

# HORSE AROUND

THE NEWSLETTER OF THE  
WEST PENWITH BRIDLEWAYS ASSOCIATION

AFFILIATED TO THE BRITISH HORSE SOCIETY



Free to Members

No. 32 Spring 2012

## *Straight from the horse's mouth*

Hello everyone

Firstly, our profound apologies for not getting a newsletter to you before now. We also apologize for a break in the horse hike programme. The delay has been due to nasty illness.

We have been very fortunate to experience such a mild winter. We basked in dry and warm weather until the beginning of December. In spite of giving the horses a 'dealer cut', I have never seen my woolly coated horses so sweaty in early December nor the pasture so lush and green. I do hope members have not suffered from Laminitis during the run up to Christmas – or your horses come to that!!

The August Bank Holiday Ride 4 Life Breast Cancer charity ride attracted 57 entries on the day. The Trescrowan farm fields were full of pink horses and riders who entered into the spirit of the event by dressing up in pink. The weather was fantastic and so was the ride over the Penwith moors and out to Carn Galver – just short of 10 miles. A big thank you to Sue Knapman and helpers. How she manages to put together the organisation of this event amazes me and we have a nice write up by Nicola Studley..

Our first horse hike of the Autumn was cancelled as hurricane Katia crossed the Atlantic, missed Cornwall but walloped the north of Britain. Although it only rattled Cornwall, no one fancied riding the Penwith moors in such strong winds.

It is good to report that subsequent rides went ahead from Nancledra, Helston Loe Pool, Polgigga and the Great Flat Lode Mining Trails and the Christmas Cracker ride, and more since. All were well supported and again we had an exceptional turn out of 16 riders to go round Penrose estate and cross Loe Bar.

In October we went up to Warwickshire to BHS HQ for the national access conference. There were speakers from many organisations. It was most informative and very useful. We came away armed with new policy information which we can use to remind officials of their respective countryside organisations - who are not quite on message. See more later.

The AGM is right upon us now and we have a speaker that focuses more on the rider than the horse. We shall be welcoming Alison McSally a qualified Pilates Instructor who is also a competing horse rider.

Please come along to the Yacht Inn on Tuesday 27 March to what will be a very interesting talk and demo "Pilates for Horse Riders" and as always, you can renew your membership on the night.

Next year we are having "Zumba for Horses"! Seriously though let us know if you have an idea or topic you would like to be covered at a future AGM.

Wishing you all safe riding

Margaret

## *In This Issue*

*Horse Hike Reports*  
*Bridleway News*  
*Diary of A Farm Horse*  
*BHS News*  
*PAROW Update*  
*Steel Horse News*

*and more ...*

## **Annual General Meeting**

**Featuring guest speaker**

**Alison McSally Hill**

**on**

**Pilates for Horse Riders**

**Tuesday 27 March**

**At the Yacht Inn, Penzance**

**(opposite Jubilee Pool)**

**Start 7:30 prompt**



*Members at  
Drift Dam  
for the  
recent  
Horse Hike  
(See Next  
Page)*

*Picture by  
Jeremy Jenkin  
and featured in  
the Cornishman*

## **WEST PENWITH BRIDLEWAYS ASSOCIATION**

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*Treasurer:* Beverley Jenkin, *Secretary:* Margaret Bigg,

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## Horse Hike from Drift Dam 19 February

(Apologies to those not on the internet who may not have known about this ride) (See Picture on Page 1)

Thankfully Sunday 19 February was one of those magic glorious early spring days! Led by Bev Jenkin on her gorgeous Arab gelding, Archie, four of us, Bev's husband Jeremy, Lisa and Tracey and myself set off from Drift Reservoir in the sunshine and it stayed with us for the whole ride!

