

CHESHIRE  
WALKERS  
UNDER 40'S

**Walks Programme**

**April 2003 to  
September 2003**



Welcome to the Spring and Summer programme of the Cheshire Walkers under 40's walking group. We've had some good walks over the past few months, but far from resting on our laurels, our valiant band of leaders have endeavoured once again to serve up a veritable cornucopia of walking delights for your pleasure.

As well as the regular weekly walks, you will also find an increased number of weekends away in this programme. Staying in youth hostels for two or three nights, with two full days of walking, allows us to go further afield (and drink more beer) than is possible on a day walk. These weekends are becoming increasingly popular, so do book on them early, as places are limited.

During the Summer months, short midweek evening walks will also be organised. They will usually be 3 - 4 miles in length, ending up at ye local hostelry. These walks are not listed in this programme, as they tend to be organised on an impromptu basis. Listen out for details on the regular walks.

Also organised on an informal basis are a variety of social events, including pub nights, meals, cinema trips, days out, etc. As the programme is prepared so far in advance, social events are not listed so as to allow us greater spontaneity and flexibility. Again, listen out for details on the walks. We don't have a social committee as such: it's up to you lot to organise these things and let the rest of us know about them!

All suggestions for future walks, weekends away or general feedback are welcomed. The group is only what people make of it, so let's have lots of input from lots of people.

Cheers,

Dave

## April 2003

**April 6<sup>th</sup>**      *Sunday 10am*

**Lancashire: Forest of Bowland**

Explore the moorlands of northern Lancashire, with good views of the surrounding fells.

**Start Point :** Small car park to the side of St Michael's Church and the Inn at Whitewell (GR SD 658469)

**Distance :** 9 miles                      **Level:**                      Moderate

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

**April 13<sup>th</sup>**      *Sunday 10am*

**Peak District: Kinder Downfall**

Traverse the rim of the Kinder plateau, following part of the Pennine Way, with spectacular views of the western Peaks.

**Start Point :** Car park at Bowden Bridge, on the road from Hayfield to Kinder Reservoir (GR SK 048869)

**Distance :** 8.5 Miles                      **Level:**                      Moderate

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

**April 18<sup>th</sup> - 20<sup>th</sup>**

**Scotland: Loch Lomond and the Trossachs National Park**

Our traditional Easter trip to Scotland. This year it's "Munro bagging" for beginners in Scotland's newly designated first National Park. **THIS WEEKEND IS FULLY BOOKED!**

**April 27<sup>th</sup>**      *Sunday 10am*

**Cheshire: Bollin Valley Way**

A charming Spring walk along a section of the Bollin Valley Way, through rural pasture lands along the River Bollin, skirting Manchester Airport, through Styal and onto Wilmslow.

**Start Point :** The Bulls Head Pub, Halebarns - just off A538 (GR SJ 791858)

**Distance :** 10 Miles                      **Level:**                      Moderate

**Leader :** Jeff Richardson              **Tel:**                      0161 980 8158

## May 2003

**May 4<sup>th</sup>**      *Sunday 10am*

**Lancashire: Beacon Fell and the River Brock**

A walk along the sylvan paradise that is the River Brock from Beacon Fell, an isolated hill of forest and moorland on the southern edge of the Forest of Bowland.

**Start Point :** Main car park at Beacon Fell Country Park. Leave the M6 at junction 31a and head for Longridge. Follow signs through narrow lanes to country park. (GR SD 565 427)

**Distance :** 10 Miles                      **Level:**                      Moderate

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

**May 10<sup>th</sup>**      *Saturday 9.30am*  
**Southern Lake District: The Kentmere Horseshoe**  
 A splendid ridge walk across seven summits with dramatic aerial views over wild mountain scenery.  
**Start Point :** Lay-by near St Cuthbert's Church in Kentmere (Parking limited - arrive in good time). (GR NY 456041)  
**Distance :** 12 Miles                      **Level:** Hard  
**Leader :** Angus Duncan              **Tel:** 07903 457451

