

## Trip Report 25 March 2022

Route	Long Mynd
Distance	9 miles with 2200 accent
Squad	Selina, Cate, Lesley, Chrissie, Sarah, Steve, Jim, Mark, Jeff, Neil (Leader)

A smooth start to the morning with everyone ready by 8.15 and Chrissie had remembered her lunch! We rendezvoused with Jeff at Church Stretton and were on our way by 9.30.

The weather all day was truly glorious, definitely a day for tee shorts and shorts.

The walk proceeded from the centre of Church Stretton towards and through the Carding Mill valley, with a moderate accent along the Jack Mytton Way onto the Long Mynd. We then headed on to the trig point at Pole Bank (516m) with lovely views across to Stiperstones and Caer Caradoc.

After a brief coffee stop at Pole Bank the group continued on the route, traversing a small ridge between Round Hill and Narnell's Rock before stopping for lunch just above Grindle Hollow and at the foot of Callow Hill. The team had set a fair pace with Selina and Chrissie setting a strong tempo. Sarah enquired if we should have lunch at the top of Callow Hill, which was not on the route and required another 250ft of accent! The response was swift, but Sarah did redeem herself later.

After lunch the walk headed down towards Little Stretton, crossing a footbridge and then ascending again through a woodland and then into open fields with many sheep and their newly born offspring.

Alas, one of the lambs (No. 60) had ventured to the wrong side of the boundary fence and was in some level of distress. Sarah set to action immediately, deploying Lesley, Steve and Jim (yes, even Jim!) in corralling techniques rarely seen before! Sarah eventually gathered the lamb in a very graceful manoeuvre before returning it safely to the awaiting flock. Well done Sarah!

The rest of the walk back to Church Stretton was not as action packed, and all arrived back safely at around 2pm.

Hydration was taken later at the Dysart, outside in the beautiful sunshine.

My thanks to Steve for driving and to the whole squad for their good humour in making it a most enjoyable day, which was helped as ever by some lovely Spring weather and that lamb!

Neil