

Welcome to the Autumn 2014 edition of the Three Counties Bridlepaths Group newsletter.

Here you'll find lots of info and news, including some lovely insightful articles from our members, details of forthcoming events, some items for sale and our popular 'Saddlebag Snack'.

With the clocks having gone back it's a good time to take a look at Liz's Hi Viz advice and there are plenty of events and social get-togethers to stop us missing those long light evenings too much!

And please do come to our Saturday 29 November 'Table Top Sale', 10am-1pm at the Church Rooms in Axminster, as a buyer or seller. There will be crafts, horsey stuff, pre-loved items and Christmas goodies. Tea, coffee and cakes available. See our Events list for more info.

As the Westwater estate has just been sold, the Three Rivers ride is reprinted in this issue. This is to encourage you to use it and help ensure that the route through Westwater across the Yarty and the Cory stays open.

Best wishes
3CBG Committee

Fallen trees and shrunken budgets.

Summer has come and gone and we are still trying to get trees cleared from routes that are blocked; whilst the County Council Rights of Way Officers are usually on the ball and get fallen trees cleared, it seems that Highways Departments are not as effective. Those of you who ride through Wylde Warren will know that the unclassified county road leading towards Monkton Wylde has been blocked by a huge tree fall since early spring. We have been working with the Forestry Commission to ensure that Wylde Warren routes are clear, but Dorset Highways Authority seem oblivious to their responsibilities, or maybe it's just lack of resources from Dorset County Council.

What also seems fundamental to any ROW problems in Dorset is a lack of funding and resource; its budget has been cut significantly and there are fewer on the ground staff. So only the most urgent issues are acted upon and by urgent it really relates to a dangerous situation (in which case the route will be temporarily closed) or volume of complaints - so of course footpaths get priority every time. However, all of our members who ride in Dorset can log issues on the website (details in this newsletter), it's numbers that count.

The backlog of DMMOs (definitive map modification orders) for Dorset is 5 years which doesn't bode well for any of us, but at a recent site meeting with Jill Exton the West Dorset ROW officer she suggested options for working with landowners in different ways and we will have to consider these if we are going to ensure that access is maintained.

If you know of a route (whether it is Dorset, Devon or Somerset) that is inaccessible or not on the definitive map then you need to take action. Report all access problems on Bridleways and unclassified county roads (green lanes) and think about submitting a DMMO for routes that have always been ridden but are not in the County Definitive Maps. 3 CGB can advise and assist, but ultimately its individual actions that need to be counted.

Shelley McIndoe.



Helping your horse to lose weight

As with any animal (including humans) what they eat contains energy measured (in megajoules/MJ). The animal initially uses this energy to fulfil day to day maintenance requirements. Any energy not required gets stored in the form of fat just in case a day comes along when the animal won't be able to eat enough food with enough energy in to fulfil its maintenance requirements (In the case of our domestic horses and ponies this day rarely occurs). In short, daily energy intake has to be equal to daily energy output otherwise they get fat.

You may not realise but grass is a contributor to excessive calorie intake in most horse's diets with young grass shoots containing a surprisingly high amount of energy. A horse on pasture will commonly consume many times its own daily energy requirements. As such the initial step should be restricting grass intake and increasing exercise.

It should be noted that horses and ponies are more intelligent than we often give them credit for and they will soon learn that they are being turned out for a shorter period of time and will ensure they eat a full days' worth of feed in this reduced time period.

If your horses/ ponies are still not losing weight then their energy intake is obviously still too high. In these cases turnout should be provided in a ménage or alternatively a bare paddock, this enables complete control of their energy intake and you know precisely how much they are eating.

Suitable low calorie forage should be provided to replace the grass, the amount fed needs to be carefully weighed and controlled. A horse would like to eat about 2% of its body weight a day (400kg x 2% =8kg). To get a pony to lose weight this can be reduced to 1.25% (400kg x 1.25% =5kg). This should be fed in the form of poor quality forage. Commercial feeds will provide far too much energy (see below). However feeding forage alone will not provide a balanced diet, as such we would recommend feeding a balancer, just ensure it isn't one that is high in energy/carbohydrates, and this value should be stated on the label, although some feed manufactures can be cagey about giving the value in an easily understandable form. Low calorie feeds are also available (see below)...

Here is a simplified method of how to calculate your horses/ponies feed requirements and a few weight loss tips.

A horse's energy requirements in megajoules are approximately one eighth of their ideal weight.

