

## Walks Programme

October 2005 to March 2006

Welcome to the Autumn to Spring programme of walks for the Cheshire Walkers Under 40s walking group. The programme runs from October to the end of March, and hopefully it will be inspiring enough to get you out on a chilly Sunday morning!

As ever we seem to have flown through the Summer months, but not without enjoying ourselves. Apart from the Sunday walks we have had a number of well supported and enjoyable weekends away - the first in the Yorkshire Dales in May, staying at Stainforth Youth Hostel, then in June about a dozen people took up Angus' challenge – which this year was the 20mile Mosedale Round. The most gripping weekend was the Go Ape experience, which was a test of character for many people – a few hours spent swinging in the trees of Grizedale forest, and finally the camping weekend on Anglesey, with some spectacular coastal walking.

This new programme has a couple of traditional events to look forward to, the first being the Christmas walk and festive lunch, and then in January it's the annual Lakes weekend, which will be based in Keswick this year.

Thanks to all those who have led walks this Summer and have again submitted walks for this programme, also to our new walk leaders and organisers who have enjoyed walking with the group and have wanted to put something back in.

The AGM / meal, will be on 16<sup>th</sup> November (venue to be announced) so come along if you are so inspired, and if not just come along for a good chat and a hearty meal.

Hope to see you out and about.

Aidan

The group e-mail address is:

There will also be updates on the website: <http://www.cheshirewalkers.org.uk/>

## October 2005

|                |                                                                                                                                                                                                                                                                                  |                                                   |               |                               |
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| <b>Oct 2nd</b> | <i>Sunday 9.45am PROMPT</i>                                                                                                                                                                                                                                                      |                                                   |               |                               |
|                | <b>Snowdonia - Glyders Traverse</b>                                                                                                                                                                                                                                              |                                                   |               |                               |
|                | This long hard days walk, takes us from Capel Curig along the whole of the Glyders ridgeline down to Bethesda, taking in some nine peaks. Being a linear walk, after meeting in Bethesda - half the cars will then be moved up to Capel Curig for the start of the walk at 10AM. |                                                   |               |                               |
|                | <b>Start Point:</b>                                                                                                                                                                                                                                                              | South side of Bethesda - Junction with the B4409. |               |                               |
|                | <b>Distance:</b>                                                                                                                                                                                                                                                                 | 12 Miles                                          | <b>Level:</b> | Hard                          |
|                | <b>Leader:</b>                                                                                                                                                                                                                                                                   | Aidan                                             | <b>Tel:</b>   | 01925 212 822 / 07951 218 035 |

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| <b>Oct 9th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                           |                                         |          |
|                | <b>Lancashire - Botany Bay</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                           |                                         |          |
|                | From Botany Bay bridge, the walk skirts the northern slopes of Healey Nab before reaching the secluded hamlet of White Coppice at the foot of the West Pennine Moors. Here it veers northwards to Withnell Local Nature Reserve, before heading east towards Pike Lowe. The walk then gradually descends to meet the Leeds & Liverpool canal at the edge of Withnell Fold Local Nature Reserve. We then follow the canal, passing Denham Wood Valley & Johnson's Hillock Locks before finally arriving back at Botany Bay. |                                                                                                                                                                           |                                         |          |
|                | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Botany Bay Bridge, adjacent to the Railway Inn - according to the leaflet, the Railway Inn has kindly allowed use of their car park whilst walking the route (GR 594 188) |                                         |          |
|                | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 11 Miles                                                                                                                                                                  | <b>Level:</b>                           | Moderate |
| <b>Leader:</b> | Antonio / Susan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Tel:</b>                                                                                                                                                               | 01257 481 350 / 07766 583 723 (Antonio) |          |

