

OADBY HILL WALKING CLUB NEWSLETTER



July 2026

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Club Announcements

Walking Routes

Can all club members look at the walking routes available on the OHWC website: <https://www.oadbyhillwalkingclub.com>, & also on the club WhatsApp group prior to joining each month's coach trip, so the walk list can be passed round the coach more efficiently please. Each month's walk routes are put up on the club website in the week before the monthly walk.

Walking Boots

Club members are reminded that when joining club walks, they must wear walking boots with ankle support. The only exception to this rule is if club members have a valid medical reason for not wearing boots with ankle support.

2026/2027 Monthly Walk Destinations

Adam Wakley has recently published the monthly OHWC walk destinations from September 2026 to April 2027. See below:

- 06 September 2026 Longnor, Staffordshire Peak District
- 04 October 2026 Langsett, Yorkshire
- 01 November 2026 Long Shawlodge, Peak District
- 06 December 2026 Biggin, Derbyshire Peak District
- 03 January 2027 Wirksworth, Derbyshire
- 07 February 2027 Kingsley Holt, Leek
- 07 March 2027 Taddington, Derbyshire Peak District
- 04 April 2027 Andoversford, Cotswolds

OHWC New WhatsApp Community

By now all of you who were on the original club's WhatsApp group chat may have realised that you have been tele-transported (Star Trek style!) to the **Oadby Hillwalking Club Community**. Any group chat related to OHWC is under this community now. **I would love to encourage you all to join the WhatsApp Community if you haven't yet!**

This is how it works. Our **OHWC Community** is comprised of several groups:

1. **Announcements:** Only admins can post here. Members can like the posts or reply to them, but cannot post. This is where all the important information will be kept, all in a nice standalone space, so people don't have to scroll up & down to find the important bits (i.e., walks maps, routes, dates, events, etc).
2. **OHWC Chat:** This is the chat you always had. We are trying to streamline it, with your help, to a chat ONLY about OHWC related matters.
3. **OHWC Lakes 2027:** This chat is for the people who have joined for next year's Lake District Walking Holiday, or would still like to join us.
4. **General:** This group came for free when I created the community. I am trying to make this a space where we can all talk about anything & everything we enjoy without taking over the main OHWC Chat group - we can post pics of our own trips, hikes, our hobbies, interesting articles or videos, petitions, etc. I have noticed that people have already started to use it this way. It would be great if more people from the community join. We have 13 members.

Once you join the community, you can choose what group chat you want to join, stay on or leave. You can request to join groups if you automatically are not added, & if you don't want to participate in the chats, then you can just stay only with the announcements.

I welcome all of your feedback & ideas to improve our WhatsApp community. **Let's make it great!**

Safeguarding

The OHWC is committed to safeguarding in line with national legislation, & national & local guidelines. We ensure safeguarding by ensuring our club is run in a way which keeps our club members safe.

We all have a responsibility to safeguard adults & young people who are experiencing, or are at risk of, abuse & neglect.

The OHWC is committed to creating a culture of zero tolerance of harm to our club members which necessitates:

- The recognition of club members who may be at risk & the circumstances which may increase risk.
- Knowing how abuse, exploitation or neglect manifests itself.
- And being willing to report safeguarding concerns.

The OHWC Safeguarding Policy & associated procedures apply to all individuals who are involved in the OHWC, including the committee & the walk leaders, to all concerns about the safety of club members whilst taking part in club activities, & in the wider community.

All club members are encouraged to report any safeguarding concerns, no matter how trivial they seem to the club at OHWCsafeguarding@gmail.com. All such communications will be treated as strictly in-confidence & will be investigated thoroughly.

The OHWC Safeguarding Policy & Guidance document is on the club website at <https://www.oadbyhillwalkingclub.com/safeguarding.html>

Charitable Endeavours

By Tim Akers

Tim, Elaine Akers, & Clare Savage completed their 26 Mile Mighty Hike around the Gower Peninsula for Macmillan Cancer Support (27th June 2026)

On the evening of the 27th June, after 12 hours & a few minutes of walking, we crossed the finish line of the 2026 Gower Peninsula Macmillan Cancer Research Mighty Hike. 26 miles smashed!! Thank you to all those who sponsored us today & the last few weeks. Your very generous donation means that £531 is winging its way into Macmillan Cancer Research coffers.



