

Welcome

Welcome to the Spring/early Summer 2013 edition of the quarterly Three Counties Bridlepaths Group Newsletter (sorry a bit late this time but we're all voluntary and been super-busy!).

We hope you've been enjoying the much improved riding weather and our pretty fantastic network of local bridlepaths. As you ride along it would be great if even one or two of you could think up a simple fundraising idea to help gather much needed funds to keep strong our commitment to protecting our bridlepaths.

I know we've asked before but we don't just want to impose the committee's fundraising ideas on you, so please email a thought to Shelley at shelley.mcindoe@btinternet.com. If we get even one idea we'll stop asking, honestly!

Happy riding, hope to continue seeing some of you on one or two of the upcoming rides listed below - we're getting more people coming along to more rides these days and it's been lovely to put faces to names and make new friends!

Best wishes

3CBG Committee

Equi-Simulator Course with Heather Moffett

I received an email from the BHS giving details of a taster session with Heather Moffett at her yard in South Devon. I had been thinking about doing one of these courses for a while and so jumped at the chance.

To begin with Heather explained that the simulators (not stimulators!) were better for beginners (and other riders) to learn balance etc. without having to cope with a moving horse under them as well. She also stated that she used a Pelham on her horses, always with two reins. She insisted that learning to use two reins was quite easy to master.

Heather introduced us to her three headless equi-simulator machines: the first was called Randy and he was used for training trot; the second was Lewie and he was slightly wider and again used for trot and the third was Rockie who was the canter simulator.

A selection of saddles, all designed by Heather were used on the simulators. All the saddles had centrally positioned stirrup bars to allow for good position in the saddle. Dressage leathers and Icelandic stirrup irons were used which give a larger surface area than traditional irons.

I rode Randy first and was surprised at how wide he was. The saddle was very comfortable and definitely helped my position. I am pleased to say that I didn't fall off.

After a cup of coffee it was my turn to try Lewie. He seemed to be even wider than Randy but was well behaved.

Heather and her assistant helped people throughout, making small adjustments here and there.

Whilst we ate our lunch in the viewing area of the indoor arena, we were given a ridden demonstration by Heather's working pupil Julie, who rode her very handsome chestnut ex-racehorse Monty. The pair gave a very fluid, relaxed demonstration showing some lateral movements. Monty obviously enjoyed what he was doing and was beautifully muscled - a credit to all the work that Julie and Heather had given him.

After the demonstration it was time to ride the canter simulator Rockie. I waited for my turn and was surprised that it was a lot harder than I had expected. The simulator worked on the rider's movement and getting him started wasn't easy. Once we were cantering things were better. A very good workout!!

If you are up for something slightly different then think about a taster session which costs £30 if you are a member of the BHS. Or you could try one of Heather's more in depth courses.

Happy Riding

Liz Lane

Fundraising Evening in aid of Horseback UK

On the 25th April Dorset Equine Veterinary practice held a very successful and informative client evening which managed to raise £500 for the charity Horseback UK. The charity is based in a beautiful part of Aberdeenshire, it was created to provide a safe working environment and the use of equine therapy and rural skills to aid rehabilitation for serving military personnel and veterans, who have suffered both physical and mental stresses.

If you would like to see some of their work, do have a look at the web page www.horsebackuk.org or visit their facebook page. There are some wonderful pictures and comments.

Peter Aitken the Senior Vet, then gave us an informative talk on the topic that has been much in the news, titled, 'Burgers Bute & Passports.' He reassured us that a large number of burgers (many thousands!) would need to be consumed before there would be an increased risk of causing humans any ill affects. More importantly, he told us that the vaccination records in the passport must be kept up to date and if a horse is not to go into the food chain then section IX should be signed otherwise, should your horse need veterinary treatment then severe restrictions exist regarding the types of drugs that can be used.

Vet, Graham Sherwin's very interesting talk on worming included some gruesome pictures of equine parasites and was at a level we could all understand. He told us about the worm's life cycles and the damage caused to the horse's internal organs and the diseases that can result if the worms are not controlled. One of Graham's main points was that the control of worms must focus on both the management of our horses and the use of the correct drugs at the correct times of year. The use of worm egg counts was explained including their limitations with regard to tapeworms and encysted worm larvae. He did also remind us that, 'no two horses are alike' and other factors such as where and how horses are grazed makes a difference. He finished with a question and answer session.