A 400kg pony = $400/8 = 50$ MJ. However the same horse would also like to eat roughly 2% of its body weight $400 \times 2\% = 8$ kg therefore on average the dietary intake should be no more than 6.25MJ per kg (50MJ/8kg)

Commercial feeds will state how much energy they contain on the bag e.g. Speedibeet contains 12.4 MJ/kg which means that 1kg of Speedibeet will contain almost twice the daily maintenance energy requirements of a 400kg pony.

WEIGHT LOSS TIPS

- Try soaking hay overnight (at least 4hrs) in tepid water to reduce the water soluble carbohydrate and calorie level.
- Choose mature fibrous low calorie forage, if in doubt have your forage analysed.
- To maximise eating time try putting hay in double haylage nets.
- Monitor the eating of any bedding material. In some restricted animals they will eat both shavings and straw, in these cases rubber matting maybe more appropriate.
- Maximise exercise opportunities, if you don't have time to ride try loose schooling, lungeing or leading off another horse.
- Don't over rug and use winter as an opportunity to reduce your horse's weight.
- Use a weight tape or piece of string and measure the largest point around your horse's belly and record on a weekly basis to monitor progress.
- When weight loss is achieved and turnout reintroduced try a grazing muzzle as these can reduce grass intake by on average 83%.

Jane Sherwin



Notifying Local Authorities about Bridleway issues

The County Councils all provide an interactive map to help you locate the exact location of the problem you are reporting. Phone the County Council if you don't use the internet.

Location

Dorset bridleways

Devon bridleways

(South) Somerset bridleways

Contact

Rights of Way officer Jill Exton at
J.Exton@dorsetcc.gov.uk or 01305 224463.

Report it online at www.dorsetforyou.com/rightsofway

Right of Way officer Emma Hellier at emma.hellier@devoncc.gov.uk or
0845 155 1004.

Online reporting unavailable.

Rights of Way officer Leslie Braunton

LBraunton@somerset.gov.uk or

use rightsofway@somerset.gov.uk or 0845 345 9155.

Report it online at www.somerset.gov.uk/roads-parking-and-transport/problems-on-the-road/report-a-problem-with-a-public-right-of-way

Items for Sale

Libby's Lungie Bungie (cob size)	£20
Mark Todd Roller Ball spurs with nylon straps	£10
Prolite numnah (black, full size)	£20
Stainless steel stirrup irons with black tread (4.5" inside width)	£10
Stainless steel stirrup irons with black tread (5" inside width)	£10
Eclipse field safe headcollar (black, cob size) - unused (£14.99 +£3 postage on Ebay)	£12
Acavallo 'Gel-out' shock absorbing non-slip seat saver, black, unused but original packaging missing. Fits 17" English saddle.	£45 (£52.95 on Ebay)

All in very good condition or unused.
Postage extra, or collect from near Honiton.
Sensible offers considered!

Clare Webber

Tel 01404 831638 evenings
or text 07725791437

Sloe Gin

Just what is needed during the next few months. Although most fruit has been so plentiful this Autumn, sloes are a bit scarce and when I have found them they have been too high to collect, even from the back of a horse, but there are some rich patches and you can ask use Damsons and Bullace plums. Everyone has their own version, this is mine and it seems to work:

- Collect 500 grams of sloes, damsons or bullaces, wash briefly, dry and put in the freezer for 24hrs.
- Buy a litre of gin from the Co Op, their own brand is fine.
- Find 2 (75 ml) or 3 (50 ml) bottles that you can cork or screw so, if they are elegant all the better.
- Defrost the fruit, prick each fruit and put into one of the bottles, dividing equally.
- Add one tablespoon of unrefined sugar to each bottle.
- Fill each bottle to the top with gin, secure and shake.
- Put in a dark place and continue to shake daily for a week.
- Forget about them for a month or two.
- Remember them, decant the beautiful purple liquor if you must, or just pour carefully into your hip flask, pack a saddlebag snack and off you go!

Shelley McIndoe.

Improving access for horses - advice and information available from the British Horse Society

3CBG is affiliated to the BHS, with the purpose of maintaining, protecting and developing equestrian routes for the future. The BHS dedicates a whole section of its website to Access and Bridleways. There is a lot of useful stuff here, please have a look at it if you haven't already, and get inspired!

The BHS also hosts an informative Access Conference annually, which Shelley and I attended a couple of years ago.

