

CHESHIRE WALKERS

Walks Programme

October 2008 to March 2009

There will also be updates on the website:

<http://www.cheshirewalkers.org.uk/>

October 2008

4 th Oct	SATURDAY 10.00am		
	Lake District: Grisedale Pike and the fells around Coledale Hause		
	Grisedale Pike (2593 ft) is the pyramid-shaped mountain that you can see on the west side of Keswick, when approaching the town from the Penrith road. We will also visit other peak tops around Coledale Hause. Per Wainwright these fells are known as the "The North Western Fells". As this is a 10 am start, members may wish to stay over on the Friday night in the Keswick area. There are a number of accommodation options, please see the email sent to members or the message board for details. A meal after the walk will also be arranged in the Keswick area.		
	Start Point:	Car Park to south of B5292 (west of Braithwaite) in Whinlatter Forest (Grid Ref. NY 2093 2428)	
	Distance:	Tbc	Level: Hard
	Leader:	Jay	Tel: 07801 933 299

Oct 5 th	<i>Sunday 10.00am</i>		
	Northwich: Carey Park, Marbury Park, Neumann's Flash and Ashton's Flash		
	An enjoyable stroll through the parkland to the north of Northwich, with lots of sights and sounds of a landscape, which is both industrial and rural. Starting in the town centre we will head north through Carey Park to the Anderton Boat Lift, then along the Trent and Mersey canal to Marbury Park, along the shore of Budworth Mere, through Dairy House Meadows past Neumann's and Ashton's Flashes (lots of wild fowl here) back to the town centre for a well deserved coffee.		
	Start Point:	Costa Coffee in Northwich Town Centre, grid ref: SJ 659741 - free parking nearby behind Marks & Spencer's. From the A556 Chester Road, turn onto the A559 signed for Northwich. Follow this former Roman Road for approx. 3.5km (past garages, retail park etc.) until you reach a large roundabout with 5 exits. Take the third exit (sign for LA fitness!) and follow this for 0.5km to another smaller roundabout. Continue ahead here with Halfords and Matalan on your left. Follow for approx. another 0.5km round a sharp bend to the right until you see the Car Park behind M&S. Park here and walk towards the town centre passing by the front entrance to M&S and a rather strange wooden sculpture that is meant to be a theatre or something!	
	Distance:	10km (6.2 miles)	Level: Easy
	Leader:	Andrew	Tel: 01606 330 258 07788 923 961

October 12 th	<i>Sunday 10.00am</i>		
	Wales - Moel Hebog		
	A full day out in the mountains. Starting from Beddgelert Village we will ascend Moel Hebog, and continue along the ridge to Moel yr Ogof and Moel Lefn, before returning through Beddgelert Forest. The walk includes some steep ascents and scrambling.		
	Start Point:	Public car park in the centre of the village, grid reference SH 588 481. From Capel Curig follow A4086 then A498 into the centre of Beddgelert. Turn left over the bridge, then right just after the tourist information centre. Postcode for satnav users is LL55 4YE.	
	Distance:	7 Miles	Level: Hard
	Leader:	Nigel Rimmer	Tel: 07971 063 709 Email Nigel

Oct 19th	<i>Sunday 10.00am</i>			
	The Peak District: White Edge & Froggart Edge			
	A gritstone walk with fine views over the Derwent Valley.			
	Start Point:	Car Park Curbar Gap - Grid Ref 262747 Suggested route. A623 via Peak Forest, Stony Middleton to Calver. In Calver turn left through Curbar, up the hill a sharp right hand bend, the car park is on the left a little further on. Peak District nat park car park charges £4.00 approx.		
	Distance:	8 Miles	Level:	Moderate
	Leader:	Alfred	Tel:	Email Alfred

Oct 26th	<i>Sunday 10.00am</i>			
	Lancashire: Turton & Entwistle and Wayoh Reservoirs			
	This walk circles three large forest sided reservoirs and an area of moorland to the north of Bolton and passes Turton Tower.			
	Start Point:	Jumbles Car Park, off the A676 Bolton to Ramsbottom road, about 5 miles north of Bolton (GR SD 736 140)		
	Distance:	10 miles	Level:	Moderate
	Leader:	Simon	Tel:	0161 476 0669 Email Simon

November 2008

Nov 2nd	<i>Sunday 10.00am</i>		
	Forest of Bowland: A spooky circuit of Pendle Hill		
	It's Halloween and witches are abroad. The sky darkens and an unnatural mist descends over the summit of Pendle Hill. Three wizened crones appear out of the gloom, cackling and chanting (in sub-Macbethian, and slightly twee, prose)...		
	Wing of bat and eye of newt; tail of rat and walker's boot. Drop of blood from blistered toe; in the pot a gaiter throw. Ramblers lured into our trap; by charmed compass and OS map. Double, double, toil and trouble; fire burn, and cauldron bubble.		
	Pendle Hill has been infamous for its connection with witchcraft since the 17th century witch trials. Now a new coven has appeared and is spreading evil across the countryside! Are you brave enough to volunteer to stop them??? We'll have to creep up on them from the back of Pendle Hill (with a bit of right-to-roaming, in case their familiars are watching the footpaths), catch them performing their nefarious deeds on the summit ridge, and then finally make the short-but-steep descent down to victory celebrations in the pub in Barley.		
	Start Point:	Car park in Barley Green, GR SD 823 403	
	Distance:	8 Miles	Level: Moderate
	Leader:	Witchfinder General: Charles	Tel: Email Charles 07960 109 067 / 0161 973 4799