Just because we've finished the mighty hike doesn't mean that sponsorship stops. My justgiving page remains live for another 4 weeks or so; so please please please give generously to this wonderful cause!

Tim's JustGiving page is here: [Tim Akers's Gower MacMillan Fundraising page](#)

Clare's JustGiving page is here: [Clare's MacMillan Fundraising Page](#)



Elaine, Tim & Clare are hugely grateful for any sponsorship received from Club members

Lake District Trip – May 2027

Derwentwater Hotel, Lake District

The committee are pleased to confirm that we've taken the last rooms available in the Patterdale Hotel for our May 2026 trip.

There are now 28 members going to the Derwentwater Hotel in May 2027. There may still be some availability if other club members wish to attend the party. Telephone Alfa Travel on 01257 248000 should you wish to make enquiries.

Don't forget to join our WhatsApp [OHWC Lakes 2027](#) group for all the latest info about the trip!



WALKS

July's Monthly Walk Report: Allgreave - Cheshire

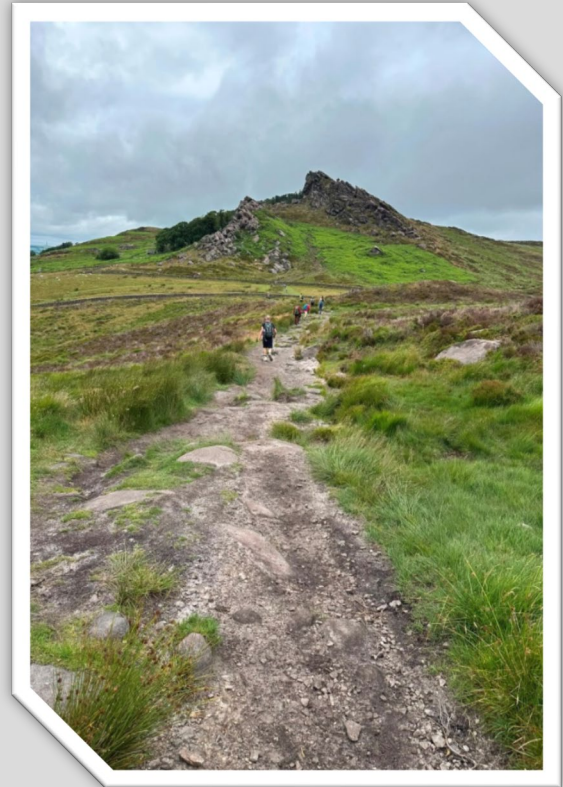
By Leon Pochin

Allgreave & Roaches, Cheshire (Sunday, 5th July 2026) - Karl's Walk (12 miles / 723 m elevation)

After some initial confusion over where the first stop was, we navigated a tight little town by coach. A chaotic "quell down" on board served as a test of everyone's balance! Karl's group was the first to head off, boasting a higher turnout than usual. We hit the trail keeping our fingers crossed for absolutely no wardrobe malfunctions this time around (referencing the boot / sole delamination of last month).

Starting from Leek, having no idea I'd be writing this report, we set off into the wilds an area perhaps best known to some as the stomping grounds of the Mac Lads.

The weather was spectacular. Though the grass was still wet from an earlier downpour, the rain had luckily cleared before we arrived. The walk began on fairly flat, mixed terrain and seemed to flow beautifully—until a wave of absolute "crazies" came charging directly at us! We found ourselves leaping for our lives into the thorny bushes, only to realize a fell run was in progress. Phew. Once the first wave of the zombie stampede passed, we pressed on.



Eventually, the horizon opened up to reveal hills waiting to be conquered. Spotting Hen Cloud to our right,

Karl directed us to tackle that one first. On the approach, we watched rock climbers gearing up with all their kit. While an easier alternative route wound around the side—busy with cars—we opted for some group solo climbing. No ropes, just pure scrambling. It paid off brilliantly; we conquered the scramble and reached the summit way ahead of the climbers. Who needs ropes?!

From the peak the vistas were spectacular, offering wonderful views stretching across to The Roaches and the ridge beyond, and off we went to become a part of that view.

From the heights, of the Roaches, 505 meters above sea level, we headed onwards into the greenery to descend below ground at our next stop: the chasm of Lud's Church.