They also have local Access and Bridleways Officers in every county offering local support. For us, these are: Devon - Philip Hackett; Dorset - Carol Shoopman; Somerset - Abbie someone! Check the BHS website for your local pages.

This year the BHS published 'The 2026 Toolkit', which outlines how to go about protecting and preserving the equestrian off-road network. 2026 is the cut-off date for the 'definitive map' - after this, many routes that might historically have been ridden will be extinguished, unless they are formally recorded: in other words, equestrian access along these routes will cease.

Here is the list of leaflets you can order or download from the BHS website. All leaflets are in pdf format.

All about Access

- Where to ride and drive
- Responsible riding and carriage driving
- Finding places to ride and carriage drive
- Riding on beaches
- Permissive routes

What you may find on bridleways and byways

- Blocked and difficult to use bridleways and byways
- Dealing with confrontation
- Diverting a right of way
- Electric fencing
- Stallions on bridleways
- Riding through cattle
- Lobbying Town and country planning affecting riders and carriage drivers - how you can influence the process
- Wind turbine advice for riders and carriage drivers
- Wind Turbine Guidance for Planners and Developers
- Wind Turbine Experiences Survey 2012 - Results
- Wind farms in Scotland
- Solar farms

Making sure where you ride or drive is protected for the future

- Recording a right of way
- 2026 Toolkit

Recommendations for standards and specifications of structures and surfaces

- Specifications and standards recommended for equestrian routes in England and Wales
- Gaps, gates and vehicle barriers
- Specification for new bridges for equestrian use in England and Wales
- Specifications and standards of mounting blocks
- Cattle grids
- Horses and highway surfacing - a guidance note for highway authorities
- Advice on surfaces for horses in England and Wales

Recording a route (by means of a Definitive Map Modification Order or DMMO - see Shelley's article in the last newsletter) is fairly complex but perfectly possible. 3 Counties Bridlepath Group has purchased two books to help members with the task.

1. Restoring the Record by Sarah Bucks and Phil Wadey. Both authors are very experienced with, between them, over 280 applications for the correct recording of paths. Sarah is a Committee member of our neighbouring South Somerset Bridleways Association.
2. Rights of Way: a Guide to Law and Practice, 4th edition 'the Blue Book', by John Riddall and John Trevellyan. This book gives essential information on this complex area of the law.

Clare Webber

'A SECRET' for horsemen and women

I came across A SECRET in 'Sensational Kids' - a book for parents and carers of children with sensory processing difficulties. Anyone who spends time with their horse will agree that horses have a very different sensory perspective of the world from our own, so I borrowed the idea to devise 'A SECRET for horsemen and women' to help consider ways to communicate more effectively with horses.

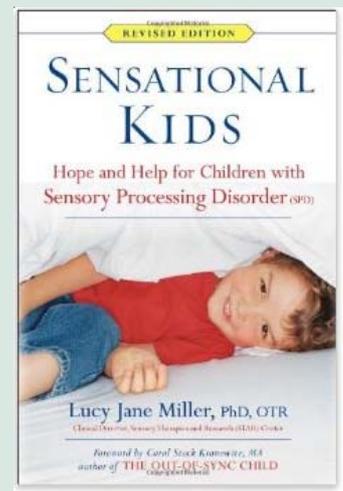
As a prey animal, a horse's senses and instincts are highly developed to keep himself safe and comfortable. It is not in the nature of a horse to do something deliberately to annoy, frighten or frustrate a person: however, if the person leaves a 'gap', the horse will fill it as best he can in order to feel 'safe'. Sometimes this can mean he learns undesirable behaviours and habits, which cause problems for his rider or handler.

If you have a riding or handling challenge, you can examine the factors contributing to the challenge and then modify the situation.

