

CHESHIRE WALKERS

Walks Programme

October 2004 to
March 2005



Welcome to the new winter walks programme for Cheshire Walkers - the walking group for the young and young at heart for Cheshire, Greater Manchester and Merseyside.

The programme runs from October until March, and calling it a winter programme is a bit of a mistake. In fact as I'm writing this it is a gorgeous, sunny and hot late summer's day!

We've had another successful summer, with a number of weekends away, a scarily hard challenge walk and a few evening walks between the showers! Highlights to look out for in this programme are more train walks, the now traditional weekend away in the Lakes in January, a guided trip around Martin Mere bird reserve, and at the end of the programme a trip to Exmoor at Easter. There is also the usual mixture of weekend walks, in old and new locations.

We will also be having our AGM in November - your chance to have a say on how things are done. I WILL be standing down as Chairperson after 4 (I think!) years, so a volunteer is needed! More details nearer the time.

As always there will also be social events organised throughout the winter, look out for e-mails. If anyone wants to organise anything let us know. If we do not already have your e-mail please pass it on to Aidan so that he can add you to the mailing list.

The group e-mail address is: cheshirewalkers@williams67.fslife.co.uk
There will also be updates on the website: www.cheshirewalkers.freeserve.co.uk

Finally, looking to the future if any of you are keen on getting further involved with the group, either leading walks or anything else just let a committee member know.

See you all soon and Happy Walking!

Simon

October 2004

Oct 3rd *Sunday 10.00am prompt!*

Cadair Berwyn

Starting near Pistyll Rhaedr, the highest waterfall in Wales, this walk climbs up through high moorland to Moel Sych then continues along the Berwyn ridge to Cadair Berwyn (827m) before peeling off the ridge onto the peaks of Tomle and Foel Wen. Footpaths through pastures and woods take us back onto the road to Tan-y-Pistyll. This is quite a wild and exposed area and folks should be prepared for quite boggy conditions underfoot. Ascent 800m.

Start Point: Tan-y-Pistyll car park, toilets and cafe near Waterfall. (NGR SJ 075 294).
Distance: 11 miles **Level:** Moderate / Hard
Leader: Ian **Tel:** 07742 118 147 /

Oct 10th *Sunday 10.00am*

Yorkshire Dales - The Round of Crummackdale

This walk is a fine, natural and complete circuit of Crummackdale's skyline over some of the region's finest limestone pavements. See the famous Norber "erotic boulders."

Start Point: National Park Visitor Centre, Clapham. (NGR SD 746 692).
Distance: 9 Miles **Level:** Moderate
Leader : Dave **Tel:** 01925 573 657

Oct 17th *Sunday 10.00am*

Peak District - Holme Valley

Visit the varied landscapes around the Holme Valley in the north of the Peak District. The walk includes moorland, woodland, several reservoirs, and a visit to Hades!

Start Point : Ramsden reservoir car park, near Holmbridge. (NGR SE 116 056).
Distance : 12 miles **Level:** Easy / Moderate
Leader : Charles **Tel:** 0161 969 2625 / 07960 109067

Oct 24th *Sunday 10.00am*

Shropshire - Weston, Lee Brockhurst and Stanton

Today we explore rural North Shropshire, taking in wooded sandstone escarpments, river valleys, and views of the famous Hawkstone Follies.

Start Point : Stanton Upon Hine Heath, off the A49 between Whitchurch and Shrewsbury. Take the B5683 off the A49 and then turn left at Moreton Corbet, or turn right off A53 between Hodnet and Shawbury. (NGR SJ 568 240).
Distance : 9 Miles **Level:** Easy / Moderate
Leader : Simon **Tel:** 01925 230 701 / 07733 138 720

Oct 31st *Sunday 10.00am*

Lake District - Swindale and the Eastern Fells

Exploring forgotten valleys on the Lake District's eastern fringe. Moorland and cultivated valleys, mostly gentle climbs, one steep climb (ascent 350 metres).

Start Point : Keld, on minor road west of A6 at Shap. (NGR NY 553 145).
Distance : 11 Miles **Level:** Moderate
Leader : Antonio **Tel:**
 Susan

November 2004

Nov 7th *Sunday 10.00am*

Staffordshire - The Roaches from Tittesworth Reservoir

A return to one of our old favourites and a rare low-level walk from me! We'll traverse the gritstone crags of the Roaches before a wooded walk along the River Dane.

Start Point : Car park at Tittesworth Reservoir Amenity Area. (NGR SJ 994 603).

Distance : 13 Miles **Level:** Moderate / Hard

Leader : Angus **Tel:** 01565 650 322 / 07903 457 451

Nov 14th *Sunday 10am*

North Wales - Llantysilio Mountain, nr Llangollen

Welcome to our first Singing Walk! Participants will sing a series of rousing songs as we walk along the high hills above the Dee Valley. Send your song requests to me in advance, so that I can compile a songbook. To paraphrase Fight Club: "If this is your first Singing Walk, then you must sing!"

Start Point : Details available upon audition.