After an interval for teas/coffees and very delicious homemade cakes, plus the drawing of a raffle, consisting of some wonderful prizes (including a tour of William Fox-Pitts yard), Australian International event riders Sam Griffiths and Chris Burton, entertained us with stories and pictures of their lives and recounted the highs and lows of the London 2012 Olympics. We were very grateful to them for interrupting their Badminton preparations to spend the evening with us.

It was a most enjoyable evening and we look forward to their Autumn event. *Jane Sherwin.*



GUIDE TO REPORTING BRIDLEPATH ISSUES

Reporting Problems and Using on-line Maps

There are over 150 affiliated Bridleway Groups throughout the UK and Ireland working on behalf of all riders and carriage drivers to campaign for improved off-road riding. 3CBG is one of these, helping to promote equestrian access, monitoring local equestrian rights of way and working alongside local authorities and other groups. We also have fun and provide a sociable way of getting groups of local riders together. Members of the group have an individual responsibility to report problems that they encounter whilst out riding and I hope that the information below will help to make what can seem

to be an intimidating undertaking into a straightforward task. Many of our members ride and/or live ride across the three counties, Devon, Somerset and Dorset; the common factor is that:

- you report all problems and/or suggestions about **bridleways** to the County Council Rights of Way (ROW) officers
- you report all problems and/or suggestions about **green lanes and country roads** to the County Council Highways Department

In the table overleaf I have tried to simplify the process and provide specific contact details.

Owner	Route Type	Reporting Method	On Line Map/Advice
Dorset CC (ROW officer Jill Exton) J.Exton@dorsetcc.gov.uk	Bridleways	http://maps.dorsetforyou.com/countryside/reportproblem/ Very easy to use interactive map that identifies the correct bridleway numbers and location. Or phone 01305 224463	www.dorsetexplorer.com An excellent interactive map - look up bridleway numbers, eastings and northings, detailed scale. Or get advice from: www.dorsetforyou.com/rightsofway
Dorset CC (Dorset Highways) dorsetdirect@dorsetcc.gov.uk	Lanes and Roads	http://maps.dorsetforyou.com/highways/reportproblem/ Again an interactive map that helps you identify the exact location of the problem.	As above: www.dorsetexplorer.com Will be replaced by http://explorer.geowessex.com/ which is simpler but not quite as useful.
Devon CC - (ED ROW officer - Emma.hellier@devoncc.gov.uk)	Bridleways	Report a problem by email to: prow@devon.gov.uk. Tel: 0845 155 1004 Fax: 01392 381459 You can get information about the bridlepath by using the interactive map: http://gis.devon.gov.uk/basedata/viewer.asp?DCCService=footpath	http://www.devon.gov.uk/index/environmentplanning/public_rights_of_way/where_to_walk_and_ride.htm Really useful information and some well documented rides.
Devon CC (Devon Highways)	Lanes and Roads	Tel: 0845 155 1004 Email: csc.roads@devon.gov.uk	The web site has useful contact information and you can use the interactive map to get more detail about routes. http://www.devon.gov.uk/index/transportroads/roads.htm
Somerset CC	Bridleways	Email: rightsofway@somerset.gov.uk Tel:0845 345 9155 Or report via the interactive map: http://www.somerset.gov.uk/irj/public/services/directory/service?rid=/wpcccontent/Sites/SCC/Web%20Pages/Services/Services/Environment/Report%20problem%20with%20public%20right%20of%20way	http://www.somerset.gov.uk/irj/public/services/directory/service?rid=/guid/40054aee-0834-2c10-f197-8a92780c22ab Good web site with easy access - guidance notes and leaflets plus access to the interactive map
Somerset CC (Somerset Highways)	Lanes and Roads	Roads and Transport team Email: roadsandtransportSD@somerset.gov.uk Tel: 0845 345 9155	Again on the Somerset CC web site: http://www.somerset.gov.uk/irj/public/services/directory/service?rid=/wpcccontent/Sites/SCC/Web%20Pages/Services/Services/Environment/Report%20highway%20problem_request%20service

The County Councils all provide an interactive map to help you locate the exact location of the problem you are reporting. Dorset and Somerset have the facility to report via the map but in all cases you can access the bridleway or lane number together with a grid reference which is the minimum data required.

