



Rambling On

AUTUMN EDITION

August - October 2023

Interesting, informative and fun – walk reports, articles, club news and great pictures

Chair's Message

Battle Ramblers have been a busy lot during the summer up to October, their rambles sound like a gazetteer of Sussex places, steeped in history and intrigue, Alciston, Alfriston, Battle, Bopeep, Brede, Charleston, Dallington, Guestling, Icklesham, Kitchenham Road, Monks Wood, Old Heathfield, Peppering Eye, Telham, Warbleton and Watlington. All have footpaths frequently trod. We have followed in the footsteps of monks, pilgrims and warriors,

along the 1066 Country Walk, along the South Downs and ventured further afield into the Chilterns for a walking weekend. We learn of the historical origin of the Johns, Woods and Crosses, associated with our all too frequent local place names. What with a novel 'Rail Ramble' and Battle Health Walks, there is much to investigate in this bumper edition.

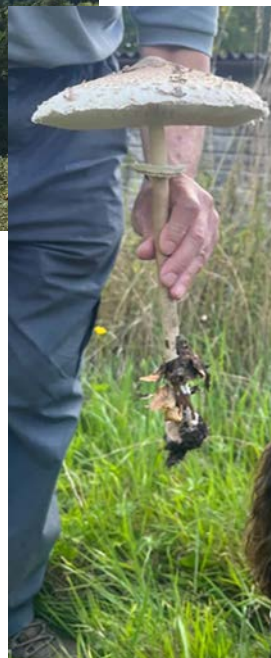
John Feltwell

AUGUST'S WALKS KICK OFF ON A GLORIOUS EVENING

4 August 2023

Tumbledown Stile & Woods – Telham Lane / Peppering Eye

Pictures courtesy of Audrey and Maria



6 August 2023

North of Battle Circular Walk

Report by Bernard

After a week with several dull cloudy days, below average temperatures and a fair bit of rain, Sunday was dry with some sunshine, if a bit breezy. This resulted in a turnout of twenty-seven walkers and three dogs: Meg, Vivienne's large German Shepherd, Rula, with its beautiful long-haired coat and visiting dog Cleo.



Starting from the Watch Oak, we commenced a clockwise circular via Beech Farm, Beech Mill, Wadhurst Lane to the top of Netherfield Hill, past the redundant golf course down into Archer Wood, where we stopped for a refreshment break by the very large Beech tree.

Here, there was some discussion as to the age of the tree with estimates ranging from 200 to over 400 years old.* Whatever the age, it is a magnificent tree although sadly it has recently lost a large branch, now



lying along the path. This provided a handy seat for some to sit on. The Beech is said to be "the Mother of Forests" as its dense canopy of leaves provides shade that eliminates weeds. When the leaves fall they readily decay and being rich in potash produce good humus which benefits the soil and eventually other trees.

Continuing with the walk, we crossed the busy A2100 passing Woodsdale Cottages, then turned right to head across the fields back to Battle. Slow progress was made on this section owing to brambles and long grass obscuring the path, plus a couple of difficult stiles and a jammed bolt on a field gate which had to be opened to allow the dogs through. Eventually we succeeded and soon reached the A2100 again. Single file walking along the verge facing oncoming traffic was the safest policy until we were able to get away from the road by taking the footpath by the pumping station and along by the stream.

This path has suffered from erosion of the bank by the stream in the past, resulting in the path being closed for a long time. After some lobbying by Battle Ramblers, the County Council eventually provided a number of small footbridges along the length of the path making it usable again. It is a pleasant path to use, especially during the spring when wild flowers adorn the edges. The path took us to the bottom of Netherfield Hill and from here it was uphill past Stream Farm Cottages, a bit more road walking, then back to the Watch Oak.