Bev took us all on an excellent and very varied circular route around the area which lies above Lamorna Cove to the east of St Buryan, where there is some of the most scenic countryside in West Penwith. Leaving the reservoir behind us, we carefully crossed the A30 before heading down one of the many long grassy bridleways which lead down past Bowling Green Farm - look as hard as I might, I could not see the bowling green - and, yes despite all the recent rain, the going was not too muddy much to our surprise! Almost all the time we were riding, we gazed at views of the sea, across rolling fields bounded by gorse and hawthorn, with St Buryan Church standing proud on the horizon.

All the time, we were slowly dipping down into the Trevelloe Woods, which for me, as a moor and cliff dweller, was a real treat! There is nothing quite like ambling gently through a wood with a stream burbling gently beside you. This wood path brought us out near Lamorna Pottery and riding past the pottery, we went along Hollydale Flat through Castallack Farm towards Sheffield before stopping at the King's Arms in Paul. The sun shone on! Glorious! And what an interesting mix of horses too! Bev's beautiful grey Arab Archie and Tavern, her magnificent white Shire cross TB, Lisa and Tracey's dear little piebald cobs and my little bay part-bred Arab Wizzy, all so different yet I like to think they enjoy these days out as much as their riders!

On the way back to Drift, after checking everyone was happy, we had a bit of blast down a bridleway which was great fun and thoroughly enjoyed by everyone! After this, it was cooling down time as we walked along the road back to the reservoir.

Thank you very much, Bev! A lovely day!

Peta-Jane

## Horse Hike Programme – Spring 2012

Please note these dates in your diary now			Organiser or Contact
U or UU	Helston/Loe Pool	18 March	Anne
	<b>AGM (Penzance)</b>	<b>27 March</b>	
U	Morvah	1 April	Chris H
U or UU	St Hilary	15 April	Alison M.
U	Madron	29 April	Anne
U or UU	Mining Trails, Great Flat Lode, Camborne	13 May	M & A
U	Nancludra	20 May	Heather
UU	Gwinear	10 June	M & A
U	Tehidy	24 June	M & A
UU	Mullion/Lizard	8 July	Alison L.

Other rides may be organised according to demand. We always welcome suggestions for new rides. **Always check with the organiser or ourselves a few days before.** The exact date may be determined by the interest in the ride and/or weather.

**Contacts:** Margaret and Adrian Tel: 01736 795098  
Anne Bressington 01736 330623, Chris Hichens 788729,  
Alison McCarthy 01736 710117 Alison Lugg 01326 241545  
Heather Gibbons 01736 796059

Horse Hikes are ridden at your own risk.  
BHS Affiliation covers our members for Public Liability Insurance on organised rides.

### Juniors on Horse Hikes

All juniors must be accompanied by a responsible parent or guardian who can look after them and their safety on the ride, and can vouch for their riding competence.

If you have a good idea for a Horse Hike or wish to organise one, do please let us know!

U Easy Ride UU Average Ride

## Some Pictures from the Xmas Cracker Ride

(See next page)



Peta-Jane



Margaret



Lizzie



and Mandy!

### Joke:

*Two pony-mad children talking:*

*"I'm going to by a sea horse"*

*"Why"*

*"Because I want to play water polo!!"*

## Christmas Cracker Ride

After a spell of awful weather and not being fit to put a hoof outside, the Sunday of our ride saw a welcome window in the stormy weather.

Riders and horses, adorned with tinsel, met at Chapel Carn Brea car park and squelched across Numphra Common and over to Dowran then on to St. Just Rugby Club where they collected 3 more 'Christmas' riders. We then went via Hailglower farm and past Tregeseal stone circle and over Carnyorth Common and crossed the north road onto Woon Gumpas before heading down to Boscaswell and to the North Inn. It was lovely to hear some members of St. Buryan male voice choir there singing festive songs. Christmas cheer indulged, and the pub lawns shortened, the ride resumed progress along the road to Trewellard and down Levant Road leading out to the cliff tracks. There were lovely views of a restless sea in winter sunshine, and a strong breeze provided a tail wind to Botallack. The Queen's Arms was the second watering hole visited where another rider joined the merry band. The riders then headed out to the coast once more to pick up the track to Tregeseal valley. Crossing over the valley, we rode up the opposite side and soon arrived into the centre of St. Just.

