but cross my heart it's true!

I have had yet another encounter with a strange creature, but this time it was ever so cute, small and furry.

I was on a grassy track in the middle of nowhere, trotting along with mum a few yards behind, just wandering along sniffing and snurtling when suddenly this little black thing with huge hands and feet, a long nose and teeny little eyes was in front of me, squinting up whilst trying to lie as flat as it could.

We had a little chat and touched noses, then I glanced at mum to show her what I had found, but when I looked back again it was gone. Quick as a flash it had scuttled into the verge and burrowed into the grass - amazing!

Not many dogs can say that they have kissed a mole, can they?

Everyone and everything loves Alfie!

I'm just so adorable.

Love from moi.



xxxxx

SNIPPET OF THE MONTH

The Church of King Charles the Martyr at Peak Forest was founded in 1657 and from 1665 the minister had the power to grant marriage licenses. He was given the grand title of 'Principal Official and Judge in Spiritualities in the Peculiar Court of the Peak Forest'. He could also prove wills.

The names in the register were without address or details and therefore Peak Forest became similar to Gretna Green.

By 1728 so many runaways were wed that a second register began for 'Foreign Marriages'.

In 1753 the Marriage Act should have put an end to the solemnising of elopers but it continued on a lesser scale until 1804, after which time there were isolated cases, the last being a couple married in 1938.

The present church was rebuilt in 1876-7 for the 7th Duke of Devonshire.

In 1758 a wealthy couple who defied their parents and set off to wed at Peak Forest called at an inn at Castleton for directions. Their conversation was overheard by some local ruffians who saw the couple were obviously wealthy. They hurried on ahead with the intention of robbing the couple as they ascended Winnats Pass. However, the poor unsuspecting couple were murdered by the five bandits and their bodies hidden.

One of the robbers on his deathbed wanted to meet his maker with a clear conscience, so admitted to his crime. He also told of the bizarre deaths of the other four criminals who may well have been cursed for their wrongdoing.

Favourite Footpaths



I have walked this path on numerous occasions and never fail to be blown away by the stunning scenery and the fabulous views.

Head out of Hathersage on Sheffield Road, going around a sharp corner where School Lane leads off to your left. Continue for about 500 yards or so until you

see High Lees farmhouse opposite and just after this is a fingerpost for a footpath which is beside a very ornate old garage, roofed in red tiles. Follow the narrow lane from the fingerpost which is in fact an old packhorse route to the moors that existed centuries before the later turnpike road was constructed.

After passing through a little wooden gate the path heads steeply up a bank beneath beech and sycamore trees where in late April and May there is a fabulous sea of bluebells, whilst in autumn the amber hues are divine.

You can see deep sections of old path which have been hollowed away by the feet of countless travellers. In parts the path becomes stony with just a few surviving sections of what would have been at one time a cobbled causeway.

After crossing over a stile at the top of the wood there is a grassy path leading up and over the brow of the hill where you will come to the gateway in the photograph and the most wondrous views stretching away down the Derwent Valley or across to the majestic slopes of Eyam and Abney Moors with Stoke Ford and Bretton Clough hidden like a secret valley between them.

In the far distance to the north you may be lucky to see the distinctive landmark of Mam Tor on a clear day whilst behind you are high moors topped with the rocky outcrops of Over Owler Tor and Millstone Edge.

Heaven on a Peak District plate!

Quiz Question Answers

1. Winking Man
2. Peak Cavern
3. Robin Hood
4. Joseph
5. Kibble
6. Peter's
7. Swine Sty
8. Eyre Arms
9. Bradford
10. Castleton

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