*Note from the editorial team – Rambling On Feb-April 2021 – John Feltwell's assessment was: *The European Beech (Fagus sylvestris) in Archer Wood, with a girth of 17.5 feet, is calculated to be about 210 years old.*"

03 September 2023
A South Downs Delight
Report by Alison L

AN INTERESTING WALK, BOTH HISTORICALLY AND SCENICALLY, IN THE ALFRISTON AREA

It was a warm day for our walk but there was still mist shrouding the tops of the South Downs as we drove to Alfriston. There were 12 Battle Ramblers, one guest, Sam, Ann's son, who was visiting her and one of our regular 4-legged friends, Ruby, the border terrier.

Although the mist had burnt off by the time we had climbed to the top of the Downs, it remained hazy in the distance which was disappointing. We were entertained by a group of paragliders who were launching themselves off the Downs. This provided a great excuse for frequent pauses to watch their attempts to climb into the air.

We descended the steep north side of the Downs on a long curving path with wonderful views of the surrounding area. A short walk through a wooded area gave some welcome shade.

I decided to go along the old coach road rather than cut inland towards Charleston. I had recced this slightly longer option but had found that, with the recent rain, every gateway had been churned up by cattle into

some rather evil smelling mud which really didn't appeal. The old coach road is interesting as it used to run from Hastings to Lewes and no doubt they moaned about the pot holes and the state of the roads in exactly the same way as we do today.

We paused at Bopeep Farm House, now a B&B, but once the home of Roger Fry, an artist, who was part of the 'Bloomsbury Set', along with his neighbours and close friends at Charleston.

We turned off the old coach road into Alciston. This took us past the impressive medieval Tithe Barn, which at over 50 metres long is one of the largest in the county. Near the church is the 13th century dovecote, thought to have been built by monks from Battle Abbey. A few remains can still be seen in the nearby farm buildings of the Benedictine monastery which had stood there.

The church yard was a cool place to stop for our main break and the church was open so some took the opportunity for a look around. Then it was across the fields to Berwick church and a chance to look at the murals painted by Duncan Grant and mother and son, Vanessa and Quentin Bell, during the 2nd World War, many portraying local people.

It then only remained for us to continue our walk across the fields to re-join the remains of the old coach road into Alfriston.



BATTLE RAMBLERS LEAD FIVE WALKS FOR THE HIGH WEALD WALKING FESTIVAL 2023

This year another very successful High Weald Walking Festival was held from Saturday 9th to Sunday 17th September with over 500 walkers taking part in 43 guided walks, with over 75% being visitors. Rising to the challenge Battle Ramblers lead five of the walks, a significant and very well received contribution. The walks were as follows:

09 September 2023

Old Heathfield Circular HWWF Walk
Report by Simon

Simon led the walk on Sunday 9th around Old Heathfield with June and Ann D back marking. The temperature was high, up to 28C but amazingly 15 visitors attended the walk.



The well trodden, circular 6.5 mile walk went via the church at Warbleton and Vines Cross. A great walk with enough glorious woodland to shade walkers until finishing with a welcome pint at the pub at Old Heathfield.

10 September 2023

Ticehurst Circular HWWF Walk
Report by Simon

On Monday 10th John H led a great walk around Ticehurst with Simon back marking. Again a large turnout with 10 visitors attending.



The walk was titled High Weald My Weald. John led the group through fields down to the river Limden valley and then back up to Ticehurst, supplying a running commentary on what we saw and about the High Weald in general – a great walk with super views.

HWWF coverage continued on next page ...

HIGH WEALD WALKING FESTIVAL REPORT ... continued from previous page

15 September 2023

Battle Health Walk – HWWF Battle Heritage Trail
Report by David and Margaret

The Friday Health Walks are alive and well! After an absence of a couple of years, we joined the group for the visit to, and walk around, Battle Abbey, one of the High Weald Walking Festival events, and found that Audrey and June were still doing great work in this weekly undertaking. They were joined today by John D and Bhabhindar, who gave valuable support in organising and shepherding a substantial group around a large area. The group consisted of 30 people, including the four Battle Health Walk leaders and, coincidentally, former Battle Ramblers Chairman, Norman Campaign. Seven of the walkers were HWWF guests.

