

CHESHIRE WALKERS

Walks Programme

October 2003 to
March 2004



The "*Summer of Love*" has finally drawn to a close and for some, life will never be the same again.....

Welcome to the Autumn and Winter programme of the Cheshire Walkers - the only walking group that can put a programme together in 45 minutes! We were going to try out some brave new innovations this time around, but the feedback we have been getting from group members is that you like things as they are, so why change a winning formula?

So, once again, we present for your delectation, a varied selection of walks, mostly exploring new areas that we haven't been to before, but also some return visits to some of our favourite walks. Just because we're repeating some routes, it doesn't mean that we're running out of ideas. Far from it! Some walks are so good that they deserve going on again, at different times of the year, to see them in a different way. With the constant influx of new members into the group, these walks will be new to a lot of people anyway.

Our ever-popular weekends away were running at a rate of almost one a month over the Summer. We've eased off a bit this time around, with only one weekend featured in the programme: the third annual January Lake District excursion! However, we have in the past "sexed -up" some of the Sunday walks and turned them into full weekends. We will probably do the same again during this new programme, so, as always, listen out on the grapevine for the word on the street.

We have two new leaders - Zoe and Carl - making their debuts over the coming months. So do come along to jeer, whinge and make comments on their map reading skills, as only you lot know how to. The group currently has more active leaders than ever before, which is a very healthy state of affairs indeed. If anybody else would like to lead a walk for the group, then do let us know before the next programme.

Finally, at our AGM on the 12th of November, we will need to elect a new committee to take the group forward over the next year. So, if you're burning with outrage, or idealistically motivated, or have meglo-maniac tendencies, or just fancy being a big fish in a very small pond indeed, then this is your opportunity to fulfil your aspirations! New blood is required to develop the group and take us from strength to strength. Go for it!

Cheers,

Dave

October 2003

Oct 5th *Sunday 10.00am*

Lancashire: Stocks Reservoir, Forest of Bowland

This route takes in the River Hodder, Stocks Reservoir, Gisburn Forest and views of the surrounding fells.

Start Point : The green opposite the car park, Slaidburn (GR SD713523)

Distance : 11 Miles **Level:** Moderate

Leader : Susan Brindle **Tel:** 01257 481350

Oct 12th *Sunday 10.00am*

Merseyside: Sefton Coast

Fed up with yomping in the hills? Then have a day out at the beach instead! A pleasant stroll among the sand dunes and pine woods of this internationally designated coastal area.

Start Point : National Trust car park, Formby (GR SD276082)

Distance : 8 Miles **Level:** Easy

Leader : Dave Perry **Tel:** 01925 573657

Oct 19th *Sunday 10.00am*

Peak District: Wincle

The walk follows the beautiful River Dane down stream, then traverses the top of a valley. We will have wonderful autumnal views over Cartlidge Wood, maybe hearing the owls.

Start Point : On the road, just down from the Ship Inn. Turn off the A54 down the lane to Wincle (GR SJ962653)

Distance : 8 Miles **Level:** Easy / Moderate

Leader : Aidan Williams **Tel:** 01925 411718
0795 1218035

Oct. 26th *Sunday 10.00am*

Snowdonia: Moel Siabod, from Pont Cyfng

An outstanding ascent of this fine mountain via the waters of Llyn y Foel and the rocks of Daeaf Ddu. On a good day, the views of Snowdon from its summit are without equal.

Start Point : Car park opposite the Tyn y Coed hotel on the A5 (GR SH733754)

Distance : 7 Miles **Level:** Hard

Leader : Angus Duncan **Tel:** 01565 653209
07903 457451

November 2003

Nov 2nd *Sunday 10.00am*

Peak District: Monks Dale And Other Dales

This walk takes in some of the lesser Limestone Dales, including the marvellous Monks Dale, and also village of Tideswell.

Start Point : Car park in Tideswell Dale, on the B6049 south of Tideswell. (GR SK154752)

Distance : 10 Miles **Level:** Moderate

Leader : Simon Gebbett **Tel:** 01925 230701
0773 3138720

Sunday 10.00am

Peak District: Shutlingsloe and Macclesfield Forest

Climbs up Shutlingsloe - the Cheshire Matterhorn - and through Cumberland Clough.

Start Point : Lay-by at Trentabank Reservoir (GR SJ963711)

Distance : 8 miles (1700ft ascent) **Level:** Moderate

Leader : Vicki Warren **Tel:** 0161 448 2348

Nov 12th -The Great Token AGM Social Night!

