

# ON THE RIGHT TRACK



NORTH LANCASHIRE BRIDLEWAYS SOCIETY NEWSLETTER | SPRING 2018



Hello,

I fit and maintain 'lifeline' alarms – you know, the red buttons that people wear to call for help. This involves a lot of driving, a bit of technical stuff and much chatting. I am always surprised how often animals and particularly horses prove to be common ground.

Just this happened a few weeks ago whilst I was visiting an elderly gentleman on the other side of the bay. He had a large picture of horses galloping through surf on his chimney breast. I asked if he was a 'horse person' and the conversation quickly turned to farriers, riding and driving. I told him that I had ridden across the bay to celebrate the year I was fifty.

'Fifty?' he said, 'I'd have had you nearer forty.'

Possibly I preened a tad and replied, 'Good grief, I'm much nearer sixty now!'

He didn't miss a beat, 'Well, I am registered blind, you know.'

Ah well.

However, what I'm really getting at is that horses are a talking point and the NLBS is not just about bridleways – it is chatting, networking, sharing and learning. We discuss everything from access, competition, rugs and hooves to happy hacking and if one of our members doesn't know something, they'll almost certainly know of someone who does. Each of the long rides I've done have been encouraged by members, not least our Chair, Eve, with her philosophy 'just take your horse, nighty and toothbrush and get on with it'. (Now there is a lady who doesn't look her age.)

Thank you very much to all contributors. Don't forget to come to meetings at Hest Bank Memorial Hall on the second Tuesday every other month. The more the merrier.

Happy riding,

A handwritten signature in black ink, appearing to read 'Beena'.



*Talking point.*

Please send any articles, reports, hints, tips, suggestions etc to [newsletter@nlbs.org.uk](mailto:newsletter@nlbs.org.uk)



# Lottie's Lines

## Home and Away

We have one bridle path in Lowgill. The views along the route are fantastic, down the valley to the Lake District or across the moor to Ingleborough. The gates along the way are not so good, all 12 of them! Time to call a friend; on this occasion Sheena came along to help but I still did quite a bit of the ride on foot, crossing the narrow bridge, through the river with low trees, and the very steep climb up to the muddy farm yard. Having just remounted after negotiating the farm yard I had to dismount and hold Sheena's dogs while she rescued a sheep from the fence. This is not a ride to do every day but worth the effort on a crisp clear winter's day.

Again, with the help of friends we also ventured into Scotland to Dalbeattie and Gorsebank Glamping. We had two lovely rides along the forest tracks, guided by Alison and her smart phone and Bernie on his bike we managed to ride 11 miles through the tress without getting lost (I had no idea where we were going, just having a good gossip with Val as we mooched along). Of course Tommy the fell pony knew exactly which track led back to the field at the end of the ride. The ponies had a big field to relax in and we had wine and toasted marshmallows around the camp fire.

**Helen Wilkinson**



*Helen and Lottie at Botton Head.*

*Dalbeattie Holiday.*



# Help for Owners of Overweight Horses

Three years ago I read an article about laminitis, in which a researcher was appealing for volunteers to measure and record the weight, general health and feeding regime of their horse/pony. At the time my 13.2hh fell pony, Cloud, was extremely fat and weighed approximately 550kg. I had been trying almost since the day I bought him to keep his weight under control, but by that summer he was fatter than ever and so this seemed like a good opportunity to try to do something about it.



Cloud's Weight Tracker.

The scheme didn't provide any magical solutions, but by making you record your horse's weight and diet every month, it did focus the mind and provide an incentive to get him slimmed down (rather like joining Weight Watchers, I imagine). I found having a graph (see below) was a real help as it alerted me immediately if his weight had gone up. It also enables comparison with the same month in previous years. The weight is automatically estimated from measurements of the horse's girth and length.

The scheme has now ended, and I no longer send in my results, but I do still record Cloud's weight each month as I am determined not to let him get so enormous again. As you will see, he is now at an all-time low and has lost nearly 90kg since I enrolled on the scheme. If anyone would like a blank copy of the programme to create their own graph, I would be happy to send it. Just drop me a line at [eanne@tathamfells.me.uk](mailto:eanne@tathamfells.me.uk).

Anne Wilson



Liz and Indy.



The Route to Eersel.

# N.L.B.S. News

We always have a speaker at our bimonthly meetings at Hest Bank Memorial Hall. In January this year it was member Liz Davidson who spoke about her recent experience travelling to Eersell in the Netherlands to take part in a Le Trec event (see pics on previous page.) To be able compete at international level in this country Liz needed to enter a competition overseas – so, with her horse Indy safely loaded in her neat little horse box, off she went.

Liz and Indy have been involved with Le Trec since 2001 and together have won prizes and accolades. Supported by her husband, Kev, they have all had a lot of fun and adventures taking part in this relatively new discipline. The map is of Liz's route – quite an undertaking.

Liz, Kev and Indy have more adventures planned for this year. We wish them well and look forward to hearing all about it.

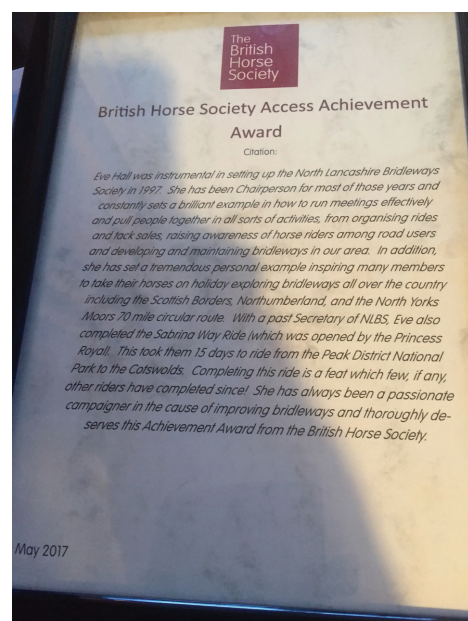
In May 2017 NLBS celebrated its 20th birthday. The meeting was attended by the BHS official Mark Weston who suggested that NLBS is the largest bridle path lobbying group in the country. Quite an achievement for an organisation started by just a handful of keen riders. Our Chair, Eve Hall, was given an access award for her hard work and commitment and was also presented with a bouquet of flowers on behalf of Group members. Mr Weston presented a certificate of recognition for the 20 years the NLBS had been in existence.

## Meetings

All meetings are held at Hest Bank Memorial Hall, Slyne-with-Hest, near Lancaster on the 2nd Tuesday of each alternate month and begin at 7.30 pm. Check out the website and do come along.

## 2018 Dates

9th January; 13th March; 8th May (AGM); 10th July; 11th September; 13th November.



## NORTH LANCASHIRE BRIDLEWAYS SOCIETY

We are working for all riders in the area.  
You will benefit. Please support us!  
The membership fee is only £5 per year.

To play an active part in the Society brings with it new friends and a chance to participate in many pleasure rides and social activities and a real sense of achievement in promoting safer riding for yourself and others. Even if you do not wish to play an active part in the Society your membership fee helps to provide safer riding facilities in our area for everyone.

Please join now by filling in the following form and returning it to the NLBS Membership Secretary.

KATE LENNOX  
Brandywell, Cark-in-Cartmel, Grange-over-Sands  
e-mail: kate.lennox@talktalk.net

Cheques should be made payable to: North Lancashire Bridleways Society

NAME:

ADDRESS:

POSTCODE:

TELEPHONE:

EMAIL (OPTIONAL):

Please tick here if you are happy to receive minutes of meetings by email:

I enclose my membership fee of £5.

SIGNATURE: