

CHESHIRE WALKERS

Walks Programme

April to September 2006

Welcome to the Spring and Summer programme of walks for the Cheshire Walkers under 40s walking group. This programme runs from April to the end of September and I hope we have again produced a varied and exciting programme - thanks to all those who have put walks forward.

Thanks to our unique geographical location and good motorway networks we have walks in the Lakes, Scotland, North Wales, the Peak District, Yorkshire Dales, Lancashire, and Shropshire.

There are a number of highlights worth making a note of from the programme: firstly a Yorkshire Dales weekend at the end of May and in June is the annual Challenge walk - plenty of notice to start building up your stamina!

We also have two camping weekends away - the first in Shropshire in early July and the second at the end of August in North Wales.

We are very lucky to have a website which is up dated every week to inform prospective members about how the group operates, and to let existing members know of any changes to the programme. News of social events, recent walk photos, access to our message board and a link to join the group are also available on the website.

All we require now is some Spring weather for the early walks, and hope that the adage comes true that when March comes in like a lion it goes out like a lamb.

Have a good Summer, and hope to see you out and about.

Aidan

The group e-mail address is: aidan@williams67.fslife.co.uk

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

April 2006

Apr 2nd	<i>Sunday 10am</i>		
	North Wales: Aber Falls and Crymlyn		
	With a drop of 35m, the Aber Falls are amongst the most impressive in North Wales. To reach them we will walk through the Coedydd Aber Nature Reserve, home to a variety of spring flowers, deciduous and evergreen trees. The second leg of the walk crosses moorland to reach the Nant Heilyn woods, with spectacular views of Anglesey and the Menai Straits; before returning via the villages of Crymlyn and Abergwngregyn.		
	Start Point:	Car Park at GR SH 662 720. Leave the A55 at junction 13, following the minor road into Abergwngregyn. Use the first car park on the right (about 1 mile from the A55).	
	Distance:	10 Miles	Level: Moderate
	Leader:	Nigel	Tel: 07971 063709

Apr 9th	<i>Sunday 10am</i>		
	Peak District: Robin's Hood Stride and Stanton Moor from Rowsley		
	For those of you with an interest in the megalithic this walk is for you! We cross Stanton Moor, with it's Nine Ladies Stone Circle, then past Rowter Rocks and Robin Hoods Stride, both outcrops of Millstone Grit in Limestone country. After dropping down to the Rivers Bradford and Lathkill we pass Haddon Hall before returning to Rowsley.		
	Start Point:	Car Park at the Peak Village factory outlet shopping centre. In Rowsley turn off the A6 onto the B6012, the shopping village is on the left. (GR SK 255 665).	
	Distance:	11 Miles	Level: Moderate
	Leader:	Simon	Tel: 01925 259 521

Apr 14th - 16th	<i>Easter Weekend</i>		
	Scotland - Crianlarich		
	Walk details tbc at the venue. For accommodation details contact Zoe at zobo@miller1.fsnet.co.uk		
	Start Point:		
	Distance:		Level:
	Leader:		Tel:

Apr 23rd	<i>Sunday 10am</i>		
	Llangollen - Horseshoe Pass		
	The walk starts at the Ponderosa restaurant car park at the top of Horseshoe pass near Llangollen. The path wanders around and about with good views of the Dee valley and we even follow the Offa's Dyke's path for a while.		
	Start Point:	Ponderosa Café (GR SJ 195 475)	
	Distance:	8 Miles	Level: Moderate
	Leader:	Noël	Tel: 07977 266 658

April 30th	<i>Sunday 10am</i>		
	Peak District: The Roaches from Wincle		
	From Wincle we head off down a section of the tranquil Dane valley, we then go up to our first panoramic viewpoint, The Gun. After crossing the valley we climb up onto the Roaches, which we'll traverse round and back to Wincle.		
	Start Point:	Parking is on the road just down the hill from the Ship Inn, in Wincle. (SJ 962 653).	
	Distance:	11 Miles	Level: Moderate
	Leader:	Aidan	Tel: 01925 212 822 / 07951 218 035

May 2006

May 7th	<i>Sunday 10am</i>			
	The Sefton Coast from Formby			
	The Sefton coast is renowned for its bird population. The walk will take place along the strandline and some forested areas.			
	Start Point:	Formby Train Station (GR SD 295 065)		
	Distance:	10 Miles	Level:	Easy
	Leader:	Sue / Antonio	Tel:	07766 583723 (Antonio) or 01257 481 350 (Susan)