The Ram's Head - Grappenhall - 8.00pm

*We'll get the elections for next year's committee over and done with
and then have a great night out!!!!*

Sunday 10.00am

Lancashire: Brinscall

A moorland walk in the West Pennines, visiting the Bronze Age tumulus of Round Loaf, the ruins of Yarrow Valley and the streams and pools of Lead Mine Clough.

Start Point : Brinscall (exact location to be decided) (GR SD625215)

Distance : 11 Miles **Level:** Moderate

Leader : Zoe Higgins **Tel:** 0161 792 2388

0797 7225796

Sunday 10.00am

Snowdonia: Nantle Ridge

Join us on a high level walk with fantastic views of the Llyn Peninsular, Snowdon and the surrounding high mountain ranges of Snowdonia National Park. The route begins easily from the car park nr Llyn y Gader (191m), then climbs to the summit of Mynydd Drws-y-coed (695m) via Y garn (633m). The route undulates along this ridge, taking in the highest summit of the ridge onto Trum y Ddysgi (709m) then to Mynydd Tal-y-mignedd (653m), with a gentle descent through Beddgelert Forest to the starting point.

Start Point : Car park with public toilet opp Llyn y Gader on A4085 (GR SH571525)

Distance : 6 Miles **Level:** Moderate/Hard

Leader : Paul Lawton **Tel:** 01925 485589

0778 9274958

Sunday 10.00am

Peak District: Derwent Edge

A superb scenic walk across the moorland above Ladybower Reservoir, from where many of the best known landmarks of the Peak District can be seen.

Start Point : Fairholmes car park, between Ladybower and Derwent Reservoirs (GR SK173893)

Distance : 10 Miles **Level:** Moderate

Leader : Dave Perry **Tel:** 01925 573657

December 2003

Dec 7th *Sunday 10.00am*

Yorkshire Dales: Dent

A walk around the dales and hills in this north-western part of the Yorkshire Dales

Start Point : Main car park in the village (GR SD 704 871)

Distance : 9 miles **Level:** Moderate

Leader : Andy Gantley **Tel:** 01244 317229

Dec 14th *Sunday 10.00am*

Peak District: The Peaks of the Upper Dove

An absorbing stroll around the hills of the Upper Dove, including Chrome, Parkhouse and High Wheeldon Hills, with exciting scrambling and marvellous views and including at least one steep climb!

Start Point : Longnor market square (GR SK089649). Parking limited so please car share where possible.

Distance : 9 Miles **Level:** Moderate

Leader : Simon Gebbett **Tel:** 01925 230701
0773 3138720

Dec 21st *Sunday 10.00am*

The traditional Christmas walk and meal.

All details to be confirmed.

Start Point :

Distance : **Level:**

Leader : **Tel:**

January 2004

Jan 4th *Sunday 10.00am*

Cheshire: Sandstone Trail

A low level winter walk in classic Cheshire countryside with castle backdrops

Start Point : Car park near Beeston Castle (GR SJ540590)

Distance : 10 miles **Level:** Moderate

Leader : Andy Gantley **Tel:** 01244 317229

Jan 11th *Sunday 10.00am*

Lancashire: Arnsdale to Silverdale

This walk has great charm and variety, takes in coastline, old coppice woodland complete with squirrels and roe deer, and just one climb, to the summit of Arnsdale Knott, now planted with conifers. A nearby vantage point takes in the Kent Estuary, Whitbarrow and a range of Lakeland fells.

Start Point : Arnsdale promenade (Approx. GR SD459789)

Distance : 8 Miles **Level:** Easy

Leader : Susan Brindle **Tel:** 01257 481350

Jan 18th *Sunday 9.45am (earlier than usual!)*

Snowdonia: Llyn Crafnant

Walking in a quieter corner of Snowdonia, we see the hidden lakes of Wales. The walk goes through sparse old forest and undulating open landscape, with breathtaking views down the Ogwen Valley, then up the Nany y Geuallt pass and back around Llyn Crafnant.

Start Point : From Trefriw on the B5106, head upto the car park at the foot of Llyn Crafnant Reservoir (GR SH756618)

Distance :	9.5 Miles	Level:	Hard
Leader :	Aidan Williams	Tel:	01925 411718 0795 1218035

Jan 23rd - 25th *The by-now traditional January Lake District weekend*

Venue and walks to be decided.

Leader : Angus Duncan **Tel:** 01565 653209
07903 457451

February 2004

Feb 1st Sunday 10.00am

Staffordshire: Biddulph Grange

A chance to take in the Biddulph Grange and Greenway Bank country parks and the Biddulph Valley Way. This walk has flora, fauna, WC and a pub.