Clearly this is a well known beauty spot and with a lot of history. The contrasting microclimate with the lush vegetation clinging to the towering rock walls made it a real treat, especially for those of us who had no idea this hidden fissure existed. To make the most of the cool damp air and unique feeling of being at the bottom of this striking feature we decided to go back in and tread Luds Church in the opposite direction.

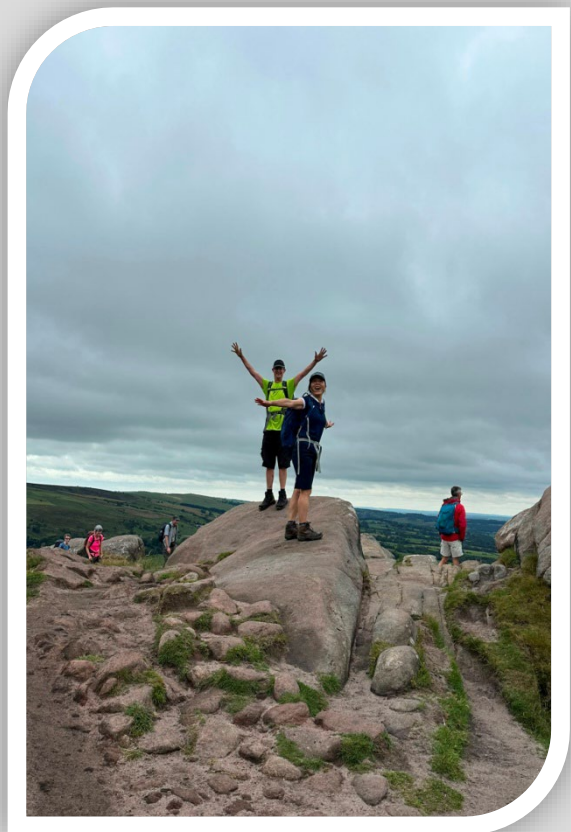
Leaving the chasm way behind us, our next landmark was Hanging Stone, which signaled the start of our warm-down-and back-up. The final stretch took us past a local brewery that was just winding down from what looked like a beer festival, past Otters Pond, and finally up one last, long incline to Allgreave and a refreshing beverage or two.

What a day. Thanks everyone. See you next time. **Thank you, Karl!**



"I did Alison's walk. At the Roaches, I stood watching a tiny dormouse eating the bilberries, like something out of Beatrix Potter."

Paulina



"Perfect day for our walk to Allgreave, after a stiff climb out from Leek, we soon met some of the runners competing in the [Tittesworth Water 10/22/50km fell races](#) - They were certainly a tough bunch, walking over some of the tracks was tricky enough. The views towards Hen Cloud and the Roaches on our approach were pretty daunting but a bit of a scramble saw us get to the top with views in all directions."

Kevin Millard

July's Mid-Month Local Walk: Smeeton Westerby

Led by Karl Pochin

Sunday 19th July 2026 – Smeeton Westerby – 8.5 miles

Karl has kindly offered to lead July's Mid-Month Walk. Find all the details below:

Meeting Time: 10:00 am (Please, arrive 15 minutes earlier)

Meeting Place: King's Head Pub (23 Main Street, Smeeton Westerby, LE8 0QJ)

Public Transport: X3 Bus to Kibworth / Walk ½ mile to Smeeton

Walk Route: Smeeton Westerby - Smeeton Hill - Gumley - Foxton Locks - Grand Union Canal – Smeeton

OS Maps Route

Please, let Karl know if you would like to join this walk on **07907 396988**



August's Monthly Walk: Dursley – Gloucestershire

Sunday 2nd August 2026

Coach Departs: Oadby Central Car Park (adjacent to the Trinity Methodist Church) at **8.00am sharp.**

Bus Route: Ring Road Aberdale Rd/RR Pork Pie/Sainsbury's Fosse Park/M69/M42/M5 South to Gloucester Services/M5 South to Jct13/East A419 & onto B4008/SouthA419/SouthA46/West A4135 through Dursley & straight over roundabout onto May Lane/May Lane car park: GL114JN opp The Old Spot Pub

Boot stop: Gloucester Services



Pub: The Old Spot Inn

***Please note:** The coach will leave the pub at **5.30pm.**

Map: OS Explorer 167: OS Map of Thornbury, Dursley & Yate





Walk Leaders

 [Click on each leader to see their route's OS map](#)