May 14th	<i>Sunday 10am</i>			
	Lancashire: Part of the Irwell Valley Sculpture Trail			
	The Irwell Valley Sculpture Trail is the UK's largest public arts scheme, with many sculptures positioned along a 30-mile stretch of the River Irwell from Salford Quays to Bacup. We'll be doing the section from Bury to Rawtenstall, which includes several of the more interesting installations. The return from Rawtenstall will be by steam train on the East Lancashire Railway.			
	Start Point:	The Market Place in Bury town centre at the top of Market Street, near the Parish Church (GR SD 804 108).		
	Distance:	9 Miles	Level:	Easy / Moderate
	Leader:	Charles	Tel:	0161 973 4799 / 07960 109 067

May 21st	<i>Sunday 10am</i>			
	Chirk: Wrexham			
	Enjoy the lovely Ceiriog valley. It has an impressive railway viaduct and an aqueduct, built by Thomas Telford to carry the Shropshire Union Canal to Wales. King Henry II's troops were defeated here by the Welsh at the battle of Crogen. Later, there are views of Chirk Castle, home of the Myddleton family for more than 400 years. The 421m-long Chirk tunnel was built so the castle's inhabitants would not have their view spoilt by the canal and its barges. We will pass through both the Chirk tunnel and the Whitehouses tunnel - so a torch may come in handy!			
	Start Point:	Chirk car park near the Hand Hotel (GR SJ 290 377)		
	Distance:	10 Miles	Level:	Moderate
	Leader:	Sarah / Hilary	Tel:	0161 928 2977 /07896 231893 (Hilary)

May 27th - 29th	<i>Weekend Away</i>			
	Yorkshire Dales - Hawes Youth Hostel			
	After the chocolate factory, the food theme continues with the chance to visit the cheese factory in search of Wallace and Gromit! We'll be staying at Hawes Youth Hostel for 2 nights for this weekend in Wensleydale. The plan is to arrive on Saturday mid-morning for a short walk, before attempting something longer on the Sunday. Contact Simon ASAP for bookings.			
	Location:	Hawes, Yorkshire Dales (GR SD 865 895)		
	Distance:		Level:	
	Leader:	Simon	Tel:	01925 259 521 /

June 2006

June 4th	<i>Sunday 10am</i>		
	Capel Curig: Moel Siabod		
	The walk starts from the car park behind Pinnacles store and Joe Brown's, gently following the river at first before seeing the path steeping up towards higher ground "en route" to Moel Siabod. A scramble along the ridge awaits the adventurous Cheshire walker before reaching the summit to offer, what is beyond contest, the best view in the world over Capel Curig...		
	Start Point:	Car park behind Pinnacles stores and Joe Brown's (GR SH 720 582)	
	Distance:	6 - 7 Miles	Level: Hard
	Leader:	Noël	Tel: 07977 266 658

June 11th	<i>Sunday 10am</i>		
	Peak District: Hayfield		
	This is a lovely high level walk taking in some of the best views in the Dark Peak area. Our route will be Hayfield, Kinder Reservoir, William Clough, Kinder Downfall, Kinder Low, Edale Cross, South Head, Mount Famine and back to Hayfield for a well earned drink!		
	Start Point:	Hayfield Bus Terminus (GR SK 035 865)	
	Distance:	12 Miles	Level: Hard
	Leader:	Sarah	Tel: 0161 477 7147 / 07800 624 427

Saturday June 17th	<i>Summer Challenge Walk - Saturday Early!</i>		
	Details to be circulated closer to the time.		
	Start Point:		
	Distance:		Level: Bloomin Hard!
	Leader:	Angus	Tel: 01565 650 322 / 07903 457 451

June 25th	<i>Sunday 10am</i>		
	South Pennines: Blackstone Edge		
	A pleasant route from Hollingworth Lake along a wooded valley, over a moorland golf course, onto open moor via a Roman road and over Blackstone Edge on the Pennine Way until crossing the M62 motorway. Then it's a broad undulating ridge walk and a descent into the valley under a viaduct and via a track back to Hollingworth Lake.		
	Start Point:	From M62 Junction 21 take A640 towards Rochdale. At traffic lights turn right and follow B6225 to Littleborough; this takes you to Hollingworth Lake Country Park. (GR SD 935 145)	
	Distance:	9 Miles	Level: Moderate
	Leader:	Steve	Tel: 07960 278 804