As usual, English Heritage allowed all of our party in free of charge and a short address was given by Bev as background to the visit. Audrey led us informatively around the grounds, pointing out everything we needed to know about. Although a warm morning, there was plenty of shade to keep us protected from the sun. Half way round we stopped to look across an impressive view down into the valley, where much of the 1066 battle took place, and over to the buildings on the hill opposite.

Once again, Bev was called on, this time to give us a comprehensive rundown on all that we could see, including the amusing anecdote to the effect that it was discovered that the spot where King Harold fell in battle had once been identified as being in the wrong place. A new tablet was later erected not all that far away from



the original. The poor late king must have turned in his grave at such indecision!

We finished up by inspecting a few other highlights of this enduring Abbey, including the walled fruit garden, a small sunken garden, the dairy, the ice-house and the magnificent buildings, which still looked impressive even though some were reduced to ruins these days. There was even a hidden walkway along one border of the extensive garden, which had a door in its wall for easy access to St. Mary's church opposite. All through the grounds of the Abbey, you could suddenly be surprised by sculptures, apparently hewn by chain saw, relating to, perhaps, the most famous battle in British history.

All-in-all an enjoyable morning's visit and our grateful thanks are extended to the four guides, Bev, John Harmer (for occasional comments) for all the information given, but, most of all, to English Heritage for allowing free access to their prized possession.

15 September 2023

Mountfield Circular HWWF Walk
Report by Simon

On the evening of Friday September 15th, June led a walk around Mountfield to see the lovely countryside and great views. Bernard, Rowly and John D were there to support.

The walk introduced visitors to what Battle Ramblers offers and this Evening Walk was well attended by seven visitors though 12 had booked.



HWWF coverage continued on next page ...

17 September 2023

Icklesham Circular HWWF Walk

Report by John Feltwell, Chair of Battle Ramblers

I welcomed a group of 24 comprising six visitors from the High Weald Walking Festival (three no shows), a new guest, 17 regular Battle Ramblers, and one dog. An enjoyable walk in the High Weald AONB, in the rolling countryside of meadows and ancient woodlands, with a few departing swallows and last stands of yellow fleabane – one of the strewing herbs for country houses.

The hawthorns were heavy with berries, as the Hon Miriam Rothschild said in her book 'Butterfly Cooing Like A Dove' 1991 Doubleday) a 100 million tons of carotenoids are produced by plants each year, and this is a wasted resource for mankind. We all have carotenoids in us. The yellow carotenoids are behind the red colour of hawthorn berries.

The anticlockwise route was just short of 7 miles but there are four opportunities to make shortcuts and indeed eight peeled off with their multiple agendas. This walk was all about techy and non-techy things, from arrows carved in seats and displays – it was after all a walk along the 1066 County Walk – at least an arrow that saw off Harold – ramblers pointing to nasty weather in the Channel coming our way (see Ventusky and other Apps).



The bad weather was off Bournemouth, then Brighton then Beachy Head and we thought we could outpace it towards the end. It arrived earlier than expected, and then cleared to good weather, but all being good ramblers we were all suitably suited and booted (no Crocs this time, but nearly) and completely rain-proofed to continue with our two stops, one of which included Guestling Church who were just finishing their service for pets, and serving welcome tea. The Chair could not claim to have arranged this.

The non-techy stuff was that a field of bullocks and a bull which were all sitting beside our footpath, so we should have taken heed of these hoofs that it was about the rain. It did, but it was a great walk and not as bad as Ventusky predicted.

In addition to the guided walks, 40 self-guided walks were on offer via the website. A detailed description of the walks plus an OS map and a downloadable GPX file for each walk were available to download from the website. Battle Ramblers supplied four of these walks.