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| <b>Oct 16th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                                                                                                                            |                                        |                               |      |
|                 | <b>Peak District - Edale</b>                                                                                                                                                                                                                                                                                                                                                                                                                  |                                        |                               |      |
|                 | We will stroll across to Ollerbrook Booth before starting our ascent to Ringing Roger. The walk then skirts along the edge of Kinder looking down on the magnificent Vale of Edale. At Hope Cross we walk along a Roman Road taking us down to the outskirts of Hope for a refreshing drink in the Cheshire Cheese. We then ascend Lose Hill to walk back along the beautiful ridge to Hollins Cross before making our descent back to Edale. |                                        |                               |      |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                                                                                                           | Main car park at Edale (GR SK 124 853) |                               |      |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                                                                                                              | 11 Miles                               | <b>Level:</b>                 | Hard |
| <b>Leader:</b>  | Sarah                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Tel:</b>                            | 0161 477 7147 / 07800 624 427 |      |

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| <b>Oct 23rd</b> | <i>Sunday 10am</i>                                                                                                                                                                                  |                                                                                        |                               |      |
|                 | <b>Snowdonia: High Carnedd</b>                                                                                                                                                                      |                                                                                        |                               |      |
|                 | An exhilarating walk in this quieter mountain range - Snowdonia's best kept secret! Carnedd Dafydd, Llewelyn and Helgi Du provide a classic route around the southern ridges. Some easy scrambling. |                                                                                        |                               |      |
|                 | <b>Start Point:</b>                                                                                                                                                                                 | Car park at Gwern Gof Isaf farm about 1 mile east of Llyn Ogwen on the A5 (GR 685 603) |                               |      |
|                 | <b>Distance:</b>                                                                                                                                                                                    | 10 Miles                                                                               | <b>Level:</b>                 | Hard |
| <b>Leader:</b>  | Angus                                                                                                                                                                                               | <b>Tel:</b>                                                                            | 01565 650 322 / 07903 457 451 |      |

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| <b>Oct 29th</b> | <i>SATURDAY 10am</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                          |               |                               |
|                 | <b>Forest of Bowland: A spooky circuit of Pendle Hill</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                          |               |                               |
|                 | Halloween is almost upon us. On Pendle Hill, the mist descends and three green-faced hags emerge, chanting:<br>Wing of bat and eye of newt; tail of rat and walker's boot.<br>Rambles lured into our trap; by charmed compass and OS map.<br>Drop of blood from blistered toe; and then our spell is set to go.<br>Double, double, toil and trouble; fire burn and cauldron bubble.<br>This evil coven needs to be stopped! So why not join Cheshire Witchfinders on this spooky walk up Pendle Hill for some Halloween fun (and spectacular views across the Ribble Valley and the Yorkshire Dales!). |                                          |               |                               |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Car park in Barley Green (GR SD 823 403) |               |                               |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 8 Miles                                  | <b>Level:</b> | Easy / Moderate               |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Charles                                  | <b>Tel:</b>   | 0161 973 4799 / 07960 109 067 |

## November 2005

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| <b>Nov 6th</b> | <i>Sunday 10am</i>                                                                                                                                                         |                                                                                                              |                                           |
|                | <b>Yorkshire Dales: Nappa Cross &amp; Victoria Cave from Langcliffe</b>                                                                                                    |                                                                                                              |                                           |
|                | This walk crosses the tops between Settle and Malham, with views of Pen-y-Ghent and Malham Tarn. The walk ends near a number of caves including Albert and Victoria Caves. |                                                                                                              |                                           |
|                | <b>Start Point:</b>                                                                                                                                                        | Small signed car park by the village school in Langcliffe, a couple of miles north of Settle (GR SD 823 651) |                                           |
|                | <b>Distance:</b>                                                                                                                                                           | 9.5 Miles                                                                                                    | <b>Level:</b> Moderate                    |
|                | <b>Leader:</b>                                                                                                                                                             | Simon                                                                                                        | <b>Tel:</b> 01925 259 521 / 07733 138 720 |