If you don't have access to a computer or just don't like using the internet then please, please report problems using the phone numbers provided above. You will need to provide location details and a grid reference from an OS map is the best one to use.

Saddlebag Snack

Raisin bread

500 grams	Bread flour (plain works fine too)
100 grams	Sugar
0.50 tsp	Salt
100 grams	Butter
75 grams	Milk Warmed
75 ml	Warm Water Warmed Together With Milk
1 sachet	1 tsp or 1 sachet easy bake/quick yeast
175 grams	Raisins

Place all the ingredients (except the raisins) into a mixer with a dough hook attached. Mix to a soft dough, knead for 5 minutes (or 10 minutes by hand). Roll the dough on a floured surface to a 30 x 23cm (12 x 9in) rectangle. Sprinkle with raisins and roll up (or mix them in just after the initial kneading). Place seam side down into a 1.1kg (2½ lb) loaf tin, leave to prove until double in size. Preheat the oven to 190°C/fan 170°C; Gas Mark 5. Bake for 35 minutes. *Charlie Barrett*



Book Review

'England on Horseback'

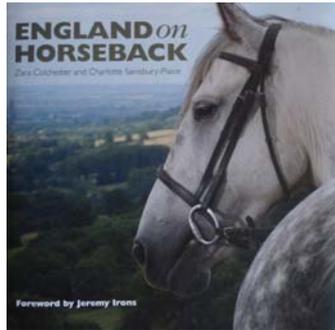
Authors: Zara Colchester &
Charlotte Sainsbury-Plaice

Pub: Clearview Books

isbn: 978-1908337146

This attractive book describes rides that the two friends Zara and Charlotte undertook together around England, expertly photographed by Charlie Sainsbury-Plaice. In their introduction, they quote Tschiffley: 'To see England properly, I recommend viewing it from the back of a horse', and their book proves his suggestion to be a good one.

It is a beautifully produced book, which shows the English countryside at its best. The photographs are stunning and will surely inspire you to dig out your maps and saddle your horse. But please remember your riding hat - these photographs are so artistic that, as explained in the small print, it was deemed necessary for the two riders to go hatless at times (and there is not a thread of Hi-vis fabric to be seen!).



Despite the fabulous pictures, for me the book was slightly disappointing. I wanted to know more about the seven or so horses they rode (plus two they hired in Yorkshire), and more nitty-gritty details about the two- and three-day routes they followed. I wanted to read about the decisions they had to make, and the adventures and mishaps they must have had along the way. And how did they find their way? The little route maps serve as charming illustrations, but that is all.

The glossy glossary, with more great photos, gives some contact information for accommodation, pubs, places to visit (without your horse) plus vets and farriers for each region, but only as a starting point for someone planning their own ride. An obvious omission is the reference details of the Ordnance Survey maps required.

If you are looking for a 'how-to' book, this one will not give you the information you seek. It might however, reassure you that there is still some spectacular wild countryside in England, and convince you that the only way to explore it is on horseback. *Clare Webber*

Riding on the Roads

It is a sad fact that most drivers, cyclists and bikers have no understanding of the noble horse and his characteristics. As learner drivers, they will have received little or no instruction about the needs and rights of horses on the road, and it is unlikely they will have glanced at the relevant page towards the back of the Highway Code before taking their test, or since.

So if you ride on the roads, how can you keep yourself and your horse safe?

1. Wear Hi-Viz clothing (you *and* your horse). It may not be glamorous, you may think looks 'urban', or it's only for beginners or riders of young horses, but please think again. Hi-Viz really does help, by giving drivers those extra few seconds to see you and react. A few seconds could be the difference between a nasty accident and a near miss. Hi-viz also helps the emergency services find you if you should unfortunately need them, and military aircraft pilots will avoid you if they can. Have a look at

www.horseaccidents.org.uk if you still need convincing.