- **Attention:** Is there a way to help your horse pay attention to you? Eg. If he is distracted by something 'over there', how can you kindly and consistently bring his attention back to you?
- **Sensation:** Is there a way to modify the horse's responses to sensory input? Eg. If he 'pushes' onto the bit, or tucks his chin into his chest when he feels you pick up the reins, is there a way to help him understand that the bit can be a comforting means of communication between the two of you? (instead of something to brace against or duck behind). Has he 'switched off' to nagging legs aids?
- **Emotion:** What emotion is the horse experiencing, and can these emotions be regulated? Eg. If he is fearful, or struggling with being separated from his friends, how can you help him feel confident? Can you share quiet moments when you relax and breathe out together?
- **Culture:** What part of the horse's 'culture' (habits and routines) can be changed to avoid challenging behaviours? Eg. Do you find yourself moving out of his way as he invades your space or does he use you as a rubbing post? Does he move off before you are safely in the saddle?
- **Relationship:** Is there something in your relationship with your horse that is causing unhappy or undesired responses? Are you each taking responsibility for your share of the relationship? Is he finding it difficult to understand what you want him to do? Are you finding it difficult to be clear and consistent? Every time you handle or ride your horse, you are training him (or is he training you...?).
- **Environment:** Is there something in the environment that is worrying the horse? Are there ways to help him become more confident in different places and situations? Can his home environment be made as 'natural' and interesting as possible, bearing in mind a horse's need for company, space to roam, shelter, a variety of fibrous foodstuffs etc?
- **Task:** Is something troubling the horse about the task you are asking him to perform? Are you clear in your own mind about what you want him to do (and why)? Are you clear in how you are asking him to do it? Could the task be broken down into smaller steps? Does he have a physical issue that makes the task difficult?

I hope you will enjoy sharing 'a secret' with your horse!

Clare Webber



Soft & Sound clinic

I am a non-competitive rider, commonly known as a 'happy hacker'. Hacking 'happily' means I need to be a competent rider and my horse needs to be responsive to me in all (or at least, most) situations, including on busy roads and in wide-open spaces. He also needs to be agile on all kinds of terrain including tarmac, mud, beach and stoney rutted ground. Therefore, I need to help him achieve and maintain a 'soft and sound' way of life.

In September 2014, my horse and I went to Kate Sandel's Soft and Sound Groundwork clinic near Ottery St Mary, along with 3 other horse and human combos and several spectators. Kate's introduction to the day outlined basic anatomy and the principles of developing the horse's posture to carry his rider. Poor posture under saddle is likely to lead to physical problems such as lameness or kissing spines, as well as communication breakdown between horse and rider. Each horse/human pair had an individual session with Kate in the outdoor school, and benefited from watching the others. Discussions were fun, friendly and supportive, and everyone went away with new understanding and ideas to try out at home.

Key themes were:

- Offering a release to a horse who pulled on the lead rope - he then relaxed and stepped towards his human
- Teaching the same horse not to 'push' on his person - to move his shoulders away
- Using lateral bends to encourage a relaxed, long neck
- Using the lunge to practise straight lines, squares and serpentines
- Using poles on the ground to help improve proprioception: stepping and turning over a grid of poles in walk produced an improved trot on the lunge
- Lifting the bit into the corners of the horse's mouth to encourage relaxation of the jaw (bearing in mind that hands held too low can cause the bit to press on the sensitive tongue and bars of the mouth, in turn causing pain and resistance)
- When riding, checking that you can identify when each foot touches the ground means you have to relax your seat, so this is a good exercise for those of us who tend to tense our bottoms!

I am looking forward to attending Soft and Sound Part 2, when we will develop the themes of partnership, relaxation, flexibility and posture in the saddle. *Clare Webber*

Riding in Lightness

A series of talks

The Philosophy of Légèreté (Lightness) - understanding how the principles of French Classical riding can help all riders and their horses, whatever their level of experience, discipline or interest. A series of talks to keep you inspired during the winter months!

This year, along with only 7 other riders selected from across the UK, I have begun my instructor training with Philippe Karl - considered to be one of the world's great riding masters. Author of '*The Twisted Truths of Modern Dressage*' and '*The Art of Riding*', he has long been an advocate for working with horses in a way which respects their nature, does not use pain or 'gadgets' to train, develops their capacity to learn, and is beneficial for all horses and riders.

All horses need to be ridden in a way which helps them to develop the relaxation, posture, straightness, and balance they need to carry us and remain a sound riding horse.

The talks will explain some of these principles and approaches and how they apply to us all. The evenings will include videos, photographs, and lots of opportunities to get practically experimenting; learning about the all important 'feel' that we need to develop to really make sense to the remarkable creature that is the horse.



Venue: The Beehive Community Centre, Dowell Street, Honiton, EX14 1LZ

Dates: November 12th 7.30pm - 9pm
January 7th 7.30 - 9pm
February 18th 7.30 - 9pm

Cost: £10 per talk, or £25 if you book all three. Refreshments available at cafe.

Contact Kate on 07816 826258/
kate@softandsound.org to book. Website
www.softandsound.org or find me on facebook.

