

April 2003

April 6th *Sunday 10.00am*
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 659470)
Distance : 9 miles **Level:** Moderate
Leader : Susan **Tel:** 01257 481350

April 13th *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 **Tel:** 01244 317229

April 18 - 20th **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 27th *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 **Tel:** 0161 980 8158

July 27th *Sunday 10am*
Peak District: Cycle Ride, Tissington Trail
 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.
Start Point : Parsley Hay on A515 (approx 7 miles SE out of Buxton)
Distance : 30 Miles **Level:** Moderate
Leader : Sylvia **Tel:** 01925 767347
 07950 939908

August 2003

August 3rd *Sunday 10.00am*
Lake District: High Street and Angletarn Pike
 Heading for High Street - an 800 m ridge walk overlooking Haweswater
Start Point : Car Park on the westside of the A592 nr Hartsop. 400m north of Brothers Water. (GR NY 403134)
Distance : 8 Miles **Level:** Hard
Leader : Craig **Tel:** 0161 928 6296

Aug 10th *Sunday 10.00am*
Wales: Arenig Fawr
 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 **Tel:** 01925 411718
 07951 218035

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.

Aug 16th

Saturday 10am

Yorkshire Dales: Simon's Seat

A walk of contrasts that includes moorland, two rocky summits, woodland and beautiful riverside paths.

Start Point : Cavendish Pavilion car park on the Bolton Abbey Estate. (GR SE 077551)

Distance : 10 Miles **Level:** Moderate
Leader : Simon **Tel:** 01925 230701

Aug 24th

Sunday 10am

Peak District: Black Hill

We'll head north on the Pennine Way to Black Hill before completing a circle via Westend Moss

Start Point : Carpark next to Crowden Weir. This is just off the left hand-side of the A628, 6km past Tintwistle (just past a campsite) (GR SK 072993)

Distance : 10 Miles **Level:** Moderate
Leader : Craig **Tel:** 0161 928 6296

Aug 31st

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 **Tel:** 01925 573657

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.

So who actually runs this group anyway?

Chairman:	Simon
Secretary:	Dave
Treasurer:	Vicki
Publicity:	Aidan
Committee Member without Portfolio:	Sarah

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

September 2003

Sept 7th

Sunday 10am

Peak District: Edale

Ascending via Grindsbrook Clough, we'll follow the rim of the valley past some weird rock formations before descending via Jacob's Ladder for a well earned beer at the Nag's Head.

Start Point : Main car park at Edale (GR SK 124853)

Distance : 8 Miles

Level: Moderate / Hard

Leader : Angus

Tel: 01565 653209
07903 457451

Sept 14th

Sunday 10am

Yorkshire: Hebden Dale

A walk of contrasts: open rolling moorland, steep wooded valleys, lowland riverside walking and lofty crag traverses.

Start Point : Car park near Gibson Mill, near Hebden Bridge (GR SD 969298)

Distance : 15 Miles

Level: Moderate

Leader : Vicki

Tel: 0161 448 2348

**Sept 19 -
21st**

The Big Bash! York

The annual gathering of under-40's groups from around the UK, for a weekend of walking and partying. Veteran's of last year's bash at Castleton have a reputation to live up to! All details to be confirmed.

Sept 28th

Sunday 10am

Peak District: Edale Skyline

This is a walk across ridges and open moor, but also through meadows and open farmland. Spectacular views all round from Win Hill, Lose Hill and Mam Tor ("the shivering mountain").

Start Point : Main car park at Edale (GR SK 124853)