**May 18<sup>th</sup>**      *Sunday 10am*  
**Snowdonia Scramble: Airy Crescendo Y Garn (Take 2)**  
**Start Point :** Car park at Idwal Cottage off the A5 nr Capel Curig (GR SH648603)  
**Distance :** 5.5 Miles                      **Level:** Hard  
**Leader :** Paul Lawton                  **Tel:** 01925 485589

**May 25<sup>th</sup> - 27<sup>th</sup>**      **May Bank Holiday Weekend**  
**Shropshire and the Marches**  
 A long weekend visiting some of the most famous locations in the county. Exact routes to be decided, but will likely include the Long Mynd, Stiperstones and the Kerry Ridgeway. A local TV celebrity will provide insightful commentary on the places visited.  
**Location :** Bridges Youth Hostel  
**Distances :** 8 - 12 Miles              **Level:** All moderate  
**Leader :** Dave Perry                  **Tel:** 01925 573657  
**Bookings :** Simon Gebbett        **Tel:** 01925 230701

## June 2003

**June 1<sup>st</sup>**      *Sunday 10am*  
**Peak District: Lathkill Dale**  
 A beautiful walk through the wooded limestone dales of the River Lathkill and River Bradford.  
**Start Point :** Outside the church in Elton. Park along the main road. (GR SK 222609)  
**Distance :** 12.5 Miles                      **Level:** Moderate  
**Leader :** Susan Brindle                  **Tel:** 01257 481350

**June 8<sup>th</sup>**      *Sunday 10am*  
**Wales: Berwyns**  
 Starting at one of the Seven Wonders of Wales, we'll be doing the area's most famous route.  
**Start Point :** Car park next to café at Pistyll Rhaedr waterfall. (GR 075295)  
**Distance :** 10 Miles                      **Level:** Moderate  
**Leader :** Simon Gebbett              **Tel:** 01925 230701

**June 15<sup>th</sup>**      *Sunday 10am*  
**Peak District: Shining Tor and the Goyt Valley**  
 A circuit in one of the Peak District's most famously conserved valleys.  
**Start Point :** Lower car park on west side of the Errwood Reservoir in the Goyt Valley. (GR SK 013757)  
**Distance :** 12 Miles      **Level:** Moderate  
**Leader :** Vicki Warren      **Tel:** 0161 448 2348

**June 22<sup>nd</sup>**      *Sunday 10am*  
**Wales: Hillforts of the Clwydian Range**  
 Follow in the footsteps of ancient warriors as we "moel bag" Moels Fenlli and Farnau, along the Offa's Dyke Path, in the Clwydian Hills.  
**Start Point :** Car park at Loggerheads Country Park, on the A494 Mold/Ruthin road. (GR SJ 198626)  
**Distance :** 10 Miles      **Level:** Moderate  
**Leader :** Dave Perry      **Tel:** 01925 573657

**June 27<sup>th</sup>**      *Weekend camping at Ullswater, Lake District*  
 - 28<sup>th</sup>      Camping at Side Farm NY397168 or stay at Patterdale YHA.  
**Sat:** Scenic lakeside walk from Patterdale to Howtown, returning on the lake steamer (bar on board!)  
**Distance :** 9 Miles      **Level:** Moderate  
**Sun:** High level walk - High Street/Helvellyn or Fairfield Horseshoe (to be confirmed)  
**Distance :** 8 Miles      **Level:** Hard  
**Leader :** Jeff      **Tel:** 0161 980 8158  
                  Richardson /      01925 767347  
                  Sylvia Flohe      07946 497229 (mob)

## July 2003

**July 6<sup>th</sup>**      *Sunday 10am*  
**Lancashire: Darwen Hill, Tockholes and White Coppice**  
 A walk around the moors, woods and reservoirs of Lancashire, including Darwen Jubilee Tower, Hollinshead Hall and the Holy Well, and White Coppice.  
**Start Point :** Roddlesworth information centre, next to the Royal Arms pub. (GR SD 665215)  
**Distance :** 12 Miles      **Level:** Moderate  
**Leader :** Craig Millar      **Tel:** 0161 928 6296