July 2006

July 2 nd	<i>Sunday 10am</i>			
	Peak District: Alport Castles			
	Alport Castles is said to be one of the largest natural landslides in the UK. Starting from the north end of the Ladybower Reservoir we will make our way through woods and fields climbing the Rowlee Pasture ridge and on to Alport Castles. From there we descend into the Woodlands Valley and make our way back to the car park at the Ladybower Reservoir, where there is a convenient ice cream shop.			
	Start Point:	Click here for map Car Park at north end of Ladybower Reservoir. (GR SK 175 895)		
	Distance:	10 Miles	Level:	Moderate
	Leader:	Sam and Ian	Tel:	07884 237741 /

July 9th	<i>Sunday 10am</i>			
	Shropshire - Camping Weekend			
	Join us as we explore the Secret Hills of Shropshire. There will be a planned walk on the Sunday - details to follow - but we will return in time for those interested to get home for the World Cup Final (football that is!)			
	Start Point:	See website or contact Simon for more details nearer the time.		
	Distance:		Level:	
	Leader:	Simon	Tel:	01925 259521 / 0773 3138720

July 16th	<i>Sunday 10am</i>			
	South Pennines: Todmorden Edge, Lumbutts, Mankinholes, Charlestown & Blackshaw Head			
	A challenging Walk around the loop formed by the Pennine Way and Calderdale Way. Not for the faint-hearted, but the views (especially from Stoodley Pike) make it all worthwhile.			
	Start Point:	The walk starts from the car park at the rear of Todmorden Leisure Centre. To reach the car park, start at the A646 / A6033 (roundabout) junction in the centre of Todmorden. Take the A646 NW towards Burnley. In 1km, turn left onto Ewood Lane, signposted to the Leisure Centre. Follow the lane up hill, passing the leisure centre on your left, and immediately turn left into the car park. (GR SD 925 245)		
	Distance:	11 Miles	Level:	Moderate / Hard
	Leader:	Steve	Tel:	07960 278 804

July 23rd	<i>Sunday 10am</i>			
	Lake District: Kentmere Horseshoe			
	This a terrific Lakeland Horseshoe walk that takes in some great high level walking and provides great views of Haweswater and the Kentmere Valley.			
	Start Point:	Kentmere Village (Parking details to be sent later as it is limited and needs to be arranged with the local farmer)		
	Distance:	11 Miles	Level:	Hard
	Leader:	Craig	Tel:	0161 9299297

July 30th	<i>Sunday 10am</i>			
	North Wales: Dolwyddelan and the Lledr Valley			
	This peaceful woodland walk is just a few miles from Betws-y-Coed. It follows the Afon Lledr from Dolwyddelan Village, before turning uphill into the forests and passing a historic 16th century farmhouse, 'Ty Mawr'. The return leg crosses the moors and offers fantastic views of Moel Siabod, Snowdon and Dolwyddelan Castle.			
	Start Point:	Dolwyddelan (Pentre Bont) station car park (GR SH 738 522). Turn left off the A470, the station is after a bridge over the river.		
	Distance:	10 Miles	Level:	Moderate
	Leader:	Nigel	Tel:	07971 063 709

August 2006

Aug 5th	<i>SATURDAY 10am</i>		
	Peak District: Whaley Bridge to Buxton - Linear Walk		
	This is a picturesque linear walk starting from Whaley Bridge and ending in the famous spa town of Buxton. You can either take the train from Manchester Piccadilly, Stockport or Hazel Grove, or alternatively drive to Whaley Bridge and take the train back from Buxton at the end of the walk to pick-up your car.		
	We will meet at Whaley Bridge train station at around 10.00 - exact time to be confirmed nearer the date. Our route takes us to Toddbrook Reservoir, Taxal Edge, Windgather Rocks, Errwood Reservoir, Goyt's Moss, Berry Clough and finally into Buxton where a refreshing few drinks can be enjoyed without the drive home!!		
	Start Point:	Whaley Bridge Train Station (GR SK 011 815)	
	Distance:	12 Miles	Level: Hard
	Leader:	Sarah	Tel: 0161 477 7147 / 07800 624 427