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| <b>Nov 12th</b> | <i>SATURDAY 10.30AM (NOT 10.00AM!)</i>                                                                                                                                                                                                                                                       |                                       |                           |
|                 | <b>Peak District - Dove Holes Circuit</b>                                                                                                                                                                                                                                                    |                                       |                           |
|                 | Starting and returning to Dove Holes train station (just north of Buxton), this walk will take us onto the gentle hillside of Black Edge and then down to Fernilee reservoir on the Mid-Shires Way. Should be a varied walk and a good opportunity to visit a relatively quiet walking area. |                                       |                           |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                          | Dove Holes Train Station (GR 074 782) |                           |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                             | 10 Miles                              | <b>Level:</b> Moderate    |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                               | Craig                                 | <b>Tel:</b> 07981 429 339 |

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| <b>Nov 20th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                              |                                                                                                                   |                                         |
|                 | <b>Cheshire - The Three Castles Walk</b>                                                                                                                                                                                                                                                                                        |                                                                                                                   |                                         |
|                 | On this walk you will see 3 castles, 3 pretty villages and some of the best countryside on offer in South Cheshire. A few steep climbs are rewarded with breathtaking views across the Cheshire Plains to North Wales and the Pennines. The walk also incorporates one of the most interesting sections of the Sandstone Trail. |                                                                                                                   |                                         |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                             | Car park behind 'The Copper Mine' pub on the A534. 1/2 mile east of the A41/A534 junction at Broxton (GR 499 542) |                                         |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                | 10 Miles                                                                                                          | <b>Level:</b> Easy to Moderate          |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                  | Nigel                                                                                                             | <b>Tel:</b> 01244 680 817 / 07971 06370 |

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| <b>Nov 27th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                                                    |                                                                    |                           |
|                 | <b>Snowdonia Scramble: Airy Crescendo Y Garn</b>                                                                                                                                                                                                                                                                                                                      |                                                                    |                           |
|                 | The route is a short one but with a bit of a catch, a grade 1 scramble - depending on weather and speed of the scramble we could walk on top of the Glyders. (N.B. if anyone is bringing a dog with them please ensure they keep it under control as my dog isn't very friendly with other dogs, but he loves scrambling, so he should keep himself busy doing that!) |                                                                    |                           |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                                   | Car park at Idwal Cottage off the A5 nr Capel Curig (GR SH648 603) |                           |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                                      | 6-7 miles, weather/scramble dependent                              | <b>Level:</b> Hard        |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                                                        | Paul                                                               | <b>Tel:</b> 07789 274 958 |

## December 2005

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| <b>Dec 4th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                     |                           |
|                | <b>Staffordshire - Cannock Chase and Shugborough Hall.</b>                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                     |                           |
|                | The walk is a gentle amble through the smallest area of outstanding natural beauty in the country. The walk will take in parts of Cannock Chase, the grounds of Shugborough Hall and a section of the Trent and Mersey Canal. This is an easy flat walk along mostly well maintained paths and may well include a pub stop. |                                                                                                                                                                                                                                                     |                           |
|                | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                         | Seven Springs car park (GR 400500,320500). A513 between Stafford and Rugeley. As you drive towards Rugeley, the car park is located on the right hand side of the road and lies immediately opposite a country lane which is signed Little Haywood. |                           |
|                | <b>Distance:</b>                                                                                                                                                                                                                                                                                                            | 8 miles (maybe a bit longer if the weather is good)                                                                                                                                                                                                 | <b>Level:</b> Easy        |
|                | <b>Leader:</b>                                                                                                                                                                                                                                                                                                              | Ian / Bridget                                                                                                                                                                                                                                       | <b>Tel:</b> 07742 118 147 |

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| <b>Dec 11th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                  |                                           |
|                 | <b>South Pennines: Hardcastle Crags and Heptonstall Moor.</b>                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                  |                                           |
|                 | Hardcastle Crags lie in a narrow wooded valley, often called 'Little Switzerland', just north of Hebden Bridge. During the industrial revolution this was an important area for cotton-producing, but the mills that remain now stand empty. Much of the rest of the valley has reverted back to nature and is a haven for bird-spotting. Roe deer, badgers, and the rare hairy northern wood ant (and their spectacular giant anthills!) can also be found. |                                                                                  |                                           |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          | Car park in New Bridge, just north of Hebden Bridge on the A6033 (GR SD 989 292) |                                           |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                             | 10 Miles                                                                         | <b>Level:</b> Moderate                    |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                               | Charles                                                                          | <b>Tel:</b> 0161 973 4799 / 07960 109 067 |