Passing the church, they connected with New Road down to the Rugby Club where 9 miles had been completed by the joining group. The rest of the party rode back to Chapel Carn Brea completing a 14 miles round trip. Thanks go to Mandy Nicholson for continuing to organise yet another very enjoyable Christmas ride.



At the North Inn

## Membership Renewal

If your membership is due, a renewal invitation is included with this newsletter. Many of you did renew for two years which saves both you and ourselves on administration. If you have already joined for the coming year, your new membership card has been enclosed with this newsletter.

For those of you who find renewing by post tedious you may now renew (or join) online. (paypal /credit/debit)

### RENEW ONLINE

[www.bhsaccesscornwall.org.uk/westpenwithbridleways/JoinOnline.htm](http://www.bhsaccesscornwall.org.uk/westpenwithbridleways/JoinOnline.htm)

(address is case sensitive)

### Don't forget to visit :

BHS Access Cornwall

[www.bhsaccesscornwall.org.uk](http://www.bhsaccesscornwall.org.uk)

Also see our [Online Interactive Riding Maps](http://www.bhsaccesscornwall.org.uk/RidingMaps.htm) for all areas of Cornwall

<http://www.bhsaccesscornwall.org.uk/RidingMaps.htm>

### DO WE HAVE YOUR CURRENT EMAIL ADDRESS?

If we do you should have received an email telling you the newsletter is on its way.

If you have not received an email please email us [wpba@btinternet.com](mailto:wpba@btinternet.com) so that we may update our records.

## Sancreed Beacon

You may have noticed that Sancreed Beacon is being securely enclosed in preparation for grazing may be by Dartmoor ponies. We were consulted at an early stage over this and we have ensured that horse access is maintained at the four places that are already used by riders.

We have asked for TWO way self closing gates which are safer for riders. We hope they are a success. The paths on the Beacon have been cleared (by PAROW) and will be maintained in the future.

## St Aubyns Estate, St Hilary

There have been issues over access to the bridleways on the estate as the bridleways do not "officially" connect through to the south. The tracks are only designated as footpaths.

An important route for riders is the track that is opposite the byway that runs due north from Goldsithney, this route avoids riding along the fast narrow road.

Unfortunately riders have again been stopped from riding this route. Efforts to resolve this are in progress and also the parish council is involved. Difficult gates had also appeared on the bridleways.

## Pilates for Horse Riders

Enjoyable riding is a light, forward, obedient, well mannered horse, a horse you can take anywhere, from competitions to adventures out riding on our bridleways.

A RIDER whose body is trained in PILATES naturally uses their core-muscle control, balanced alignment and flexibility when riding, and also when working on the yard for injury prevention.

PILATES brings lightness of mind and body to you the RIDER which follows through to your HORSE.

When your body is aware of the principles of PILATES, flowing rhythm, greater softness and flexibility follow, freeing yourself and your HORSE with clearer communication for a greater partnership for fun and happy times!!



Alison McSally Hill @ Positive Posture Pilates [www.p-p-pilates.com](http://www.p-p-pilates.com)  
BA PG Dip CYQ III  
Pilates Instructor\* Regulated by Register of Exercise Professionals UK

Guest speaker at AGM 27 March

## Diary of a Farm Horse

Ask anyone what heavy horses did on the land and most will say, "plough the land".

Before the tractor became popular the horse was never short of work.

The farming year really started in the autumn, stubble left from the corn crop would be ploughed down and grassland known as "ley" that had become tired or full of weeds would need ploughing out and left to weather over the winter.

The plough was usually single furrow so this means man and horse would walk eleven miles to plough an acre. Here in Cornwall two way ploughs were used, easier to use in our odd shaped fields and you could plough from one side of the field to the other.