... EVENTS CALENDAR ...

Organised by 3CBG (*unless otherwise indicated*); 3CBG can take no responsibility for non-3CBG events; check website www.3cbg.org.uk for further events as details become available

Date	Event (Rides dependent on the weather)	Contact
Sun 9 Nov	Magdalene Farm, lunch at Lucy's Tearoom and back via Wayford. This ride is partly bridleway, partly UCR and footpath. If you plan to come please confirm because they need to know numbers at Lucy's. There is a small paddock to tie up in. Meet at Beech lane, EX13 5UF at 09:00 - aiming to arrive at Lucy's at 12:00 home by 16:00. Also pickup at Sadorow at 10:30. Horses must be calm in traffic as we will ride along a busy road for about 500 yards.	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Sat 29 Nov	Table Top Sale, Church Rooms Axminster 10.00 - 13.00. There will be crafts, horse stuff, pre-loved items and Christmas goodies. Tea, coffee and cakes available.	To book a table please contact Clare on 07773 597862, or Shelley on 01297 678182 (after 18:00)
Sun 30 Nov	Dalwood Ride - a ride to the Tuckers Arms in Dalwood. Roads, green lanes and tracks. There is a paddock to tie up in and scummy food at the Tuckers Arms - but must book ahead. Meet at Beech lane, EX13 5UF at 09:30 - aiming to arrive at Tuckers Arms at 13:00; home by 16:00. Horses must be calm in traffic as we will ride through Axminster. See the ride in this issue, we must ensure that the unclassified county road is not blocked in any way by the new landowners.	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Sun 14 Dec	Hawkchurch Ride - exploring as far as Stonebarrow and Berry Bottom, checking access, gates etc. Meet at Beech Lane, EX13 5UF at 10:00, then back to Courtenay Farm for soup/baked potatoes/salad. There is plenty of space to tie up horses	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
January	Beach Ride - Ride to Charmouth Beach actual date and time will depend on tides and weather. Meet at Beech lane, EX13 5UF.	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Sun 18 Jan	Marshwood Vale Ride: via Wylde Warren and Northwood Farm (if the ucr has been cleared). Meet at Beech lane, EX13 5UF at 10:00 - aiming to arrive at The 5 Bells at 12:30; home by 16:00.	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Sun 8 Feb	Lyme Regis ride: venturing across the A35 to the Talbot Arms at Lyme. Return trip will depend on the weather but may be via Mill Lane. Meet at Beech lane, EX13 5UF at 10:00 - aiming to arrive at The Talbot by 13:00, home by 16:00	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Sun 22 Feb	Rousden Ride: via Trinity Hill and Shapwick; there may be an option to try out the new cafe, but not sure about access. If not then it will just have to be a saddlebag snack and sloe gin :) Meet at Beech lane, EX13 5UF at 09:30 or Trinity Hill by 10:30 - aiming to arrive at Rousden by 13:00, home by 16:00	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Wed 4 Mar	3CBG AGM, The Old Inn Kilmington. Special guest speaker William Reddaway - an inspiring rider who recently made an incredible 2,500 mile journey around England for charity on his horse Strider.	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com
Sun 16 Mar	Wylde Warren, Lamberts Castle, Nash Lane and The Bottle: home via Marshwood and Grigshay. Meet at Beech lane, EX13 5UF at 10:00 - aiming to arrive at The Bottle by 13:00, home by 16:00	Shelley on 01297 678182 or 07780991101 shelley.mcindoe@btinternet.com

Be Safe - Be Seen

HI - VIZ

Please remember to wear some high visibility clothing when you ride out at any time of day this Autumn/Winter.

The BHS state that by wearing hi-viz a vehicle driver will see you 3 seconds quicker. In this time the vehicle would travel the length of a dressage arena (if driven at 30 miles an hour).

Riders are especially at risk when the sun is low in the morning and afternoon so be especially careful when you are on the road at these times.

Hi-viz clothing comes in a wide range, from a construction standard vest to a top of the range riding coat complete with kite mark, so there should be something available that is suitable to your requirements.

Clothing is also available for your horse, you can choose from leg wraps, velcro wraps for brow bands, nose bands, reins etc. Fluorescent sheets, tail wraps and breast girths are also all available in a choice of colours.

We all know that some drivers drive far too fast, but it is our duty as riders to make sure that we and our horses can be clearly seen by other road users.