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| <b>Dec 18th</b> | <i>Sunday 10am</i>                |       |                                          |
|                 | <b>Christmas Walk &amp; Lunch</b> |       |                                          |
|                 | Details to follow.                |       |                                          |
|                 | <b>Start Point:</b>               |       |                                          |
|                 | <b>Distance:</b>                  |       | <b>Level:</b>                            |
|                 | <b>Leader:</b>                    | Aidan | <b>Tel:</b> 01925 212822 / 07951 218 035 |

# January 2006

|                |                                                                                                                                         |                                                                                                         |                                           |
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| <b>Jan 8th</b> | <i>Sunday 10am</i>                                                                                                                      |                                                                                                         |                                           |
|                | <b>Lancashire: Turton &amp; Entwistle and Wayoh Reservoirs</b>                                                                          |                                                                                                         |                                           |
|                | This walk visits three large reservoirs and an area of moorland to the north of Bolton. Also included is the village of Turton Bottoms. |                                                                                                         |                                           |
|                | <b>Start Point:</b>                                                                                                                     | Jumbles Car Park, off the A676 Bolton to Ramsbottom road, about 5 miles north of Bolton (GR SD 736 140) |                                           |
|                | <b>Distance:</b>                                                                                                                        | 10 Miles                                                                                                | <b>Level:</b> Moderate                    |
|                | <b>Leader:</b>                                                                                                                          | Simon                                                                                                   | <b>Tel:</b> 01925 259 521 / 07733 138 720 |

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| <b>Jan 15th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                   |                           |
|                 | <b>North Wales - Loggerheads &amp; Moel Famau</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                   |                           |
|                 | An excellent, moderate trek to counter any mid January blues and to 'kick start' all those good intentions we espoused in our New Year resolutions. Moel Famau, (554 m) is the highest peak in the Clwydian range and provides excellent views in all directions, weather permitting! Passing through Llanferres, then heading South West, we will eventually join the Offa's Dyke Path before contouring around the western side of Foel Fenli, then descend north from the summit to drop down to Bwlch Penbarra. We then take the path heading north along the ridge to Moel Famau with the summit marked by the ruins of a Jubilee Tower. |                                   |                           |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Loggerheads Car Park (GR 197 625) |                           |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 9.5 Miles                         | <b>Level:</b> Moderate    |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Andy                              | <b>Tel:</b> 0151 608 7357 |

|                      |                                               |       |                                            |
|----------------------|-----------------------------------------------|-------|--------------------------------------------|
| <b>Jan 21st/22nd</b> | <b>Our traditional January Lakes weekend.</b> |       |                                            |
|                      | Venue and walks to be announced.              |       |                                            |
|                      |                                               |       |                                            |
|                      | <b>Start Point:</b>                           |       |                                            |
|                      | <b>Distance:</b>                              |       | <b>Level:</b>                              |
|                      | <b>Leader:</b>                                | Angus | <b>Tel:</b> 01565 650 322 or 07903 457 451 |

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| <b>Jan 29th</b> | <i>Sunday 10am</i>                                                                                                                                                                            |                                                                                                                          |                                          |
|                 | <b>Peak District - Lathkill Dale from Monyash</b>                                                                                                                                             |                                                                                                                          |                                          |
|                 | Starting from the Village of Monyash we head along a stretch of the Limestone Way as far as Youlgrave - heading round we meet the river and walk back up the wooded Lathkill Dale to Monyash. |                                                                                                                          |                                          |
|                 | <b>Start Point:</b>                                                                                                                                                                           | Car park in Chaple Street , Monyash Village centre. Leave Buxton on the A515, then turn left onto the B5055 for Monyash. |                                          |
|                 | <b>Distance:</b>                                                                                                                                                                              | 10.5 Miles                                                                                                               | <b>Level:</b> Easy / Moderate            |
|                 | <b>Leader:</b>                                                                                                                                                                                | Aidan                                                                                                                    | <b>Tel:</b> 01925 212822 / 07951 218 035 |