As the saying goes "as the days lengthen the winter deepens" so the frost on the ground would find the horse carting dung out of the farmyard onto the unploughed land, left in piles to be spread on wet days.

Spring work for the horses had them pulling cultivators and clod crushing rollers, working the soil down ready for the seed drills to be pulled over it. The grass meadows had to be chain harrowed and rolled made ready for the hay crop. Hay making kept the horses busy for the early summer, mowing, tedding rowing up, and then hauling the hay in from the fields to the stack yard.

The hardest work of the year had to be done in the hottest part of the day. 3 horses would be hitched to the binder to cut the corn and tie it into sheaves, the horse teams being changed as the day progressed. When the corn sheaves had ripened in the sun all that remained for the horses to do was to bring the harvest home.



Thank you to Tracey Harris for supplying this article and pictures

## Horse Hike on the Great Flat Lode Camborne

It is always a great pleasure to return to ride the mining trails of the Camborne area. The November ride was no exception when 8 members of West Penwith Bridleways Association assembled in the car park at Wheal Francis. Fortunately Cornwall Council has given us a key to unlock the overhead barrier on the car park but everyday horse riders still have to park on the road outside, and tack up horses with traffic passing. We don't like this solution but are having to live with it.

We enjoyed a 9 mile horse hike passing Wheal Buller, then on to the Tresavean trail, looping back then off to Churchtown and little Brea Village before returning along the shoulder of Carn Brea. The riders retraced their hoof steps back to Wheal Buller above Carnkie. It was so sunny and clear and views could be had for miles in many directions. Well behaved horses had an excellent trip out. It was also good to see so many fellow equines enjoying these lovely traffic free trails.

Walkers, cyclists and horse riders were all out enjoying the day and sharing the trails courteously and amicably. Redruth and Camborne are very lucky to have these trails.



*The car park with the infamous barrier*

## Coast to Coast Trail for horses under threat.

Despite Strong Objections from the British Horse Society and local riders Cornwall Council planners have approved a waste transfer facility next to the bridge over the A30 which will see a regular stream of HGVs using the bridge (opposite Mitchel and Webber). It is currently the only safe A30 crossing point for horses on the Coast to Coast trail, and is regularly used by many local riders and cyclists as it links bridleways on either side of A30. The politics of Waste seem to override all other considerations including our safety.

No consideration at all has been given for the safety of vulnerable users.

## November – Another Horse Hike from Drift Dam

Enthusiastic horses, keen to get under way, set off for Chyenhal. Once safely across the A30 and on to off road tracks, it was surprising to find so much mud and flood considering the generally dry weather we had had. On reaching Chyenhal, we took the bridleway to Sheffield, but then turned for Kerris and on past Redhouse to link up with the bridleway through the woods at Trevelloe. Despite the very good state of the woodland path, progress was suddenly halted by a series of three awkwardly fallen branches blocking the way. These could not be jumped. The horses had to step and struggle over and matters were made more difficult by the boggy dip the branches were lying in. The two youngest horses, Monty and Bob the Cob, not wanting to be left behind, valiantly followed in the hoof steps of the experienced horses. (PAROW cleared the fallen trees the next day.)

At Lamorna Pottery, the group continued along the road then took the bridleway up to Castallack and then rode quiet lanes to Paul where they called in at the Kings Arms for refreshments. The horses resting in the car park attracted other patrons, whose children wanted to see these now very quiet horses. Soon parents were busy hoisting up on to the horses various little girls, their faces full of glee at the experience.

Riders then remounted and picked up their reins and headed for the byway to Sheffield. Hoof steps were retraced as far as Chyenhal where a detour was taken to ride and inspect the recently renovated triangle of bridleways at Tredavoe, above Buryas Bridge before returning to Drift. Hot, sweaty, muddy but happy horses and riders arrived back at their trailers having completed a pleasurable ride just over 9.5 miles..



## SOME BRIDLEWAY NEWS

### Bridleways Renovations

Despite all the cuts, Cornwall Council this new year had found significant funding for bridleway clearance throughout the county. In Ladock we have had a bridleway opened up that has not been used for many years.