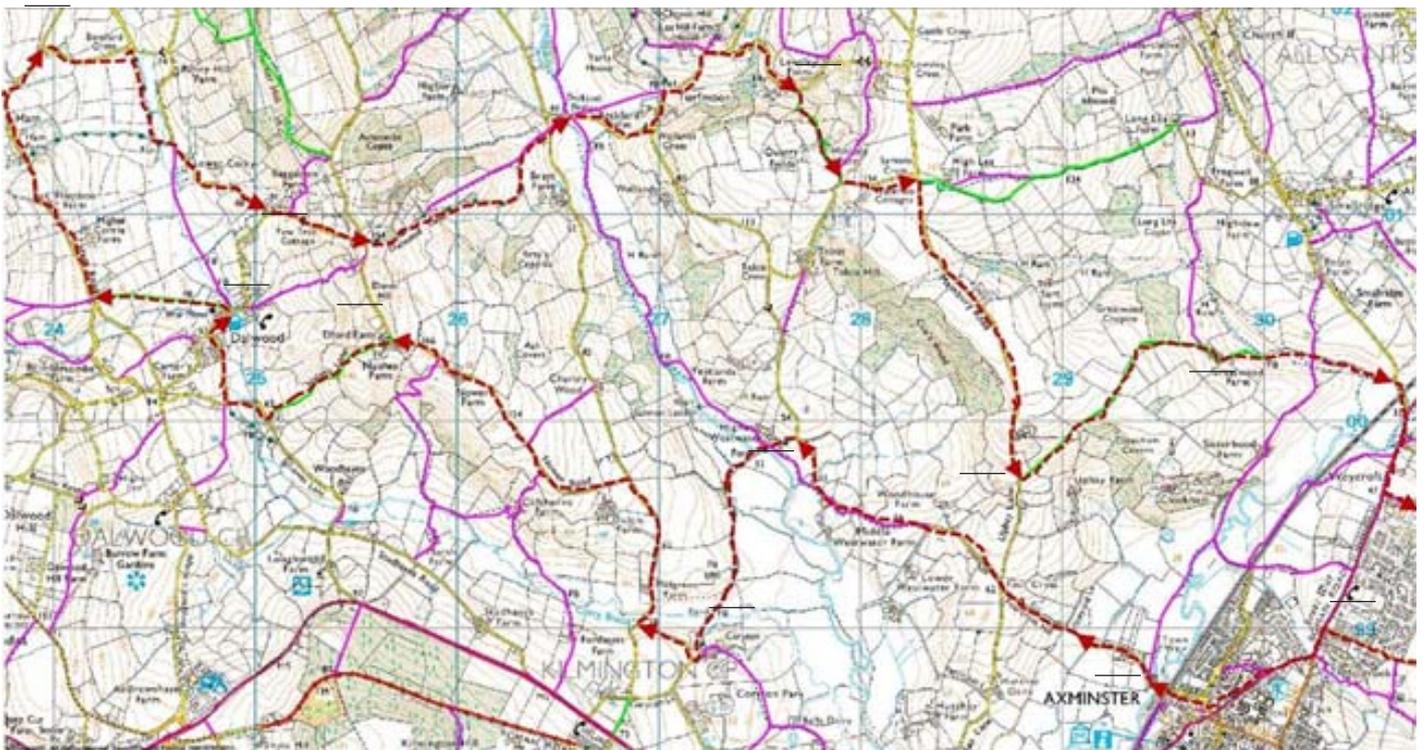


The key to this ride is the Westwater estate which has just been sold, so we are reprinting this ride to encourage you to use it and ensure that the route through Westwater across the Yarty and the Cory stays open.

Three Rivers Ride - to Dalwood and back

This is an extraordinary day ride that takes you across the Axe, Yarty and Cory rivers, exploring hidden valleys and ancient tracks between settlements. Set out from Beech Lane, EX13 5UF where there is plenty of roadside parking. Follow the signed bridleway that goes down a track towards Southmoor Farm; continue on this route ignoring the right and branch of the track. The bridleway takes you past Southmoor Farm and up through woodland emerging on a paved road where you turn left and then right onto Sector Lane. Continue down Sector Lane for about 700 meters and take the first right hand metaled road (marked as a dead end). Follow the road for about 200

meters past houses until a gravel track (a marked bridleway) appears on the right; this is Evil Lane and out take this track following it down hill through a gate until you meet a metaled road. Pass through the bridleway gate and take a left following the road into Axminster. You are now at 1 on the map below. Continue to the roundabout taking the second exit toward the town center where you follow the one-way system to a T-junction turning right then right then left onto Castle Street. Ride down the steep hill, crossing the railway and make your first river crossing across over the Axe on an old stone bridge at 2.