The screenshot shows the website's navigation menu with 'GUIDED WALKS' selected. The main heading is 'Downloadable Self-Guided Walks'. Below this, there is a paragraph: 'Our downloadable self-guided walks are kindly 'lent' to us by other organisations, so they are only available for the month of September each year.' This is followed by a paragraph: 'HOWEVER, the new High Weald AONB website has an interactive walks map. Here you can download a host of self-guided walks showcasing the very best this beautiful landscape has to offer - from toddler-friendly walks to the 90-mile High Weald Landscape Trail.' At the bottom, it says: 'A new batch of self-guided walks will be available on this page during the next High Weald Walking Festival in September 2024.' There is also a map showing walk locations and a button that says 'Discover High Weald walks >>'.

The festival dates for next year have been set for **7th-15th September 2024**.

Chilterns Walking Weekend!! 22-24 September 2023



MORE ON PLACE NAMES AND WHAT THEY MIGHT MEAN

– interesting musings from Terry

THE MYSTERIOUS “JOHN” – *Why is “John’s Cross” so called?*

The “cross” is not too difficult. In medieval times, centuries before the A2100 to Battle was built, there was indeed a crossing of tracks here. The ancient track from the port of Rye to Netherfield, the most important settlement in the area in Saxon times, and beyond, crossed the route from Hastings to London here.

The Sussex weald was covered by the vast forest of Anderida and/or swampy marshes so major tracks followed the ridges, often between river valleys but sometimes bordered by marshes where the water courses were smaller and not well defined. The route from Rye ran along the ridge between the Brede and Tillingham rivers and was more or less, what is now the B2089 all the way to Cripp’s Corner. Here these rivers peter out, the ridge becomes lower and the route to Netherfield less obvious. The higher ground between the Rother and Line valleys was followed and we can presume that it took what is now Poppinghole Lane before rising on what is now a footpath to John’s Cross.

We know that Mountfield Court was built in the early

1700s adjacent to the old track and it is reasonable to assume that it ran on what are now footpaths to Mountfield church. Here the trail goes cold and it is guesswork how it traversed Limekiln Wood through what is now the Gypsum mine. It would have kept to high ground and probably emerged at Darwell Beech on a track that leads up from the Netherfield to Heathfield Road. The route is then obvious, along the B2096 between the Dudwell and Ashbourne valleys and continuing to Heathfield. A ridge continues to Uckfield where it descends to the Uck and Ouse valleys and connects to pilgrimage routes from Chichester and Lewes along what is now the A22 London Road to join the Pilgrims Way from Winchester to Canterbury. Uckfield became an important staging post on the trek from the 13th century.

But what of John? The inn that stood at the Cross had a Knights of St John Maltese cross as its sign but there is no known connection with either the crusades or the freemasons. This is most likely a whim of a former owner. It is likely that John was a local dignitary or character at some time but nobody seems to know who or when. It remains a mystery and it is perhaps no bad thing that not everything can be explained.

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WHO WAS MR. WOOD?

Mr. Wood's name occurs in three places local to Battle – Wood's Place and Wood's Dale in Whatlington, and Wood's Corner in Dallington. He was almost certainly a minor Iron master, probably of 17th century vintage.

Early maps show a foundry in the location of Wood's Place at a time when principal access was not from Whatlington village along Mill Lane as now but from the west. Wood's Place was essentially at the end of a long cul-de-sac which is now footpaths. This began as a turning off the old Battle to Netherfield road by where the defunct Battle Golf Club is. It traversed Archer Wood to reach Wood's Dale, having no need to cross the A2100 which did not exist until the 1800s. At Wood's Dale, in the bends of the River Line, were constructed the ironworks hammer ponds which are now in the grounds of Ittington Manor. The track ended at the foundry at Wood's Place. At the western end, it was extended as Wadhurst Lane when the new Battle to Netherfield turnpike, now the B2096, was opened in the late 1700s. This joined the Battle to Northeye road, now the A271 North Trade Road by where the Squirrel stands. It is presumed that Mr. Wood was the iron master of the works in question. His association with Wood's Corner further along the B2096 is unclear but there were certainly further ironworks there. Perhaps he had a sub office.