- [Glenn McPhail \(Long-15 miles\)](#)
- [Karl Pochin \(12 miles\)](#)
- [Tim Akers \(9.8 miles\)](#)
- [Lesley Gill \(9.5 miles\)](#)
- [Mike Wilcox \(9.4 miles\)](#)
- [John Bastow \(Short – 8.6 miles\)](#)

Booking Trips

When booking onto monthly & mid-month walks, please **only** use the club email rather than phone, text or word of mouth. Alternatively, for the monthly walks, put your name down on the list passed on the return monthly bus.

Coach Fare

Preferably by BACS to the bank details given at the end of this Newsletter.

- Adult Members **£18**
- Guests **£20**
- Junior/Student Members **£12**

Cancellations - Members & Guests

- Cancellations up to Tuesday midnight before the Sunday walk - no penalty.
- Cancellations thereafter - the full cost of the bus fare is due.

Prospective Walkers

If you have not put your name down on the list passed on the last coach trip, please contact ohwcmal@gmail.com to book a seat on the bus this month, prior to making a payment. You will receive a reply confirming the availability or otherwise of a seat. Please note that it is first come first served.

If you delay booking, you may not get a seat. Please do not turn up without booking & receiving confirmation that you have a place.

You must book a place on the coach in advance, or you may not be allowed to go on as it picks up members who have already booked a seat at various places on the ring road.

If you wish to be picked up from other places than Oadby Car Park, please mention where at time of booking & please be aware that very occasionally another Orbit coach may go past before ours arrives.

Walk Reminder

Essential information for all OHWC walks can be found on the OHWC Website [here](#). Please ensure that you carry your completed Club Safety Form in the top pocket of your rucksack - it could help you in a difficult situation. N.B. Don't forget to keep the form up to date. The form is available on the Club Website [here](#).

Walk Route Map

Please go onto the News section of the Club website [here](#) & the Announcements section of our WhatsApp Community - a few days before the monthly walk, to see a map showing the walk routes. Hopefully, this will speed up selecting your walk when signing up on the coach. The club has four to six OS maps available for Walk Leaders to use when leading walks.

Boot/Toilet Stop

Members are urged to keep the time taken at the boot stop to a minimum. At the end of the walk members should change their footwear & place dirty boots & rucksacks in the luggage locker before getting onto the coach, thus avoiding any congestion & mud in the coach.

Please do not wear dirty boots on the coach.

Those getting off the coach at Fosse Park & the Ring Road may alternatively put your dirty kit into a plastic bag & then take it onto the coach; thus, negating having to search for your gear in the bus luggage lockers.

Essential Wear

Members & guests must be suitably equipped. As a minimum this must include:

- Suitable waterproof walking boots that have adequate ankle support
- Waterproof coat & over-trousers
- Warm clothing
- An appropriate rucksack.
- Food & drink for the whole day
- For winter walking, all members are to carry a serviceable head torch in their rucksacks.
- A First Aid Kit is recommended

N.B. Jeans & trainers/sandals are NOT suitable. If you are not properly equipped for hillwalking, you may not be able to participate. Only Registered Assistance Dogs are allowed on club walks, except on mid-month walks at the discretion of the Walk Leader.

Looking for Walking Leaders

We are having some issues finding available walk leaders, mainly for our local Mid-Month Walks. We would like to encourage members, who may or may not have ever led before, to give it a go! You will receive training & you will not be on your own, as you will be accompanied by an experience leader during your initial walks. [All Trails](#) & [OS Maps](#) are good navigating apps for starters. You can download them on your phone & use off road maps for a small yearly subscription fee.

Summer Walking Tips

5 ways to stay safe in the heat

It's great to go walking on sunny summer days. Read our top tips for staying safe in the heat

How to stay safe and enjoy our summer walks

Who doesn't love a summer's walk on a blue-sky day? From the promise of an ice cream to a dip in the sea, there's something for us all to look forward to on a summer walk. More daylight and less layers make such a difference. And with a little bit of planning, we can be sure to enjoy the heat and the sunshine safely.

