



## First steps

Ever considered leading a Ramblers walk, but don't know how to go about it? Read on...

ACROSS CORNWALL, ON almost every day of the year, people are going on walks led by The Ramblers.

That's a lot of walks, and without our volunteer walks leaders, none of these would take place.

So we're always looking at ways of increasing our bank of leaders and developing the skills of planning and leading group walks.

If you're an aspiring walks leader and would like to learn the ropes of leading or back-marking a walk, then come along to Cornwall Ramblers Roadshow at Truro College on Saturday 13th July – full details on page 3.

We'll discuss good practice and give you all the knowledge, support and confidence you need to get started. It's informal, it's free, and best of all, it'll be fun!

This is an opportunity for you to help ensure that Cornwall Ramblers' popular and extensive programme of walks can continue far into the future.

Many thanks to Peter Stokes from Carrick Group who has volunteered to lead a walk, which he will repeat monthly over a six month period. (See our *Stroll or stride?* listing on page 4).

• *Carrick Group Chairman Lara Beach will be happy to pre-walk with you any walk you want to lead to help advise and support you in your role as a leader for the first time.*

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# Wells, woods and creeks...

On a sparkling day last February, Carrick's Carolyn Hartley and back marker Phil Hinch led a 12-mile ramble from Helston to Penryn via Gweek



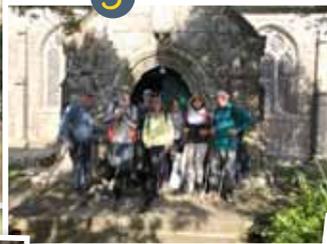
BACK MARKER PHIL HINCH and I set off from Prospect House in Penryn for our ramble from Helston to Gweek.

I organised transport from Penryn – there were only just enough seats for us on the bus, and we met up with one person at the start point at Helston.

It was quite a trek but it was a beautiful day. Ronnie George brought along his daughter Olivia and grand-daughter

Hayley. It was good to see some younger people on our ramble.

Thanks to Ronnie who put Phil and I back on the right track on a couple of occasions!



1. Gweek in late winter sunshine 2. Constantine Church 3. Our group – including Joey the dog – at Constantine Church 4,5. Constantine's ancient well 6. Walking through woods on our way to Mabe 7. Arriving in Gweek for our lunch stop 8. Penryn, our final destination



Two members of Ramblers Central Office in London recently visited us here in Cornwall – and naturally, they went walking while they were here. Carrick Chairman Lara Beach reports

## Traversing TRURO

IN JANUARY Volunteering Co-ordinator Ed Wilson and Area Support Manager Richard Sharp from Central Office journeyed down to Cornwall to advise on areas such as training and volunteer support, and to share best practice from other parts of the country.

They joined Area Vice Chairman Anne Tryhorn (pictured above left, with Ed,

centre, and Richard, right) and myself on a walk featured in Carrick Group's *Ten Walks Around Truro* booklet.

It was an absolutely fabulous walk with a mix of country lanes, a diversion to look inside Truro Cathedral, riverside walking and a 'living' churchyard at Kenwyn Church which is being managed for wildlife, whilst

respecting that it is a special place of remembrance.

Of course, it was very tempting to take our London visitors to the coast but the diversity of this inland walk was

highly enjoyable and definitely one to be repeated.

For anyone visiting Truro by train or bus this is an easy circular walk which can be joined at any point.

• Ed and Richard have devised some training, which will be delivered at a Cornwall Ramblers Roadshow at Truro College, College Road, Truro, TR1 3XX, on Saturday 13th July, 9.30am-4.30pm.

Places can be reserved online at <https://www.eventbrite.co.uk/e/ramblers-roadshow-truro-tickets-60366724498?ref=ecal>

# Mary recommends...

Carrick's Mary Weston has the lowdown on the area's best eateries for that mid-ramble lunch

## Linden Hay Tea Room

At Penelewey, TR3 6QU, just to the Feock side of The Punchbowl and Ladle.

This is the brain child of Nina Davey of Radio Cornwall fame. Try their yummy cakes before or after one of the walks featured in Carrick's *Ten Walks Around Truro* booklet.

There are many picnic tables in the garden as well as plenty of space indoors if the weather's iffy. I led a walk from Playing Place in April and went to Nina's partway round the walk.

Delicious quiche with ample salad, roll and butter for £7.50, and there were plenty of alternatives.

It's an upmarket delight, open every day from 10am to 4pm.

## The Waymarker

A licensed country restaurant at Tewardreva, Constantine, near Falmouth, TR11 5PW. [thewaymarker.co.uk](http://thewaymarker.co.uk).

This is open from 10am to 3.30pm but is closed on Mondays and Tuesdays. It's ideal for coffee before a morning walk, or for lunch or afternoon tea.

Carrick walks leader Gill Eade stopped here for refreshments – on my recommendation – and all the walkers were pleased they had.

*Bon appetit!*  
*Mary*

## Stroll or stride?

Easy ramble or full-on hike, here's a selection of walks by Carrick leaders. (See the main listings in the current *Walks Book* for full information).

### St Piran's Oratory

7 July 1.30pm. Moderate 4.5 miles. Historical walk with St Piran's Trust to St Pirans Oratory on Penhale Sands. Refreshments and display/talk at the Parish Council offices afterwards.

### Mylor to Flushing

23 July 10:30am. Leisurely 6 miles. Mylor Bridge, Mylor Church, Mylor harbour, Flushing, Trelew.

### Carbis Bay

10 August 9:30am. Moderate 16 miles. St Erth, Crowlas, Trecrom Hill, Knills Monument.

### Hayle

24 August 9am. Moderate 16.5 miles. Coastal to Hell's Mouth, Kehelland, Roseworthy, Gwinear.

### Lizard

21 September 10am. Moderate 13 miles. Lanarth, Treworgie Mill, St Martin including REACT path.

### Mylor to Flushing

24 September 10:30am. Leisurely 6 miles. Mylor Bridge, Mylor Church, Mylor harbour, Flushing, Trelew.

### Penryn Three Lakes Walk

24 November 10am. Moderate 13 miles. Stithians, Argal and College Reservoirs.

## Carrick Group Committee

Chairman	Lara Beach
Secretary	Lara Beach
Treasurer	Carolyn Hartley
Walks Secretary	Gill Eade
Rights of Way	Bob Fraser, Carol Wilson
Publicity	Stephen Williams



1000 MEMBERS... 250 WALKS... 1 COUNTY