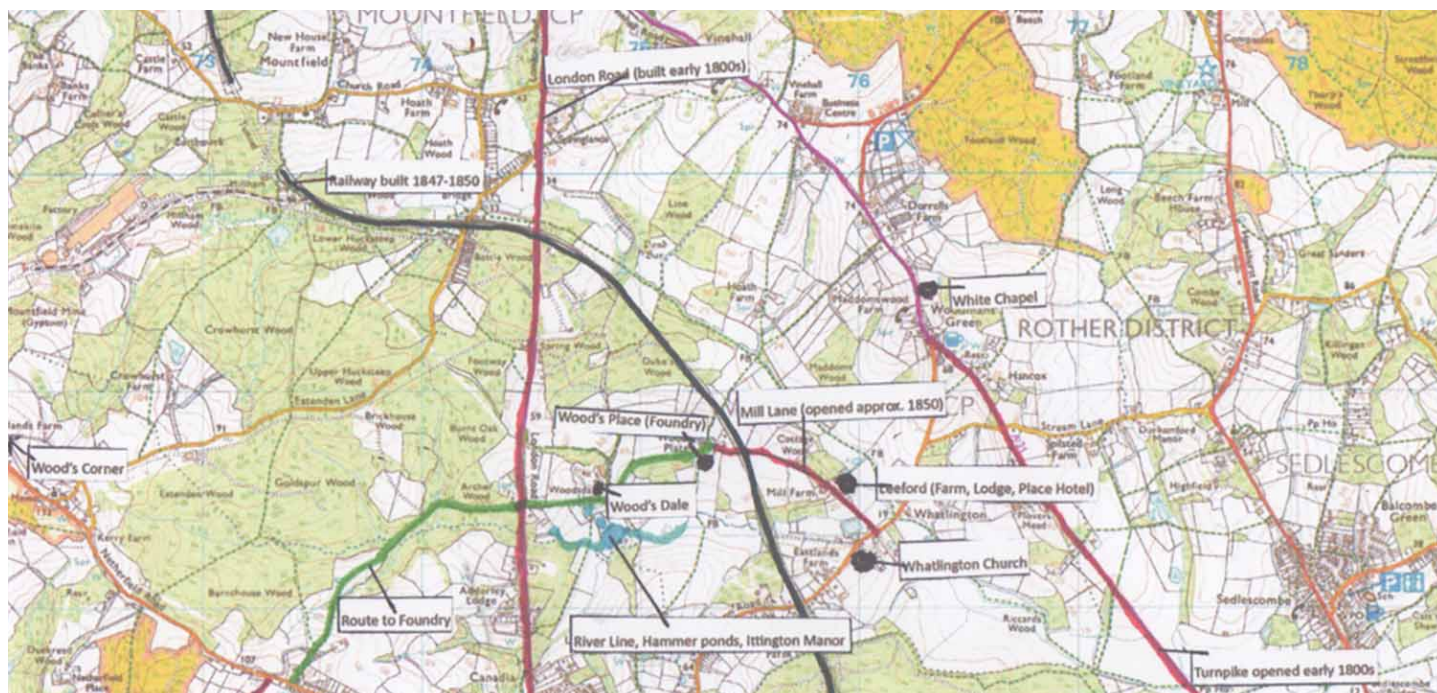
Transport developments were largely responsible for

the decline of the once thriving Whatlington village, in the early 1800s. First the two new turnpikes, John's Cross to Battle (A2100) and Woodman's Green, where the Royal Oak is, to Baldslow (A21) which by-passed Whatlington village leaving it excluded from passing trade, and then the railway, which cut through it.

Around 1847, when the South Eastern Railway Company embarked on building the Tunbridge Wells to Hastings extension, they purchased Wood's Place farm and house from Thomas Avery (the family had owned it for at least two generations). It was adjacent to the planned Mountfield tunnel.