Locally we have been assured that the Carters Grave lane bridleway from Canon's Town to Nancledra is included in this program. Otherwise most bridleways in West Penwith hopefully are being kept clear by parishes and PAROW.

### Bridleways in Ludgvan

The bridleway from Concurrion to Carters Grave lane has electric fences alongside where it passes through the top of a horse field and with very awkward gates.

The bridleway from Higher Trenowin to Lower Chellew has unusable gates tied with string.

We are awaiting for Cornwall Council to sort these issues.

### Balnoon Track, Halsetown

Many Riders are continuing to use this track despite being challenged by the occupants of the adjacent caravan

We do now have a considerable list of rider contacts who have used this path over the years. We will be gathering evidence from these riders in due course, so that we can submit a Definitive Map Modification Order to 'claim' it as a bridleway.

The track is also on urban common land on which horse riders do have the right to air and exercise. We are trying to get Cornwall Council to enforce this right but it is a new type of enforcement for them.

### Bridleway Dedication at Bakers Pit, Nancledra

The promised bridleway dedication by the Wildlife Trust is slow to be processed by Cornwall Council. We will be working with the CC new management team to ensure that this is progressed.



## The Third Penzance Ride 4 Life

On August Bank holiday I took part in the charity ride. Riding in pink with beautiful blue sky above us, we started off at 10.30 a.m. from Trescrowan farm, Bone Valley, Heamoor. Andrea, Beverley and me (Nicola) were joined by two pink girls and their 2 very pink and very good ponies. We followed pink signs and pink ribbons up Bone valley to Ding Dong and Men-an-tol on to Bosullow. We then turned on to the bridleway to Garden Mine, came down from Watchcroft and after a short stretch of the north coast road, reached Rosemergy. At Bosigran, we left the road and rode up the slopes of Carn Galver. The return was over the moors with gorgeous views over the sea and purple heathered moors spotted with yellow gorse. On to Bodrifty and Trythall and back to Trescrowan farm in fantastic sunshine.

We arrived back at 12.30 p.m. The ride was approximately 10 miles. We were presented with lovely pink and purple rosettes! (sponsored by Rosevean Vets.) The pinkest outfit rosette was won by Emily Savage, well done! There were about 60 riders and we raised some £2,000 for breast cancer research. Many thanks to all the organisers especially Sue Knapman. All the helpers and of course not forgetting our wonderful horses and ponies – giving us a most spectacular ride.

Nicola Studley

## Horse Hike around Loe Pool and the Penrose Estate

A mild but drizzly wet, foggy and windy day in October did not deter a terrific turnout of 16 riders for the horse hike around the Penrose Estate and Loe Pool. This is proving to be a very popular ride since the National Trust opened up some tracks to horse riders enabling a spectacular scenic circular horse ride. (We do continue to liaise with the NT to open up more routes.)

We assembled at the big Helston Car Park near the boating pool and walked off into the estate by way of the long Oak and Sycamore grove driveway. This route eventually opens out on to the splendid vista of the Penrose country house. Despite the poor weather, there were many people out walking their well behaved dogs. The riders exchanged pleasantries with other users and gates were held open for the riders to pass. Riding on past the house and along the Bar Walk Plantation they made their way to Bar Lodge. This is a lovely high trackway overlooking Loe Pool.



On reaching the Bar Lodge, the riders were met with the full force of the winds and a wild sea below. This caused some of the horses to freshen as they descended on to Porthleven Sands to cross Loe Bar. An ordered crossing was achieved despite the weather conditions and on reaching the other side took the track towards Chyvarloe before turning on to the coast path to follow a wide track leading towards Gunwalloe. This is one of the rare places that horse riders can get to and enjoy riding the coast and to take in views that are normally open to walkers only.