2. Be polite to all drivers, especially those who do slow down and give your horse plenty of room.
3. Be clear with your hand signals. Are you signalling a right turn, giving a friendly 'thank you', or asking them to STOP?
4. Should you wave traffic past you if you think it's safe, or is the decision to overtake the responsibility of the driver? Bear in mind that you might be liable for an accident occurs, whether this involves your horse or oncoming traffic.
5. Educate cyclists: ask them to let you know they're there (a cycling friend of mine calls out 'hello horse!' when approaching from behind on her bike: the rest of her cycling group might think she's barmy - she is a bit - but I am sure the horses and riders appreciate her friendly greeting).
6. Consider getting off your horse if traffic is too bad. He might feel safer with you at his head.

Clare Webber

... EVENTS CALENDAR ...

Organised by 3CBG (*Events in italic are not organised by 3CBG*); 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
Sat Jul 13th	A working ride via Prime Copse to Whitchurch Canoncorum (The Five Bells) returning via Nash Lane. This will be a long day with stops to remove vegetation and photograph gates. Leaving from Beech Lane EX13 5UF at 09:30, Whitchurch at 13:00 and home by 17:00	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
Sun Jul 28th	A day ride to the Cotley Inn via quiet lanes and bridleways. This is a lovely but long ride through some very isolated tracks. There will be field and track cantering. If you plan to come then please let me know because I will have to book at the Cotley Inn. Leaving Beech Lane at 09:00 sharp and home by 18:00 McIndoe07780991101shelley.mcindoe@btinternet.com	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
Sun Aug 4th	New route to Dalwood (the Tuckers Arms) and home via Westwater. This is an adventurous ride on roads and tracks with some steep hills. Meet at the Tuckers Arms at 13:00 for non riders. Leaving Beech Lane EX13 5UF at 09:00, home by 16:30.	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
Sun Aug 18th	The 3 Hills Ride: Lamberts Castle, Pilsdon and Lewesdon with a picnic on the hill (approx. 13:00) - this is a long ride but very rewarding, some controlled canters on tracks. Leaving from Lamberts Castle at 09:30 and back by 17:00.	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
<i>Sat Aug 31st</i>	<i>The Hawkchurch Ride: organised by the Cotley Hunt and Church Bells fund</i>	<i>Neil Ransford Nhjp.ransford@btinternet.com</i>
Sun Sep 8th	A really excellent day ride to Axmouth, leaving Beech Lane EX13 5UF at 09:00 and pick up at Trinity Hill at 10:00; Rousden at 12:00 and lunch at the Ship at Axmouth at 13:30. Home by 16:30 via the golf course. Mostly walk and trot but some controlled canters up tracks. Horses must be confident in traffic.	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
Sun Sep 15th	The George at Chardstock, via Burr ridge and home via Smallridge. Leaving at 10:00 from Beech Lane and home by 16:30. Some road riding so horses must be calm in traffic.	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
Sun Sep 22nd	Hawkchurch to the Royal Oak at Drimpton via Magdalene Farm (an amazing bridleway), back via green lanes and quiet roads. Meet at Beech Lane EX13 5UF at 09:45, pick up at Sadborow triangle at @11:00 home by 17:00	Shelley McIndoe 07780991101 shelley.mcindoe@btinternet.com
Sun Sep 29th	Guest Ride - any offers?	Clare Webber 07773597862 c.webber58@btinternet.com
Sun Oct 13th	Trinity Hill to the Talbot and home via Holes Common and Mill Lane - crossing the A35 and walking along it for 100 yds so horses must be safe in traffic. Leaving form Beech lane at 09:30 home by 16:00.	Shelley McIndoe07780991101 shelley.mcindoe@btinternet.com
Sun Oct 20th	A ride from Courtenay Farm (EX13 5UF) to check some local issues as far as Stonebarrow farm. Leaving at 10:00 and home by 14:30 for late lunch at Courtenay Farm. Let me know if you are coming	Shelley McIndoe07780991101 shelley.mcindoe@btinternet.com

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. shelleymcindoe@btinternet.com

Secretary: Clare Webber c.webber58@btinternet.com

Treasurer: Chris Moore 01297 678577, pat.moore1@btopenworld.com

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

Brenda Lunt tg.lunt@homecall.co.uk

Lynn Wason 07778 969279, seaseeker68@gmail.com

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.