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Dear Members,

Skim reading our regular copies of Walk Magazine & Country Walking I'm constantly reminded of how much there is still waiting to be explored, and that's just in the UK, 'extras' offered by Ramble Worldwide, Mountain Kingdoms, Exodus, Explore ... too many to include all. Then how about WALK - 'Your Life Depends on It' - note the capital letters, extolling how even the shortest walks can have benefits we may never have realised, a foundation for 'health, energy and longevity'. So maybe it's not so extraordinary that many of our walk leaders, 30 now upgraded and therefore qualified to lead, are well into their three score years and ten, some beyond.

On this newsletter find a number of references as to how Rugby Ramblers are contributing to life enrichment through the Great Outdoors. Now my youngest son has recently qualified as a GP after 10 years training, I'm tempted to challenge him to rip up the prescription book and guide his patients into 'walk, talk and laugh' therapy. Expanding the theme, we will finally look at how Philippa Thomson is making it easier for many on low-incomes to acquire basic 'kit' ...

... Warmest regards to all

David Shaw - Chairperson

Out and About

Members 'spreading their wings' on foreign FPs - Jackie Scott (Sardinia), Lorna (Madeira), Astrid (Tour de Mont Blanc), Isabel & Robyn (separately to Mongolia) to name a few.

Mary & Carol - on safari in Africa; Bill & Lyn - USA & Uganda, there must be more. Brief prose & a well chosen photo would enhance this document! Roland heads to Iceland in September; David & Ratree return to Greece with Ramble Worldwide.

Others? The Newsletter team would like to hear from you.



Hadrian's Wall

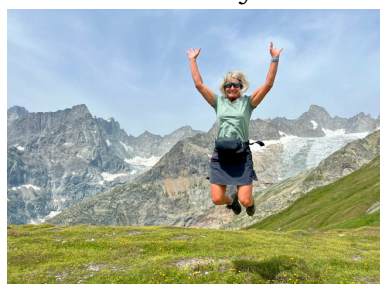
Closer to home, Hadrian's Wall (84 miles) was battered into submission by our valiant expedition team of Faith, Vale, Sandra & Carol, 17 miles on Day One just as the heatwave season was warming up. Rumours abound that a sneaky bus ride crept into the schedule and kept them ... fresh-ish. ... the only troops on duty, not yet Stooping to Conquer.

An additional congratulations note is due to Faith on her O.U. Degree Award - First, target achieved, a just reward for diligence, dedication, hard work prolonged over .. you can ask! But there's one pair of eyes we cannot pull the wool over when it comes to figures.



A Dream Come True

Some dreams stay on the bucket list for years. This summer, one of mine finally became reality: completing the Tour du Mont Blanc.



Over 6 days, our group walked around 70 miles (113 km) through Switzerland, Italy and France, tackling daily ascents of 700-1,200 metres. The statistics sound impressive, but they don't quite capture the experience. Every day brought spectacular mountain scenery, peaceful alpine meadows, countless beautiful wildflowers and the kind of views that make you forget how much your legs are protesting!



The Tour du Mont Blanc reminded me why we all love walking. It's not about speed or distance; it's about friendship, adventure and discovering extraordinary places one step at a time. Now... what's the next challenge?

Astrid Rembold

Residential weekend, Paignton [Sep 4th-7th]

We join Nick and Faith for the inaugural Friday pm walk from Broadsands Car Park, inland along the John Musgrave Heritage Trail and following the South West Coast Path back.

Walk leaders have planned with meticulous care to offer a variety of coastal and inland forays across the weekend to satisfy all fitness levels ... members will receive full details shortly.

Dates for your diary



October 18th [Sun.]

to Sherwood Forest, bookings now being taken.

November 11th [Wed]

AGM, Bilton Bowling Club

December 9th [Wed]

a return visit by De T'ree Fellas, Bilton Bowling Club

Working Party

Richard (Pinks) is now co-ordinating the group, 4-6 members usually on task.

May: two paths cleared in Newton, one in Clifton, with one finger-post re-positioned.

June: just outside Grandborough, two sleeper bridges were replaced on the Flecknoe Road, two fingerposts installed and a path cleared. July: location Brandon,

where six members cleared back undergrowth and trees in New Close Wood.

Members receiving Ramblers' latest appeal for funding will have noticed the issues threatening our paths, with groups across Cumbria, Hampshire, Burnley & Pendle, and Coed y Brenin recognised for their work.

As well as donating in support, perhaps we could have Rugby Group also recognised for its contribution.

Bilton and Cawston Strollers Wellbeing Walks



An outbranch of Ramblers, walkers continue to meet at the Mosaic Cafe, Bilton at 10:00 on Friday mornings for an hour's leisurely stroll along local walkways, finishing with refreshments at The Black Horse CV22 7LZ from 11:00. When parking there, it is important to enter vehicle registration at the bar afterwards ... or face a fine! But what a delightful way to spend a Friday morning and many of our own members make this a regular fixture.

Selworthy - Weekend - March 2026

Our weekend away at HF Holnicote in Exmoor National Park was a great success. Blessed with wonderful company and beautiful weather, we enjoyed some of the finest landscapes in South West England.

Across the weekend, our walks took us through open moorland, ancient woodland, peaceful river valleys and the spectacular Exmoor coastline, offering something special for everyone.

A huge thank you to everyone who joined us and helped make it such a memorable weekend.



Recycle walking kit to help others

I'm sure like me many of you have old walking kit that you no longer need. The fleece you are fed up with, trousers too tight, walking boots only worn 1/2 a dozen times because they pinch. I came across this charity based in Shropshire who assist low-income people getting out into the great outdoors, by giving them recycled kit. Kitsquad is the only UK-based scheme that provides donated adventure gear to low-income individuals.

We all know being outdoors is well-documented as being beneficial to mental and physical wellbeing. For many on a low income, being able to access the countryside can still be unachievable because they lack the necessary and responsible gear and lack the funds to purchase it. Kitsquad enables these people to go out and experience the benefits that nature has to offer, using the correct and comfortable gear.

The other beneficiary is our planet. As a culture, we are rapidly moving toward reusing and recycling where possible and Kitsquad supports that ethos too, staffed and run 100% by Volunteers. If you do have some kit just package it up and send it to:

... Unit 49B. Atcham Business Park. Atcham. Shrewsbury. Shropshire SY4 4UG

I sent 4 pairs of trousers, 4 tee shirts, 2 fleeces, a waterproof coat and some hats and gloves for only £4.20 using a parcel comparison site.

The link below has a list of the kit they are happy to have as well as more information about the charity.

<https://kitsquad.co.uk/get-involved/>

Philippa