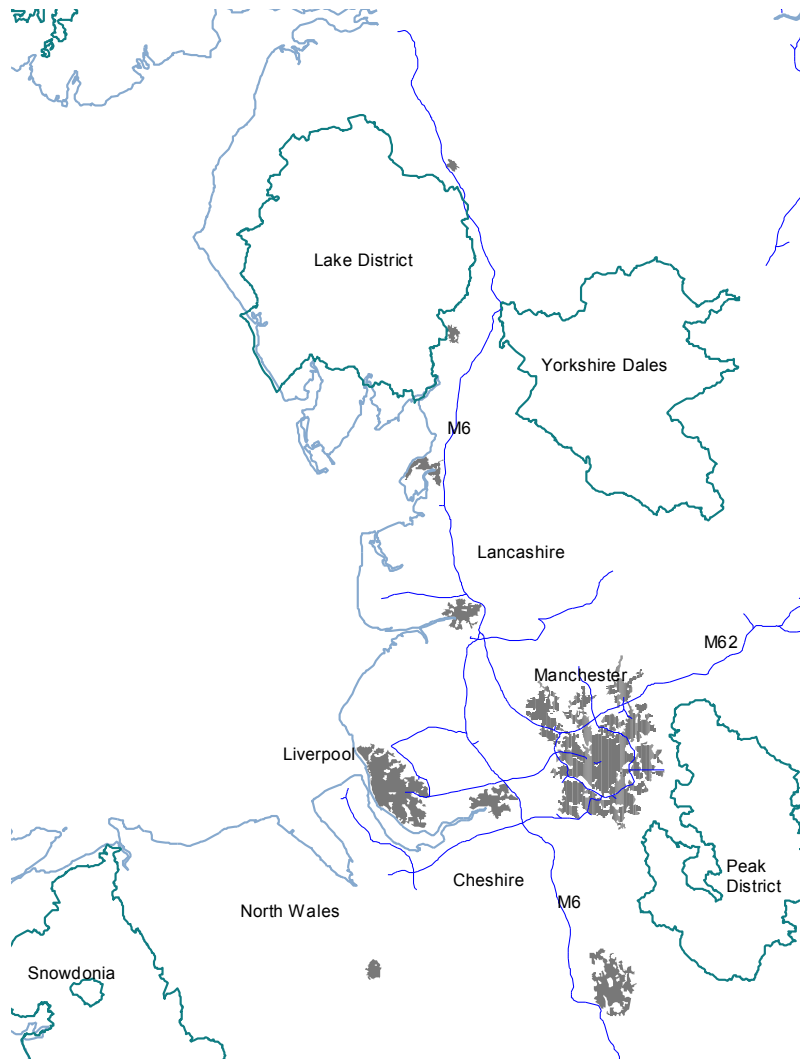
Distance : 11 Miles

Level: Moderate

Leader : Antonio

Tel: 0161 976 5059
07766 583723

Where we Walk



CHEESHIRE

WALKERS

UNDER 40's

Walks Programme

**April 2003 to
September 2003**



July 2003

- July 6th** *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 : Simon **Tel:** 01925 230701
- July 12th** *Saturday (time to be confirmed)*
Yorkshire Dales: The Three Peaks
 An early start will be required for the Cheshire Walker's 2003 Summer Challenge - Yorkshre's famous Three Peaks of Pen-y-Ghent, Ingleborough and Whernside. 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 **Tel:** 01565 653209
 07903 457451
- July 20th** *Sunday 10am*
North Wales: Clwydian Hills AONB
 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.
Start Point : To be confirmed.
Distance : 9 Miles **Level:** Moderate
Leader : Dave **Tel:** 01925 573657

May 2003

- May 4th** *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 **Tel:** 01925 230701
- May 9th** *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 **Tel:** 07903 457451
- May 18th** *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 **Tel:** 01925 485589

May 25 - 27th **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 **Tel:** 01925 573657
Bookings : Simon **Tel:** 01925 230701

June 2003

June 1st *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 222610)
Distance : 12.5 Miles **Level:** Moderate
Leader : Susan **Tel:** 01257 481350

June 8th *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 : Craig **Tel:** 0161 928 6296

June 15th *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 **Tel:** 0161 448 2348

June 22nd *Sunday 10am*

Wales: Hillforts of the Clwydian Range

Follow in the footsteps of ancient warriors as we "moel bag" Moels Fenlli and Famau, 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 **Tel:** 01925 573657

June 27 - 28th

Weekend camping at Ullswater, Lake District

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 / Sylvia **Tel:** 0161 980 8158
01925 767347
07946 497229
(mob)