From there a quiet road was reached and a lovely track was taken to enable the riders to rejoin views of the lake at Carminowe Creek as they headed for Goonhusband. The riders took the road to Degibna Chapel and joined the lake side path at the Helston end. Lower Nansloe was reached and soon after they were safely back at Helston. This had been a unique 9.5 miles ride appreciated by all the horses and their riders.

## PAROW UPDATE - Explore West Cornwall, Tinnners' Way

As we reported in the last Horse Around our sister organisation PAROW (Penwith Access and Rights of Way Forum) has maintained grant funding for the employment of two part time paths officers Chris Fry and Kirstan Garvin. PAROW does much work in Penwith in keeping the paths and tracks we ride clear, and PAROW has the ability to quickly address many local access issues, working in parallel with Cornwall Council. Cornwall Council does not maintain paths and tracks that are non- definitive (ie not BW or FP) and does not maintain the areas of moorland we ride eg Bartinney Hill and Amalveor Downs above Towednack. We have again done much work in clearing the tracks on these areas. The Old lane to Zennor Quoit was reopened last Autumn and as promised the work has been done on the tracks up to Mulfra Hill by Bodrifty. More work will be planned this year on the Tinnners Way Tracks. PAROW was also commissioned to do the recent clearance work on Sancreed Beacon.

PAROW now registered as a Community Interest Company, PAROW CIC. Community Interest Companies (CICs) are limited companies, with special additional features for a business or other activity for community benefit, and not for profit.  
[www.parow.org.uk](http://www.parow.org.uk)

## Horse Hike from Polgigga

The horse hike from Polgigga near Lands End is a rare opportunity for some coastal riding. In October there were only a few riders and after going down to Porthgwarra Cove they then enjoyed bouncy canters along the bridlevays over the cliff downs and up the lane to Ardensawah. They then went back along the road through Trethewey and down to Porthcurno. From there they rode up the coastal bridlevay and rode along to Logan Rock. The path has been very well trimmed back by the National Trust making for a much easier ascent than on previous rides. The horses loved the open aspect of the cliffs. At Logan Rock all admired the view, then retraced the coast path until we picked up the bridlevay to Trendrennen. From here they followed the road back to Polgigga.



Porthgwarra Cove

## Welcome to new Members

A warm welcome to new members who have recently joined us.

Although our association is based in Penwith and primarily serves that area we are very pleased to welcome and receive support from riders outside of the immediate area.

We hope our Newsletter is of interest to all and we do find our horse hikes very popular for enabling riders to explore "foreign" territory.

Bridlevay problems for anywhere in Cornwall can be reported via the web site [www.bhsaccesscornwall.org.uk](http://www.bhsaccesscornwall.org.uk). This site has online riding maps showing you the tracks and paths which are ridden (in addition to bridlevays).

We liaise closely with Cornwall Council who have the statutory duty to look after our bridlevays.

## E – Petition to the Government

Riders are continuing to press the government for better bridlevay provision Please go to: <http://epetitions.direct.gov.uk/petitions/15341> and help get riders equal rights to walkers/ramblers. There is still good time to sign if you have not already done so.

### **Part 3 The need to modernize rights for Cyclists and Horse Riders - on Open Access land and RoW**

Bicycles do not generally benefit from access privileges on open land. The Law of Property Act 1925 gives the public a right of access for "air and exercise over metropolitan commons or commons within a borough or urban district – (eg. Trewellard Common is within the urban district of St. Just). 'Air and Exercise' this includes the right to ride a horse, but stops short of the right to ride a bicycle. However, land registered as a town or village green under any Act for the recreation of the inhabitants may be available to cyclists, as a result of sports and pastimes for 20 years by a significant number of inhabitants of the locality.

#### **CROW Act 2000**

The CROW Act only gave the right of access on Open Access land on foot.