Start Point : Car park at Biddulph Grange Country Park (note: not the National Trust car park next door!) (GR SJ 894594)

Distance : 8 Miles **Level:** Moderate
Leader : Carl Hansen **Tel:** 0151 4207534
 07905 469245

Feb 8th Sunday 10am

Peak District: Monsal Dale and Ashford in the Water

Packhorse bridges, old mills, The River Wye a varied and interesting Walk.

Start Point : Car Park at Ashford-in-the-Water, behind the church (GR SK195698)

Distance :	8.5 miles	Level:	Moderate
Leader :	Vicki Warren	Tel:	0161 448 2348

Feb 15th Sunday 10.00am

Snowdonia: Bethania

This moderately hilly walk travels through a variety of small lakes and should provide some excellent views of Snowdon.

Start Point : Car park on north east side of Bethania. This is 1.5km past the west side of Lyn Gwynant (GR SH 628508)

Distance : 10 Miles **Level:** Moderate
Leader : Craig Millar **Tel:** 0161 9286296

Feb 22nd Sunday 10.00am

Peak District: Stanage Edge

The classic Peaklands "edge", combining a long gritstone escarpment with visits to Higger Tor and the mysterious fortifications of Carl Wark. The area is rich in history and legend, giving me an excuse to waffle on endlessly.

Start Point : Car park in the centre of Hathersage (GR SK232815)

Distance : 11 Miles **Level:** Moderate

Leader : Dave Perry **Tel:** 01925 573657

Feb. 29th Sunday 10.00am

Peak District: Hollins Cross and Mam Tor from Castleton

The walk will go through the western side of the Hope Valley, at the edge between White and Dark Peak, past the village, up to Hollins Cross, along the mountain ridge to Mam Tor, then back to Castletob through disused mine caverns, and Peveril Castle. Excellent view points at Hollins Cross and Mam Tor.

Start Point : Car park at Castleton (GR SK149830)

Distance : 7.5 Miles **Level:** Moderate

Leader : Antonio **Tel:** 0776 6583723

Filippone

March 2004

March 7th *Sunday 10.00am*

Lake District: Blencathra

Blencathra (AKA Saddleback) is located in the northern part of the Lake District and provides an excellent ridge walk with a steep ascent and descent.

Start Point : Car park to the west side of Threkeld (GR NY318256)

Distance : 8 Miles **Level:** Hard

Leader : Craig Millar **Tel:** 0161 9286296

Mar 14th *Sunday 10.00am*

North Wales: Worlds End

A return visit to this spectacular walk, including rolling hills, gorges, caves, woodlands, misty mountains and a stretch of the Offas Dyke path.

Start Point : Car Park opposite the Ponderosa Café (A542, North of Horseshoe Pass) (GR SJ192481)

Distance : 8 Miles **Level:** Moderate

Leader : Aidan Williams **Tel:** 01925 411718

0795 1218035

Mar 21st *Sunday 10.00am*

Peak District: Kinder Northern Edges

Blow away the Winter cobwebs and welcome in Spring with this long but exhilarating walk. A place to find solitude and the sweep of moorland under an open sky.

Start Point : Car park on the A57, 6 miles east of Glossop (GR SK110914)

Distance : 15 Miles **Level:** Hard

Leader : Angus Duncan **Tel:** 01565 653209

07903 457451

Mar 28th *Sunday 10.00am*

Yorkshire Dales: Ingleton Glens and Twisleton Scars

The Glens and Waterfalls Walk of Ingleton, with its profusion of gorges, wooded ravines, sparkling waterfalls and deep pools, is perhaps the best of its type in the British Isles and justifiably popular.

Start Point : Waterfalls car park, Ingleton (GR SD693734)

Distance : 8 Miles **Level:** Easy / Moderate

Leader : Dave Perry **Tel:** 01925 573657

Other Stuff

Don't forgot our website which we includes the walks programme and any changes and updates www.cheshirewalkers.freemove.co.uk

Social events are organised on an ad hoc basis and advertised on the walks and by e-mail so keep your ears open!

Walk Conditions

Our walks cover a variety of terrains and are graded accordingly, the grades may also depend on the time of year.

EASY: Lowland walking, gentle hills, ideal for beginners

MODERATE: Hills & Dales, generally below 1,500 feet.

HARD: High level mountain & moorland over 1,500 feet. May include steep ascents or scrambling.

The following are items of clothing and equipment which you should consider bringing on walks:

Comfortable Walking Boots (not trainers)

Waterproof Jacket & Overtrousers

Warm Clothing

Packed Lunch & Water

With Your Ramblers Membership you can get discount on goods in many outdoor shops.

Registered Charity No. 306089

Ramblers Association Central Office

1-5 Wandsworth Road, London, SW8 2XX – Tel: 0207 339 8500