Routes: Three Rivers Ride *continued*



The tension of urban riding over, you continue on the quiet metaled road through farmland and rising up the valley until you reach Four Cross where you take the road signposted to the Westwaters (straight across on an elongated cross road). This road takes you through a series of very small hamlets (now just single farms) starting with Lower Westwater then Middle Westwater and Higher Westwater where you turn left down a dead end road (the sign is crumpled in the hedge). Follow this track down to the Yarty (3) where your method of crossing will depend on how full the river is. The ford on the lane is only safe to use if you can see the river bottom and avoid any deep holes. If the river is in spate, go through the farm gate on your right (signposted as a footpath) and cross the river at the field edge then aim for the 5 bar gate ahead of you where you will rejoin the green lane. Travel along this delightful track which links the ancient settlement of Higher Westwater with the equally historic Corryton Park; there is a great cantering lane that brings you up out of the Yarty Valley and to an intriguing view over the Corry Brook water meadows. Pass through the gate and down another ford crossing over the Corry at 4. Continue through the farmhouse - lots of barking dogs, bearing right at the yard wall and then right again onto a metaled road. After about 300 meters bear right over the Corry and continue up hill past Dulcis Farm on your right taking the next left onto Nower Road, spending time here to look back at the amazing view. The very quiet road passes the sophisticated barn conversions of Dulcis Farm and then the traditional farmhouse and yard of Nower Farm. Just after this look for a steep track the left (5) and take this (hairpin bend) passing a cottage on the right and picking up the narrow, overgrown but delightful bridleway on your right. Ride down this ancient track, through a gate and sunken lane emerging into an open field with a view of the village of Dalwood to the right. Follow the hedge line on your left to a hidden gate and continue on the left hedge line to the next gate (there is a water trough here for equine refreshment), which brings you onto the edge of a very tidy farmyard. Bear right then right again at the metaled road, which you follow to the crossroads taking a right to Dalwood (the green lane on your left is, sadly, not safe to ride). This village road brings you to the center of the village

where you turn right again arriving at the very welcoming and horse friendly Tuckers Arms (6). Just beyond the pub there is a track to the left leading into a small paddock planted with millennium trees; out of courtesy let the landlady know that you are tying up your horses. Enjoy your lunch!

On leaving the paddock after lunch bear right down a narrow alley (signposted as a bridleway) and follow this through a bridleway gate and on up the hill across a ford. At the paved road turn right and continue for about 100 meters bearing right at the next junction and turning right at the next junction. This very quiet lane skirts a run down farm and just before the next junction turn right along a green lane (7). Travel along this lane for approx. 500 metres rejoining the paved road over a bridge crossing on the right; continue along the road bearing right up a steep hill at the next junction and then continue straight ahead down another green lane (8) (this is a section of the Blackdown Hills Dalwood ride) and brings you out at Beckford Bridge where you bear right and left to cross the river Yarty again. Continue up the hill turning left then right (9) and in about 300 meters take a well hidden bridleway to the right through 2 field gates and follow the field boundary up the hill and to the right passing through a small bridleway gate, along a stony track emerging through a backyard onto a paved road where you bear right. At the next T junction turn left then right onto the Membury road; continue down the road for about 1500 meters and look for a field gate with bridleway sign to the left (10). This lovely bridleway takes you through secluded farmland ending up on the Smallridge road near Weycroft. You may find difficulty getting through the farmland (which is the correct route) but the farmer has agreed that we can use the field behind the farm to access the gate onto the farm track (11). Once you reach the paved highway turn right over the railway bridge and then right onto the Chard Road - negotiating traffic lights with care! Once over the river bridge turn left up Lodge Lane and onward along this winding road until you reach the bridleway the end of the road; take the right path and follow bridleway signs, which take you past Southmoor Farm. Upon reaching the concrete track turn right and you will find yourself back at your starting point - probably about 8 hours later. It's a full days ride but well worth it!