Land can also be dedicated for public access under the National Parks and Access to the Countryside Act 1949. The right of access is limited to a right of way on foot, but importantly, the ability to wheel or carry a bicycle onto access land was deliberately protected by the 1949 Act, but you cannot ride your bike. The National Parks and Access to the Countryside Act 1949 was the forerunner to the Countryside and Rights of Way Act 2000 which used the same wording. It must be presumed, therefore, that there was no intention to deny cyclists access to Open Access Land provided that they do not ride on it!

Interestingly the Dartmoor Commons Act 1985 gave access on Dartmoor Commons both on foot and horse back but excludes cycles!

It is recognised there is great need to modernize the law to reflect the needs of today's cyclists and horse riders.

It is unlikely during the current financial constraints for progress to be achieved, as successive governments seem to think the best way to fix a problem is to chuck money at it. What is really required is a change of perception and attitude. An acceptance that people should have access to the countryside by what ever non-mechanically propelled means. To date, walkers have had all the additional benefits of 'right to roam' (CroW Act) to the exclusion of horse riders and cyclists. Walkers have the full 100% use of the rights of way network, but riders and cyclists have only less than a disjointed 20% available to them to legally ride on.

#### **Access for Riders and Cyclists on Rights of Way**

The best way forward to give better access and remove anomalies would be to revoke all the different classifications of highway for Public Rights of Way, so that all non-motorised users can use any off road path where practical to do so. This would also greatly simplify the law.



### **Some British Horse Society News**

We attended a really excellent and informative BHS Access Conference in October. There were speakers from Sustrans, National Trust, Natural England, The Trails Trust and reports on the BHS Gates trial and The recently completed study on the Health Benefits of Riding.

**The Trails Trust** explained their successful use of a simple existing process "Express Dedication at Common Law" for creating bridleways and other ROW. If you have landowner agreement for creation of a bridleway, all that needs to be done is for the landowner to sign a simple witnessed deed of dedication and for riders to use the route. The bridleway then exists and the highway authority have to record it. Apparently local authorities do not like this, but it is much simpler and faster than other processes and avoids all public inquiries etc.

**The National Trust** speaker was a horse rider and she confirmed that they have a new policy to invite more people on to their land including horse riders and generally without the need for permits. On Studland, Wiltshire, they have an NT owned horse and mounted ranger. She cattle herds and they also have Carneddan ponies grazing the heath. Local riders are asked to keep an eye on the health of the ponies as they can recognise problems better than NT rangers. She confirmed that property managers now have to do 3 year business plans for which they get budgets. It is important we flag up where we would like to see bridleway routes so that these will attract the funding needed.

**SUSTRANS**, who have had a reputation for providing tarmac cycle trails with horse riders often excluded, gave a presentation on – "Multi-use Paths". Martyn Brunt, Sustrans National Cycle Network Development Manager, explained that SUSTRANS have now updated their policies to be much more inclusive of horse riders..

- They no longer tarmac everything at the consternation of horse riders (and I would add walkers and mountain bikers)
- They have 15 different types of surfaces
- They now have a policy of putting in multi-user facilities where they can.
- Where multi-user they will lay an unsealed surface
- They have no regional position to exclude horses

Martyn went on to say that they are flexible on widths, however they feel comfortable with a minimum width of 3 metres as being a safe environment to pass other users. But importantly this is not a definitive requirement and is dependent upon each situation.

They are working on a campaign to lower cycling speeds with a new message "20 is plenty" and "Share with Care".

They are looking at upgrading cycling routes to multi-use where they can.

They now understand and are acutely aware that projects do need to contribute to economic growth and give better value for money. Including horse riders helps this and to bring in more funding.

#### **Health Benefits of Riding**

The British Horse Society commissioned the University of Brighton in partnership with Plumpton College to research the physical health, psychological and well-being benefits of recreational horse riding in the United Kingdom. The study scientifically concluded that Horse riding and activities associated with horse riding, such as mucking out, expend sufficient energy to be classed as moderate intensity exercise. The energy we expended was proved to be significant and thus is another justification for why riding and access justifies more economic support. Full report and summary is on [www.bhs.org.uk](http://www.bhs.org.uk)