Here are our five top tips for staying safe in the heat:

1. Check the weather and plan ahead

Check the weather and plan your clothing accordingly. But also plan for weather changes, however unlikely it seems. Pack a light waterproof jacket in case of unexpected showers. It may also come in useful if you're walking in the hills where it is often much cooler

2. Use sun protection

Make sure to apply plenty of sun cream (SPF 30+) and keep reapplying regularly throughout your walk. Your forehead, scalp and ears are particularly vulnerable areas so wear a hat, even on overcast days. A wide brim and a neck flap will keep the sun off your face, head and

higher up than lower down. If the forecast is for hot weather plan to walk in the early morning or the evening if possible and avoid walking at the hottest times (11am - 3pm). Take frequent breaks in the shade. If we're having one of Britain's rare heatwaves, you may want to consider a shorter walk than usual. Or plan a route with plenty of shade, such as a woodland walk. It's also worth working out a spot where you can cut your walk short if you need to.	neck. In the heat it is a natural impulse to remove clothing so choose loose, lightweight items that protect your arms and legs but don't make you overheat. Fabrics with a tight weave offer the best protection. And if you do remove a piece of clothing, you may be exposing skin that has not been sun-protected so remember to apply sun cream to these areas.
3. Hydrate, hydrate, hydrate Carry plenty of water with you. You'll definitely need more than in cooler weather. The extra weight will be worth it, and a water bladder is worth considering to make it easy to carry and drink your water. Sip regularly to avoid getting dehydrated. Don't wait until you feel thirsty. If you're heading out on a longer hike, take some water purifiers with you just in case of an emergency.	4. Look out for your hiking friends & group Keep an eye on your fellow walkers in the heat. Sun protection isn't just about sunburn. Look out for signs of heatstroke and heat exhaustion. Melanoma Fund have some great advice about spotting, preventing and treating heat related illness, as part of their Sunguarding Sport guidance. Don't forget your four-legged friends. If you're taking your dog along on your walk, make sure you take some water for them too, and let them have a lie-down in the shade when they're looking tired.
5. Protect the countryside The summer heat can create very dry conditions. Help keep the countryside safe by looking out for fire risks. Do not light fires and report unattended fires, or activities which could cause fires to the emergency services. Only have barbeques where signs say you can. And as with every walk, always follow the <u>Countryside Code in England and Wales</u>, or the <u>Scottish Outdoor Access Code</u>. Source: <u>Ramblers Website</u> 	

Cotswold Outdoors Discount Card for Club Members

Once again, Cotswold Outdoors has allowed all Club members to apply for a Discount Card. This discount is for the personal use of club members only & must not be shared with others.

Club members benefit from:

- 15% discount in-store & online,
- Expertise, advice & guidance,
- Sustainability services,
- Explore More membership.

OHWC discount

OHWC Club Members will receive a 15% discount on full-priced items (excludes electronics & selected lines) both in-store & online with **Cotswold Outdoor, Runners Need & Snow+Rock**. The code to use is [AF-RAMBLERS-MBB](#).

This discount is strictly for personal use only & must not be shared with non-club members. Cotswold Outdoors reserve the right to amend or cancel it with immediate effect if they find this code has been leaked to unauthorised persons in any way.

Explore More

Club members will need to sign up for their free Explore More benefits scheme to use the discount. This comes with its own benefits such as a 3-year warranty, a 100-day returns policy, Price Match Promise & much more! Members can sign up through any of the following brands:

- [Cotswold Outdoor](#)
- [Runners Need](#)
- [Snow+Rock](#)

Expertise, advice & guidance

The best way to tap into their outdoor expertise is for Club Members to book an in-store appointment at **Cotswold Outdoor, Runners Need or Snow+Rock**. This ensures one of our store specialists is on hand to help you get the best kit for your adventure.

Alternatively, Cotswold Indoor has a whole host of blogs online in our Advice & Inspiration areas. These include kit guides, itinerary ideas, inspirational stories & suggestions on how to be more sustainable. You can find these below:

- [Cotswold Outdoor](#)
- [Runners Need](#)
- [Snow+Rock](#)

Sustainability Services

For us the outdoors is everything, & across our three brands, we do everything we can to look after it for generations to come.