3 Counties Bridleways Group
Table Top Sale

**Church Rooms,
Axminster**

**Saturday 29th November
from 10:00 to 13:00**

**This is an ideal opportunity for you to
have a clear out, your junk will be
someone else's joy. So come and
sell, or come and buy: tack, books,
clothes, Christmas gifts, homemade
goodies and cards, crafty creations,
bric a brac, white elephants,
whatever you want!**

**Tables £5.00 each, entry free,
refreshments available.**



Contact: Clare on 07773597862 or
Shelley on 01297 678182 (after 18:00)
to book a table.

Shelley.mcindoe@btinternet.com



Saddlebag Snack - Guilt Free Brownies

*Tried and tested by
Charlie Barrett!*

Guilt free 'raw brownies'. I make these a lot, they're from the wonderful 'Deliciously Ella' website and the ingredients are all really good for you. For example the raw cacao powder is full of antioxidants.

Ingredients

- 2 cups of Medjool dates (they're the squishier, stickier, tastier kind of dates)
- 1 cup of pecans
- 2-3 tablespoons of raw cacao powder
- 2 tablespoons of maple syrup (optional; can be replaced with any liquid sweetener)

Method

1. This is the easiest recipe. Simply blend the pecans in a food processor until they form a crumbly mixture, then add the dates and blend again before adding the cacao and maple syrup.
2. Place the mixture into a baking tray and either refrigerate for 3-4 hours or freeze for one hour to allow them to set. Then keep in the fridge for freshness. They keep for ages!



**Pack into your saddlebag and
eat as much as you like
without worrying about the
calories!**

Reminder about free bridlepath gates for Dorset landowners - have you seen a tricky gate anywhere?

Free gate applications (yes these are still free!) can be made by Dorset landowners to Dorset County Council, due to an agreement with the council.

If you know who the landowner is and you would like them to request a bridlepath gate please download the form from the 3CBG website at www.3cbg.org.uk or ask them to do so themselves. Landowners must identify the correct bridlepath and 3CGB can help with this. *Contact Shelley on 07780991101 or shelley.mcindoe@btinternet.com for help.*

Benefits of Membership:

The Three Counties Bridlepath Group covers East Devon, South Somerset and West Dorset. Our aims are to monitor the bridleways within a 15 mile radius of Lyme Regis, Dorset, and to work with the respective County and Parish Councils to improve them. This can involve improving surfaces, replacing gates or making gates easier to open. Many of the bridleways are ridden or walked regularly by our members which helps us monitor them.

As the roads become more and more congested, as farmers sell up for housing development and solar farms, as land owners become increasingly protective about their boundaries, so the bridleway network shrinks. Hacking, trekking, exploring, walking, enjoying the land we live in are all under threat unless we actively manage these routes and make bids for new ones. Join us now, re-join if you haven't already and be part of the action!

We also organise fun rides and other events to promote the bridleways and raise funds for the group; members can join the rides for free, non-members cannot join the rides; members get 50% discount to events, non-members pay full price. Join today!

3CBG Committee contact details

Chairwoman: **Shelley Thirlaway** 01297 678182 or 07780 991101. shelley.mcindoe@btinternet.com

Secretary: **Clare Webber** c.webber58@btinternet.com

Treasurer: **Chris Moore** 01297 678577, chris.moore1@live.co.uk

Newsletter/website: **Charlie Barrett** 01460 30527 or 07720 320874 charliembarrett@hotmail.com

Committee Members:

Jane Sherwin 01297 35811 or 07920 776798 jane_sherwin@hotmail.co.uk

Liz Lane 07890 517049, klizlane@aol.co.uk

Sara Ballarano

Anne Carstairs

Clare Pitfield

Membership Form: Three Counties Bridlepaths Group

(Affiliated to the British Horse Society) Application for Membership/Subscription Renewal 2012/13

Name(s) _____

Children _____

Address _____

Post Code _____ Phone number _____

Email _____

Area where you ride/keep horse if different from above _____

NEW MEMBERS: Joining fee £10 per household, which includes 1st year's subscription of £5 for 1 adult. Additional adult members £5 each. **EXISTING MEMBERS:** £5 per adult. Children 16 and under in same household FREE. Subscription is renewable by March (AGM) each year, or joining fee applies.

Please send your completed application form with cheque made out to Three Counties Bridlepaths Group to: Chris Moore, Woodhouse Cottage, Hawkchurch, Devon EX13 5UF. Please do not send cash through the post. To pay membership subs by phone or online please use the following: Lloyds TSB sort code: 30-90-37, Account number: 001391011. Please use your surname as the reference.