## February 2006

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|----------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------|-----------------------------------------|
| <b>Feb 5th</b> | <i>Sunday 10am</i>                                                                                    |                                                                           |               |                                         |
|                | <b>Lakes - Around Silverdale</b>                                                                      |                                                                           |               |                                         |
|                | A generally easy-going walk taking in a pot-pourri of woodland, pasture, village lanes and coastline. |                                                                           |               |                                         |
|                | <b>Start Point:</b>                                                                                   | Small National Trust car park for Eaves Wood in Silverdale (GR SD 471759) |               |                                         |
|                | <b>Distance:</b>                                                                                      | 8.5 Miles                                                                 | <b>Level:</b> | Moderate                                |
|                | <b>Leader:</b>                                                                                        | Antonio / Susan                                                           | <b>Tel:</b>   | 01257 481 350 / 07766 583 723 (Antonio) |

|                 |                                                                                                                                                                                                                                                                                                                                                         |                                    |               |               |
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| <b>Feb 11th</b> | <i>SATURDAY 10.00AM</i>                                                                                                                                                                                                                                                                                                                                 |                                    |               |               |
|                 | <b>Peak District - Bamford and Stannage Edge from Bamford Station</b>                                                                                                                                                                                                                                                                                   |                                    |               |               |
|                 | This walk will start and finish at Bamford Station which is on the line from Manchester Piccadilly to Sheffield. The plan is to head towards Bamford Edge, overlooking the Ladybower reservoirs, before heading onto the higher ground near the visually impressive Stannage Edge. Remember to bring your climbing gear! (only joking this time folks). |                                    |               |               |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                     | Bamford Train Station (GR 209 825) |               |               |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                        | 9 Miles                            | <b>Level:</b> | Moderate      |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                                          | Craig                              | <b>Tel:</b>   | 07981 429 339 |

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| <b>Feb 19th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                 |                          |               |               |
|                 | <b>Wales - Betws y Coed</b>                                                                                                                                                                                        |                          |               |               |
|                 | This picturesque walk starts at the car park in Betws y Coed and takes in the Roman Bridge and Ugly House as well as Swallow Falls. It is a pretty walk and doesn't contain anything too strenuous (from memory!). |                          |               |               |
|                 | <b>Start Point:</b>                                                                                                                                                                                                | Car park in Betws y Coed |               |               |
|                 | <b>Distance:</b>                                                                                                                                                                                                   | 10 Miles approx          | <b>Level:</b> | Moderate      |
|                 | <b>Leader:</b>                                                                                                                                                                                                     | Lisa                     | <b>Tel:</b>   | 07789 006 687 |

|                 |                                                                                                                                                                                                                                                             |                                                        |               |                       |
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| <b>Feb 26th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                          |                                                        |               |                       |
|                 | <b>Lancashire - Rivington</b>                                                                                                                                                                                                                               |                                                        |               |                       |
|                 | From Rivington, the walk skirts along Lower Rivington and Anglezarke Reservoirs towards the secluded hamlet of White Coppice. We then ascend Great Hill before heading back towards Rivington via Spitlers Edge, the Pigeon Tower and the Japanese Gardens. |                                                        |               |                       |
|                 | <b>Start Point:</b>                                                                                                                                                                                                                                         | Great House Barn (lower barn) - Rivington (GR 629 139) |               |                       |
|                 | <b>Distance:</b>                                                                                                                                                                                                                                            | 10 Miles                                               | <b>Level:</b> | Moderate              |
|                 | <b>Leader:</b>                                                                                                                                                                                                                                              | Susan / Antonio                                        | <b>Tel:</b>   | 0161 608 3145 (Susan) |