As a company, Cotswold Outdoors are working to become more sustainable, & they want to help their customers do their bit too. The services they offer to help with this are available across all their stores:

- [Make The Right Choice](#)
- [Care & Proofing](#)
- [Recycle My Gear](#)
- [Recycle My Run](#)
- [Our planet](#)

Cotswold Outdoors Discount Card

This year, Cotswold Outdoor, Runners Need & Snow+Rock have requested that OHWC Club members provide some sort of Club Membership Card to receive their discount. To that end, the club committee has decided to produce a Membership Card for club members to use if they want to take advantage of the discount offered.

I would suggest that members keep a photo of the OHWC membership card & the Ramblers Card together in their phone wallets for use in the stores.

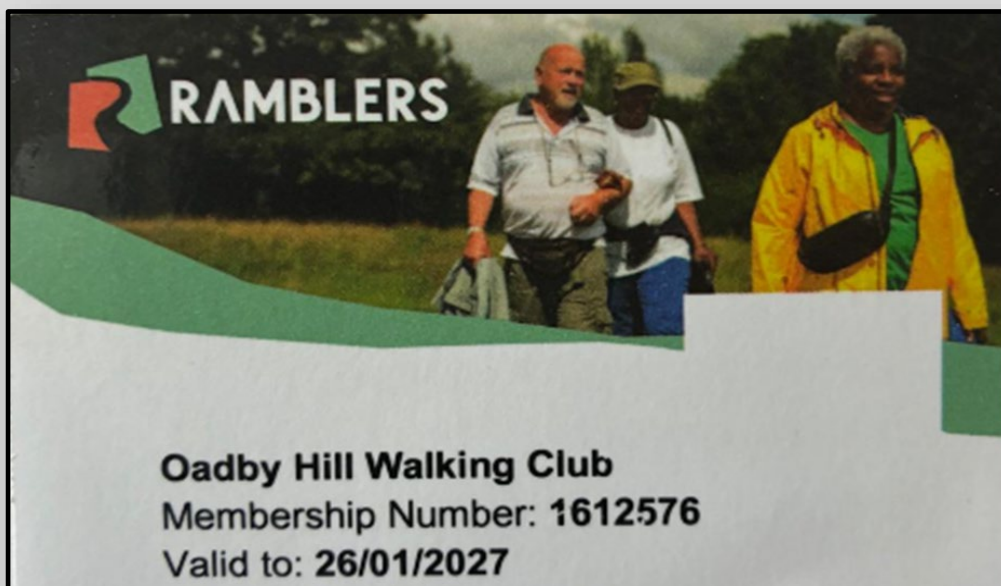
Please print off this page, & cut out the cards illustrated below

OADBY HILLWALKING CLUB

This membership entitles this OHWC Member to a 15% discount from Cotswold Outdoors, Runners Need and Snow+Rock. OHWC Members receive a 15% discount on full-priced items (excludes electronics and selected lines) from these stores.

The 2026/27 Discount Code is:

AF-Ramblers-MBB



Meetings

Unless otherwise stated in this Newsletter or via email, monthly club meetings are held on the Wednesday following the Sunday coach walk at the **Wigston Conservative Club, 38 Long Street, Wigston, Leicester, LE18 2AH at 7.30pm.**

Please, note that July's meeting will take place on Thursday 16th July at the Blackbird Pub, Blackbird Road, LE4 0FW at 7:30pm. All OHWC club members are welcome.



Club Media & Bank Details

Website	<u>www.oadbyhillwalkingclub.com</u>
Email	<u>ohwcmail@gmail.com</u>
Safeguarding Email	<u>OHWCsafeguarding@gmail.com</u>
Facebook	<i>Private Group:</i> <u>Oadby Hillwalking Club group</u> <i>Public Page:</i> <u>Oadby Hillwalking Club</u>
Instagram	<u>Oadby Hillwalking Club</u>
WhatsApp	<u>OHWC WhatsApp Community</u>
Bank Details	Barclays Bank
Account Name	OHWC
Account Number	50124990 Please quote surname & month of walk (i.e., Smith July)
Sort code	20-49-08

OHWC Committee 2026– 2027

Chair	Martin Beckett	07748 674223
Treasurer	Martin Beckett	07748 674223
Club Secretary	Ann Branson	07726 334583
Membership Secretary	Mike Hewitt	07484 731419
Walks Coordinator	Adam Wakley	07720 328700
Communication & Social	Gala Suarez	07810 063353
Safeguarding	Tim Akers	07855 969183