**July 12<sup>th</sup>**      *Saturday (time to be confirmed)*  
**Yorkshire Dales: The Three Peaks**  
 An early start will be required for the Cheshire Walker's 2003 Summer Challenge - Yorkshire's famous Three Peaks of Pen-y-Ghent, Ingleborough and Wharfedale. This is a strenuous day of 26 miles and 5,000 feet of climbing and should only be attempted by capable long distance walkers.  
**Start Point :** Car park in Horton in Ribblesdale (GR SD 805725)  
**Distance :** 26 Miles      **Level:** Bloody Hard!  
**Leader :** Angus Duncan      **Tel:** 01565 653209  
                       07903 457451

*Sunday 10am*

Witness the spectacular annual migration of vast herds of mountain sheep as we venture on safari along the ridges of the Clwydian Hills. Dress code: pith helmets must be worn.

**Distance :** 9 Miles

**Level:** Moderate

**Tel:** 01925 573657

*Sunday 10am*

And now for something completely different! Put your boots in the cupboard and come and explore the delights of Derbyshire from the saddle along the disused railway line of the Tissington and High Peak Trails. 15 mountain / trail bikes reserved: hire charge £12.50. Please contact leader to reserve your saddle.

Distance : 30 Miles

**Level:** Moderate

**Tel:** 01925 767347

07950 939908

*Sunday 10.00am*

Heading for High Street - an 800 m ridge walk overlooking Haweswater

**Start Point :** Car Park on the west side of the A592 nr Hartsop. 400m north of Brothers Water. (GR NY 403134)

Distance : 8 Miles

**Level:** Hard

**Leader :** Craig Millar

**Tel:** 0161 928 6296

*Sunday 10.00am*

Discover the wilds of Southern Snowdonia. The Arenigs, which are ignored by most walkers, provide superb views and tranquillity. Pleasant walking on grassy paths, with some boggy bits. 600m of ascent.

**Start Point :** Layby at Clogwyn Du, just off the A4212 (GR SH 824393)

**Distance :** 10 Miles

**Level:** Moderate / Hard

**Leader :** Aidan Williams

**Tel:** 01925 411718

07951 218035

*Saturday 10am*

A walk of contrasts that includes moorland, two rocky summits, woodland and beautiful riverside paths. (GR SE 077551)

**Start Point :** Cavendish Pavilion car park on the Bolton Abbey Estate.

Distance : 10 Miles

**Level:** Moderate

**Leader :** Simon Gebbett

**Tel:** 01925 230701

**Aug 31<sup>st</sup>**      *Sunday 10am*  
**Yorkshire Dales: Pen-y-Ghent**  
 For those not tempted by Angus's "SAS: Are You Tough Enough?" antics in July,  
 this is your chance to walk the first of the Three Peaks at a more civilised pace.  
**Start Point :**     Car park in Horton in Ribblesdale (GR SD 805725)  
**Distance :**        9 Miles                  **Level:**                   Moderate  
**Leader :**            Dave Perry            **Tel:**                    01925 573657

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## **USEFUL INFORMATION**

### **Transport & Meeting Points**

We normally travel to the walks by car meeting promptly at the time and location given in the programme. Please call the leader by the day before the walk to let them know you'll be going. It may also be possible to arrange lifts with other members of the group. There are also a few walks accessible by public transport - again check with leaders.

### **Walk Conditions**

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

|                  |                                                                                          |
|------------------|------------------------------------------------------------------------------------------|
| <b>EASY:</b>     | Lowland walking, gentle hills, ideal for beginners                                       |
| <b>MODERATE:</b> | Hills & Dales, generally below 1,500 feet.                                               |
| <b>HARD:</b>     | High level mountain & moorland over 1,500 feet. May include steep ascents or scrambling. |

### **So who actually runs this group anyway?**

|                                     |                |
|-------------------------------------|----------------|
| Chairman:                           | Simon Gebbett  |
| Secretary:                          | Dave Perry     |
| Treasurer:                          | Vicki Warren   |
| Publicity:                          | Aidan Williams |
| Committee Member without Portfolio: | Sarah Morsman  |