Aug 13th	<i>Sunday 10am</i>		
	Yorkshire Dales: Two Other Yorkshire Peaks - Great Whernside and Buckden Pike from Kettlewell		
	There are more hills in the Yorkshire Dales than just the three 'traditional' Yorkshire Peaks of Ingleborough, Pen-y-Ghent and Whernside. This walk takes in two of the others - Great Whernside and Buckden Pike - and the ridge between them. On a clear day, the views over Wharfedale are absolutely spectacular!		
	Start Point:	Car-park in Kettlewell (GR SD 967 723)	
	Distance:	13 Miles	Level: Hard
	Leader:	Charles	Tel: 0161 973 4799 / 07960 109 067

Aug 20th	<i>Sunday 10am</i>		
	Howgills: The Calf from Sedbergh		
	Our route ascends from the small market town of Sedbergh across grassy fells and pleasant ridges to the highest point in this quiet range of hills. Weather permitting, the views west are superb including the Lune Valley, the Shap Fells and the Lake District.		
	Start Point:	Car park in Sedbergh by the Tourist Information office (GR SD 658 921)	
	Distance:	10.5 Miles	Level: Hard
	Leader:	Angus	Tel: 01565 650 322 / 07903 457 451

Aug 26 th - 28 th	<i>Weekend Away</i>		
	Wales		
	Top secret! Details to be confirmed nearer the time!		
	Start Point:		
	Distance:		Level:
	Leader:	Aidan	Tel:

September 2006

Sept 2nd	<i>SATURDAY 10am - Train Walk</i>			
	South Pennines: Standedge Trail from Marsden			
	This walk traces the routes of various aspects of transport and industrial heritage. Starting from the Standedge Tunnel (on the Huddersfield Narrow Canal - the longest, highest and deepest canal tunnel in Britain), the walk follows the route of some of the early trans-pennine turnpike roads built by Jack 'Blind Jack of Knaresborough' Metcalfe, as well as the route across the moors used by the horses used to pull the canal barges whilst the barges were being 'legged' through the tunnel. We also pass by the tombstone of Enoch Taylor, one of the leaders of The Luddites who tried to prevent the mechanisation of the local woollen mills in the 18 th Century.			
	Start Point:	Marsden Railway Station (GR SE 047 119). There are trains from Victoria to Marsden so we'll use whichever one gets there at around 10am. Alternatively parking is available in the Standedge Visitor Centre car-park.		
	Distance:	10 Miles	Level:	Moderate
	Leader:	Charles	Tel:	0161 973 4799 / 07960 109 067

Sept 10th	<i>Sunday 10am</i>			
	Denbighshire: Derwen			
	One of a series in the area, this walk takes us into deepest Denbighshire. We will explore an area little visited, which is beautifully diverse and rich in history. The walk takes us into small ancient villages, river valleys, onto a low peak and forest.			
	Start Point:	Clocaenog Forest car park, on the B5105 out of Ruthin (GR SJ 036 510)		
	Distance:	11 Miles	Level:	Moderate
	Leader:	Aidan	Tel:	01925 212 822 / 07951 218 035

Sept 17th	<i>Sunday 10am</i>			
	Cheshire: The Whitegate Way			
	The walk offers a mix of shady, wooded cuttings and sunny open embankments on an old railway line, together with a loop into the rich Cheshire pastures. This very attractive walk covers practically all of the Whitegate Way, and offers great views.			
	Start Point:	Blakemere Craft Centre, on A556, near the junction with the A49 at Cuddington (GR SJ 595 705)		
	Distance:	11 Miles	Level:	Moderate
	Leader:	Jo / Avril	Tel:	

Sept 24th	<i>Sunday 10am</i>			
	Snowdonia: Elidir Fawr and Y Garn from Nant Peris			
	Bag two Welsh Three Thousands. The walk starts with a tough climb up Elidir Fawr and then takes in Foel Goch and Y Garn, just north of the Glyders.			
	Start Point:	Car Park at Nant Peris, between Pen-y-pass and Llanberis (GR SH 605 585)		
	Distance:	7 Miles	Level:	Hard
	Leader:	Simon	Tel:	01925 259 521

The Ramblers Big Bash (or Hikefest as it's being renamed!) details - forward planning for those interested! This year it's being held in Llangollen 29 Sept - 1 Oct. More details can be found in the Spring 06 copy of Hike magazine or keep an eye out on the Ramblers website.

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

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