## March 2006

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| <b>March 5th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                       |                                                                                         |               |                               |
|                  | <b>Westmorland: Orton and Great Asby Scar</b>                                                                                                                                                                                                                                                                                            |                                                                                         |               |                               |
|                  | The Orton Fells, to the east of the Lake District, have some of the most spectacular limestone pavements in Europe. The fells are bounded by the small villages of Orton, Great Asby, Little Asby, Crosby Ravensworth and Crosby Garret. The walk should provide excellent views of the Lake District, the Howgills and the Eden Valley. |                                                                                         |               |                               |
|                  | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                      | (To be confirmed) Orton village, just 2 miles off the M6, junction 38. (NGR NY 625 085) |               |                               |
|                  | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                         | 11 Miles                                                                                | <b>Level:</b> | Moderate                      |
|                  | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                           | Simon                                                                                   | <b>Tel:</b>   | 01925 259 521 / 07733 138 720 |

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| <b>March 12th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                                                                       |                                        |               |                      |
|                   | <b>Cheshire - Castle Conquests</b>                                                                                                                                                                                                                                                                                                                       |                                        |               |                      |
|                   | Walking in the same area as Nigel's November walk, but following a completely different route, we will conquer two Cheshire Castles on our trip around the Sandstone Trail, starting off at Beeston Castle then onto Peckforton Castle. Heading up to The Table Rock and Peckforth Point will lead us to the reward of views across the Cheshire Plains. |                                        |               |                      |
|                   | <b>Start Point:</b>                                                                                                                                                                                                                                                                                                                                      | Beeston Castle car park (GR SJ540 590) |               |                      |
|                   | <b>Distance:</b>                                                                                                                                                                                                                                                                                                                                         | 10 Miles                               | <b>Level:</b> | Moderate             |
|                   | <b>Leader:</b>                                                                                                                                                                                                                                                                                                                                           | Lisa and Ceri                          | <b>Tel:</b>   | 07796 330 005 (Ceri) |

|                   |                                                                                                                                                                                                                                                                |                                     |               |                                |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|---------------|--------------------------------|
| <b>March 19th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                             |                                     |               |                                |
|                   | <b>Snowdonia - Moel Hebog</b>                                                                                                                                                                                                                                  |                                     |               |                                |
|                   | Home to the peregrine falcon and standing tall and proud above Beddgelert, a contrasting panorama of hills and coast awaits from the summit of this fine mountain. The strenuous ascent is followed by pleasant ridge walking and a return through the forest. |                                     |               |                                |
|                   | <b>Start Point:</b>                                                                                                                                                                                                                                            | Car park in Beddgelert (GR 588 482) |               |                                |
|                   | <b>Distance:</b>                                                                                                                                                                                                                                               | 7 Miles                             | <b>Level:</b> | Hard                           |
|                   | <b>Leader:</b>                                                                                                                                                                                                                                                 | Angus                               | <b>Tel:</b>   | 01565 650 322 or 07903 457 451 |

|                   |                                                                                                                                                                                                                                                                                                                  |                                                                          |               |                               |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------|-------------------------------|
| <b>March 26th</b> | <i>Sunday 10am</i>                                                                                                                                                                                                                                                                                               |                                                                          |               |                               |
|                   | <b>Yorkshire Dales: Thorpe Fell, Cracoe &amp; Linton Falls</b>                                                                                                                                                                                                                                                   |                                                                          |               |                               |
|                   | Starting from near the picturesque village of Linton this walk covers some of the most spectacular scenery in the Yorkshire Dales. We'll see Linton Falls (the largest waterfall on the River Wharfe), Cracoe (home of the original Calendar Girls), the Rylstone Cross - and a lot less heather than last time! |                                                                          |               |                               |
|                   | <b>Start Point:</b>                                                                                                                                                                                                                                                                                              | Car park at Linton Falls, between Linton and Grassington (GR SE 002 632) |               |                               |
|                   | <b>Distance:</b>                                                                                                                                                                                                                                                                                                 | 10 Miles                                                                 | <b>Level:</b> | Moderate                      |
|                   | <b>Leader:</b>                                                                                                                                                                                                                                                                                                   | Charles                                                                  | <b>Tel:</b>   | 0161 973 4799 / 07960 109 067 |

## Other Stuff

Don't forget our website which includes the walks programme and any changes and updates  
<http://www.cheshirewalkers.org.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