An elegant and imposing new front extension was built, to function as offices for the project management, and provide hospitality for visiting dignitaries and financiers. It is likely that Mill Lane was extended to link Wood's Place to Whatlington village at this time.

By 1851 the project was nearing completion. Spoil from the tunnelling had wrecked much of the Wood's Place farmland. Thomas (now spelled Overy) had taken over Leeford Dairy farm. As well as farming he seems to have been a shrewd property wheeler-dealer and became quite wealthy. He later developed Leeford Lodge, now Leeford Place Hotel, as a gracious country house, as well as repurchasing Wood's Place and farm for a fraction of his selling price, when the railway company had finished. It was he who financed and arranged the building of the White Chapel at Woodman's Green. He is buried in Whatlington churchyard.



24 September 2023
Burwash Circular picture highlights



06 October 2023
Footland Woods - Sedlescombe Circular



08 October 2023
Winchelsea - Icklesham circular
Report by Simon

A CRACKING OCTOBER SUNDAY FOR A WALK

What a great day for a Winchelsea walk, with glorious countryside to boot. Twenty two of us set off for the well-trodden circular walk from Winchelsea to

Icklesham and back. This walk is dear to me as it was the first one I did with Battle Ramblers (led by Jerry Kind) and the walk was dedicated to the 1066 Walking Festival, which sadly no longer exists.

We started from Monks Walk in Winchelsea and followed the 1066 path to the Queen's Head in Icklesham, passing the New Gate, Wickham Manor, 'The Watcher' wooden sculpture and Sir Paul



Up the Hill to Wickham Manor



New Gate

... continued from previous page



McCartney windmill. It affords some splendid views of Winchelsea, the coast to Dungeness and Fairlight hills so we stopped fairly often to admire these sights. A new member joined us, which was an added delight.

We stopped for drinks at a sandstone crag (Wadhurst Clay sequence), which allows a splendid view of

the Brede Valley and Rye in the distance. The weather was so good it was difficult to persuade people to start walking again. The path took us across the railway line, then immediately back over it again! It was quite hot



Paul McCartney's Windmill

walking back to Winchelsea by the side of the River Brede, especially for the middle of October.

The final climb to Winchelsea is a slog, but another fine view existed and we could trace the walk we had done. We then returned through the town past the Wesley tree to the cars

15 October 2023
Northiam Beckley Circular
Report by Audrey

SUN, GLORIOUS SUN, ON A SUNDAY

The last time we did this walk it was a cold, wet winter's day and there was mud everywhere! This time the sun was shining and, being mid-October, the heavy rains of late had not yet arrived. So the 18 of us easily navigated the field paths and did not get bogged down in any mud at all!

The route took us out of Northiam, across fields and through a strip of woodland to Mill Corner. After walking through the village we headed across a large field to meet up with the A28. From there it was back into farmland, with a climb up the hill and over a series of



styles to come out at Marley Farm. We then headed down and across to Great Stent Farm, taking a break halfway.

Next was Clayhill and on to the church at Beckley. After collecting conkers our route from there was back to Northiam. All in all, a pleasant Sunday outing.



29 Oct 2023

Catsfield Circular

A report by our Chairman, Dr John Feltwell

A WALK AROUND THE NORMANHURST ESTATE



Despite pretty appalling weather, 21 people turned up for the 3.5 mile walk through Normanhurst (345 acres), the former estate of Lord and Lady Brassey in the late 18th century. As it turned out, the weather was not that inclement and we had lots to see. The greatest attraction was the trees, planted by Lady Brassey and some of these are champions in Sussex, others champions in the UK. So the arboretum is of great local historical importance and the amenity value of the trees is about £7 million.

It was a pity that the estate had recently been purchased by an investor for £5.3 million with the purpose of gaining planning permission for 211 lodges set in the Ancient Woodland, all within the High Weald Area of Outstanding Natural Beauty (AONB). With the assistance of the Tree Warden (myself), a permanent blanket Tree Preservation Order (TPO) has been applied to the site. Fortunately, in September, the whole Centre-Parcs-like project was turned down, for now.