Distance : 8 Miles **Level:** Moderate

Leader : Dave **Tel:** 01925 573 657

AGM - WEDNESDAY NOVEMBER 17TH 8PM - LOCATION TO BE ANNOUNCED

Nov 20th *Saturday 10am*

Kinder Scout - Hayfield to Edale train walk

A SATURDAY start for this linear walk from Hayfield to Edale. The walk will include parts of the Snake Path and the Pennine Way. Finish in Edale for a well earned drink and then the train/bus back to Hayfield and home. More details nearer the time.

Start Point : Hayfield tourist information car park. (NGR SK 035 865).

Distance : 10 Miles, 630m **Level:** Moderate / Hard
ascent

Leader : David **Tel:** 07730 008 351 davidheys@freeuk.com

Nov 28th *Sunday 10.00am*

Lancashire 'Fens' and Martin Mere

An easy walk on the West Pennine Plain, along a canal and open farmland, with glimpses of wilder wetland, followed by a guided tour of Martin Mere bird sanctuary at 1.00pm with the opportunity to look around further afterwards (5pm closing time). Admission price £4.75 - £5.75 depending on the group number.

Start Point : Car park at WWT Martin Mere, The Wildfowl & Wetlands Trust, Burscough, Lancashire, L40 0TA. 6 miles from Ormskirk and 10 miles from Southport. It is situated off the A59 and is signposted from the M61, M58 and M6. (NGR SD 429 144).

Distance : 5 Miles **Level:** Easy

Leader : Susan **Tel:** 01257 481 350

December 2004

Dec 5th *Sunday 10.00am Prompt - Be Early!*

Welsh Borders - Ruabon Mountain

From Trevor we see Telford's aqueduct spanning the Dee valley. We then rise over heather and bilberry moor linking with Offa's Dyke path with views over the Vale of Llangollen.

Start Point : Large car park in Trevor village near the canal. (NGR SJ 272 423).

Distance : 11.5 Miles

Level:

Moderate / Hard

Leader : Aidan

Tel:

01925 212 822 / 07951 218 035

Dec 12th *Sunday 10.00am*

Peak District - Chelmorton and Monsal Trail from Miller's Dale

This walk in the White Peak takes us along Chee Dale, Wye Dale and a couple of lesser dales before returning across the lesser known upland plateau.

Start Point : Car Park at the old railway station on the Monsal Trail in Miller's Dale, just off the B6049 (NGR SK 138 733).

Distance : 9.5 Miles

Level:

Moderate

Leader : Simon

Tel:

01925 230 701 / 07733 138 720

Dec 19th *Sunday 10.00am*

Christmas Walk / Lunch

A short stroll somewhere local, followed by a lovely lunch and the odd glass of alcohol for the non-drivers!

Start Point : Details tbc nearer the time.

Distance : tbc

Level:

Easy

Leader : Aidan

Tel:

01925 212 822 / 07951 218 035

January 2005

Jan 2nd Sunday 10am

Wales - Northern Clwydians

Walk off your Hangover and start your new year's resolutions on this walk in this quiet corner of North Wales. Great views of the vale of Clwyd, the coast, the Dee estuary and Liverpool. Also see one of the largest burial mounds in Britain, and Britain's first operational offshore wind farm.

Start Point : Llanasa village car park (NGR SJ 106 815).

Distance : 11 Miles **Level:** Moderate

Leader : David **Tel:** 07730 008 351 /

Jan 9th Sunday 10.00am

Peak District - Lyme Park from Higher Poynton

This walk visits part of the Middlewood Way, Lyme Park and the Cage, and the westernmost fringes of the Peak District. With luck, we'll also see the deer!

Start Point : Middlewood Way Nelson's Pit car park (NGR SJ 944 834).

Distance : 9 miles **Level:** Moderate / Easy

Distance : 9 miles **Level:** Moderate / Easy
Leader : Charles **Tel:** 0161 969 2625 / 07960 109 067

Jan 16th Sunday 10.00am

Snowdonia - Into the Glyders from a different angle.

From Capel Curig we make our way up the long shoulder to Foel Goch then Glyder Fach. Weather permitting we'll skirt Tryfan via the Heather Terrace. This walk will involve some scrambling.

Start Point : At the shop in Capel Curig (NGR SH 720 582).

Distance : 9 Miles **Level:** Hard

Leader : Aidan **Tel:** 01925 212 822 / 07951 218 035

Jan 22nd *Saturday 10.00am*

Greenfield Reservoir & Ravenstones from Dovestone

This is a pleasant, not to be hurried sort of walk following good paths. The rewards are good views across the northern sectors of the Peak District National Park. Please note that there is one steep short scramble on grass.

Start Point : The walk start and close location will be Mossley Train Station. If you want to travel by train, please join me at Manchester Victoria - time of train to be confirmed once timetable for January is established / basically the one that gets you there for 10:00am. (NGR SD 973 020).