We walked the whole of the '1066 Country Walk' from the Post Office almost up to the Kitchenham Road, admiring the great oak trees and the tall Wellingtonias that Lady Brassey planted. We also saw many healthy (150-250 yr old) trees that had been daubed with red paint to indicate those to have been removed to allow for the wide service roads to take HGV vehicles. All of the bluebell woods along the way would have been either grubbed out or damaged by the development. I explained there would have been five entrances to the estate (three existing and two to be created), with a possible sixth. If the project went ahead it would have more than doubled the existing houses in Catsfield, a village in a village avoided.

Having gained the higher ground by the Kitchenham Road, we cut through the private grounds of the caravan park by kind permission of the owners and stood on the site of the Brassey's large mansion (with ha-ha) and admired the mature trees that surrounded it. (Tip: put the two words 'fire and Catsfield' into Twitter, now called X, to see the mansion burning).



Continuing on our way, we descended the delightful sunken lane that is now known as Freckley Hollow, which I managed to get designated a few decades ago as a protected roadside verge. These sunken lanes are highly characteristic of the AONB and with their high humidity they support plenty of ferns.



I thanked everyone who had objected to the application, and trusted they would submit an on-line comment if the application is re-submitted. The Battle Ramblers Committee did submit its own objection, since they felt, on behalf of all 125 members, that the '1066 County Walk' should be conserved, and not adulterated by two vehicle hubs and the habitat destruction that would be involved. Overall it was a great walk on a blustery morning and we enjoyed the autumn colours and fruits of the wayside and woodland in this historic and biodiverse hot-spot.

CLUB NEWS

Rail to Ramble a great success in Battle

Andrew Pope, Senior Community Rail Line Officer, 1066 line, Southeast Communities Rail Partnership reports on a successful event organised with the Battle Ramblers.

Matt Fraser (SER) and Andy Pope (SCRP) hosted a "Rail to Ramble" event with the Battle Ramblers this summer. The event was born out of a new tourist map situated at Crowhurst station which beautifully promotes the walking, nature trails and sites of historic interest around the village.

The event started at the historic Battle Abbey then a visit to Battle Station where works are about to start on the listed station house to bring this back into community use. We jumped on the train for a short trip to Crowhurst where the group wondered at 'The Map'.

There was then a ramble of four and half miles through the historic open countryside back to Battle Abbey. Thirty-two people and three dogs enjoyed the break in the weather and the fresh air. This was first linear walk



the group had done, rather than their normal circular ones. It opens up so many more routes for them which they are now going to explore.

Thanks to the Battle Ramblers for supporting the event, Southeastern Railway and the Southeast Community Rail Partnership for making this event work so well.



Battle Station – ready to head to Crowhurst



Crowhurst Station – viewing the new tourist map



The walk was led by Audrey, with June as back marker and John D and Bev on hand to help



John Feltwell and Bev kept the group informed about local history, plus flora and fauna

CLUB NEWS

Battle Ramblers hold their 44th AGM

Emmanuel Centre, 22 October 2023: Chair of Battle Ramblers, Dr John Feltwell, opened the meeting by welcoming everyone, adding it was good to see so many members attending. In his address to the meeting he was pleased to report that it had been a very successful year.

Committee members were thanked for 'stepping up' and keeping Battle Ramblers thriving. Special thanks were expressed to June for keeping the accounts in good order, keeping us all focused and in good order, as well as keeping an eye on membership, now standing at 120.

We were reminded that the Walks Programme is deftly compiled each quarter by Simon, plus appreciation was also expressed to Bhabhinder, John D, Audrey and June for their work and involvement in the Friday Walking for Health group. Rambling On was acknowledged as great success, thanks to editor David, with the help of Audrey and Brenda.

Brenda has been the master of communications to all souls and Bernard has kept abreast of membership information in line with GDPR. Bev, as always, has been kept busy, with appraisal of local footpaths and keeping the website up and running. Margaret continues to ensure minutes are recorded accurately.

Activities this year have included the Strawberry Tea in July, walks in the Chiltern Hills, as well as being part of the High Weald Walking Festival. Not forgetting our opposing voice in the proposed Normanhurst Development. Finally, John thanked everyone for making Battle Ramblers happen so successfully.

Treasure's Report:

Copies of the accounts were circulated by June prior to the meeting. Our main income is derived from membership subscriptions. The Public Liability Insurance Premium and Ramblers Association membership account for the largest annual outgoings. Then there are, of course, expenses related to the various socials throughout the year. There were no questions raised regarding the accounts.

An extra membership charge of £3 to cover postage is to be made this year for those requesting postal notifications.

In view of the healthy state of our finances, Bev is to investigate the possibility of our contributing to a ROW improvement (eg replacing an old stile with a new stile/gate).

John added a reminder to those booking a holiday through National Ramblers Holidays, to ensure we received £20 for holidays booked abroad or £10 in the UK.(a useful source of income).

Footpath Warden's Report:

Bev had circulated his very comprehensive report prior to the meeting. From the report, it is apparent from his extensive local knowledge and persistence in following up recommended/essential improvements, knows no bounds. Processes with ESCC ROW team and landowners can be long and protracted. Diversion routes, replacement of stiles/gates awaiting ESCC/landowner to carry out repairs are all involved.

An area of particular concern is the result of the development on the Blackfriars site. Negotiations with ESCC/developer to ensure a safe route is achieved for walkers/pedestrians are underway. These may result in a Public Enquiry and it may be several years before completed and estate established.

Election of Officers and Committee:

All Officers and Committee Members were re-elected to serve for another year.

The meeting was followed by refreshments, organised once again by June. Thank you to all who brought food plates along. The raffle, run by David and Margaret, raised £89, which will go towards making the next social event a success. Thank you to all who contributed prizes and bought tickets.

Editor: The above is largely extracts taken from the AGM draft minutes compiled by BR Secretary Margaret.



A message from Dr John Feltwell – Apropos the sad loss of the Sycamore tree along Hadrian’s Wall, that at least three of us Ramblers have enjoyed, we do have our own Sycamore tree in Battle along the 1066 Country Walk that we have all walked past up towards Battle Abbey, neatly trimmed by cattle.

BACKPACK SNACKS

SAVOURY GRANOLA BARS

Makes 15

Preparation time 10 mins

Cooking time 10 mins

Ingredients

60g walnuts

55g pumpkin seeds

55g sesame seeds

90g jumbo rolled oats

40g puffed rice

10g kale chips (optional but yummy)

1tsp smoked paprika

2tbsp coconut oil

175g agave syrup (or any other syrup)

3tbs almond (or any other nut) butter

Salt to taste

Method

1. Toast the walnuts in a large dry frying pan until they start to colour. Remove from the pan and roughly chop.
2. Toast the pumpkin seeds and sesame seeds in the same way and add to the chopped walnuts in a bowl.
3. Add the puffed rice, oats, kale chips and smoked paprika to the bowl and combine well.
4. Heat the coconut oil and syrup in a pan until melted, remove from the heat and add the nut butter. Stir well and then pour into the dry ingredients. Mix well.
5. Tip the mixture into a 10 x 8 baking pan lined with baking paper. Spread into an even layer.
6. Cover the top of the tray with baking paper and place in the fridge for about an hour to firm up.
7. Cut into portions and keep stored in the fridge in an airtight container for up to one week.

Contributed by Amanda

Our grateful thanks to everyone who contributed to this edition, either with a report, article or via some truly magnificent photography – The Editorial Team (Audrey, Brenda and David)

Edited by David Hollamby – please send your walk reports and photos to David as soon as possible, after your walk, to: martlets68@btinternet.com

www.battleramblers.org