Distance : 10 Miles **Level:** Moderate

Leader : Craig **Tel:** 07981 429 339

Jan 28th - Lake District Weekend

Walks tbc. Accommodation Grasmere YHA

Ian has confirmed a reservation for two nights, of four 4-bed rooms & two double rooms in the annexe of the YHA. Cost £13.40 per night for a bed in a four bedroom (£17.00 per night for a bed and breakfast). £30.80 per night for the double bedrooms (£38.00 with breakfasts). The first 8 boys, 8 girls and 2 couples to get their cheques to Ian will be allocated these rooms. Cheques should be made payable to YHA and sent to

Leaders : Angus (Walks) **Tel:** Angus 07903 457 451

Ian (Accomm) /07742 118 147

February 2005

Feb 6th *Sunday 10.00am*

North Wales - Conwy

Starting at Conwy Castle this picturesque walk follows the North Wales Path and provides a mixture of mountain and sea views. The walk begins with a steep climb up Conwy Mountain amongst the heather and gorse and the reward is views of Conwy Castle, the harbour and the sea across to Great Ormes Head. The walk continues to take in Penmaenmawr's beautiful shoreline and views of Anglesey and Puffin Island. From Craigfedwen outlook there are panoramic views of the whole Conwy coast. N.B. You are advised to bring poles if you have them as there is some tricky terrain in places. (800ft ascent).

Start Point : Morfa Bach Car Park - the long stay car park at the castle in Conwy. The cost is £2.50 for 8 hours so you may want to car share. Go over the bridge into Conwy and take the 1st left at first roundabout, signposted long stay parking. Go through arch and follow the road round to the right. The car park is on your right. (NGR SH 782 774).

Distance :	11 Miles	Level:	Moderate
Leader :	Ceri & Lisa	Tel:	07789 006 687

Feb 13th *Sunday 10.00am*

Lancashire - South Pennines

A walk in the hills and vales of the South Pennines - you may encounter open moorland and hidden reservoirs, ancient packhorse trails sweeping into valleys with gritstone walls, mill chimneys and canals offering a glimpse of past histories.

Start Point : (exact details of walk location and starting point to be announced)

Distance :	8 Miles	Level:	Moderate
Leader :	Deborah & Zoe	Tel:	0161 442 1066

Feb 20th *Sunday 10.00am*

North Wales - Llyn Cyfynwy from Llandegla

The prediction is for a harsh, bitter winter, so join Captain Scott and the huskies for a trip across the ice along the River Alun and up onto the Llandegla Moors.

Start Point : Small car park in the village of Llandegla (NGR SJ 197 525); about half a mile north of the junction of the A5104 and the A525.

Distance :	8 Miles	Level:	Easy / Moderate
Leader :	Dave	Tel:	01925 573 657

Feb 27th *Sunday 10.00am*

Peak District - Dovedale and the Manifold Valley

Here is some of the finest country dale walking in the country in valleys of exceptional beauty.

Start Point : Illam village, car park at the Hall - pay and display or free to NT members. (NGR SK 131 507).

Distance :	11 Miles	Level:	Moderate
Leader :	Antonio Susan	Tel:	

March 2005

Mar 6th *Sunday 10.00am*

Forest of Bowland - Ward's Stone and Tarnbrook from Jubilee Tower

Due to the Right to Roam legislation more of the Forest of Bowland is now open to the public, so we can go off-road and explore some of the northern fells of the Forest of Bowland including the famous Jubilee Tower, Ward's Stone, Grit Fell and the Tarnbrook Valley.

Start Point : Jubilee Tower Car Park, on road between Lancaster and Trough of Bowland. (NGR SD 542 573).

Distance :	13 Miles	Level:	Moderate / Hard
Leader :	Simon	Tel:	01925 230 701 / 07733 138 720

Mar 13th *Sunday 10.00am*

Pennines - Barbondale & Leck Beck

Just outside the Yorkshire Dales National Park boundary, this is a circuit of the high moorland of Barbon Low Fell, with fine views of the Lune Valley, and a meander down the quiet valley of Leck Beck.

Start Point : Devil's Bridge car park, Kirkby Lonsdale (NGR SD 616 782).

Distance :	12 Miles	Level:	Moderate
Leader :	Dave	Tel:	01925 573 657

Mar 20th *Sunday 10.00am*

Wales - Moel Siabod from Pont Cyfyng

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

Start Point : Car park opposite the Tyn y Coed hotel on the A5 (NGR SH 733 574).

Distance :	7 Miles	Level:	Hard
Leader :	Angus	Tel:	07903 457 451

Mar 25th *Easter - Exmoor*

- Mar 28th This year's Easter trip is to Exmoor in North Devon/Somerset as we continue our exploration of the further flung national parks. The hostel has already been booked and further details of the weekend will be available soon. Contact Simon for more information.

Leader :	Simon	Tel:	01925 230 701
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Other Stuff

Don't forget our website which 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 eyes and ears open!

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.

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

And remember - with your Ramblers Membership you can get discount on goods in many outdoor shops.

Ramblers Association Central Office
1-5 Wandsworth Road, London, SW8 2XX - Tel: 0207 339 8500
Registered Charity No. 306089