Nov 9 th	<i>Sunday 10.00am</i>		
	Manchester Airport Runway II Nature Trail and Styal Country Park		
	To celebrate the 75 th Birthday of Manchester Airport, this walk will take us through the pretty river valley of the Styal Country Park and along the newly opened Runway Two Nature Trail.		
	Start Point:	Car Park at Quarry Bank Mill - National Trust (cost TBA) grid ref: SJ 835831. Head towards Wilmslow on the A34. Once in Wilmslow take the A538 and turn right onto the B5358 at the roundabout to cross the River Bollin (<i>by a bridge obviously</i>). After 400m turn left onto the B5166. Follow this road for 2km until you see the sign for Quarry bank Mill. Turn left into the Park about 400m past Styal Prison.	
	Distance:	14km (8.7 miles)	Level: Easy
	Leader:	Andrew	Tel: 01606 330 258 07788 923 961

Nov 16 th	<i>Sunday 10.00am (sharp!)</i>		
	Peak District: Kinder Scout, Northern Edge		
	Fed up with Edale? Think Kinder downfall and Jacob's Ladder are the equivalent of the M6, having to overtake hundreds of overlaid teenagers doing the Duke of Edinburgh's? Then come to the wild, unexplored, northern edge of Kinder Scout. Visit Ashop Clough, The edge, Seal Edge and Blacken Moor, before warming up again in the Snake Inn.		
	Start Point:	Car park on the Snake pass (A57) before the Snake Inn (if travelling west to east). Post code S33 0BJ, OS grid coordinates 109,914 on map OL1.	
	Distance:	12 Miles	Level: Hard
	Leader:	David Heys	Tel: Email David 07730 008 351 (please use text)

Nov 23 rd	Sunday 10.00am		
	Lancashire: Garstang		
	A gentle walk along the River Wyre, across meadows and beside woodland. Rolling farmland, pastoral views and plenty of stiles.		
	Start Point:	High Street car park beside the Garstang Discovery Centre grid ref SD494455	
	Distance:	7 Miles	Level: Easy
	Leader:	Kate	Tel: Email Kate

November 29 th and 30 th	Saturday and Sunday		
	Snowdonia Weekend		
	Accommodation: Swallow Falls Youth Hostel (2 miles outside of Betws-y-Coed) - provisionally booked/limited to 12 places (2 rooms - 6 female and 6 male) for Friday and Saturday nights. Cost: YHA Members £15pppn + optional £5 breakfast, Non-YHA Members £18pppn + optional £5 breakfast. Places will be allocated on a first come, first serve basis to Ramblers Association members only. Please contact Rebecca ASAP to confirm your place. More details will be sent to members by email. Saturday night meal tbc Saturday 9.30am: Glyderau from Cwm Idwal, Snowdonia This is a Welsh Classic or <i>Clasurol Cymraeg</i>, if you will! We will start at Idwal Cottage at the western end of Llyn Ogwen and then climb past Llyn Idwal (<i>where Charles Darwin devised part of his theory of evolution</i>), up through Twll Du (<i>The Devil's Kitchen</i>) to the rocky summit of Glyder Fawr at 999m. We will then traverse a landscape more akin to the moon, with one of the best examples of a post-glacial boulder field the world can provide, through the surreal natural sculpture of Castell y Gwynt (<i>Castle of the Winds!</i>) to the summit of Glyder Fach at 994m. We will then descend to Bwlch Tryfan, where we may make a short detour to the summit of Tryfan at 915m, should this be suitable for the group, returning to Idwal Cottage via Cwm Bochlwyd. Sunday 10.00am: Betws-y-Coed Area This will be a circular walk, taking in the delights of the surrounding forested area, the Afon Llugwy and Swallow Falls. The route will be confirmed in more detail nearer the time. Other Important Information: - Please ensure that you are fully equipped with walking boots, full waterproofs, warm clothing, fluids and food. Trainers are not suitable. - If you prefer to attend just one of the walks (on either day) and not stay over for the weekend, please ensure that you contact the relevant leader for your chosen walk to inform them that you will be joining them for the day.		
	Start Point:	Sat - The National Park Car Park at Idwal Cottage, on the A5, grid ref: SH649604, Cost TBA Sun - GR: SH777572, Swallow Falls YHA, LL24 0DW (tbc)	
	Distance:	Sat - 12km (7.5 miles) Sun - tbc	Level: Sat - Hard (some brief scrambling) Sun - Moderate
	Leader:	Sat - Andrew Sun - Rebecca Accommodation - Rebecca	Tel: Andrew 01606 330 258 / 07788 923 961 Rebecca 07780 676 892

December 2008

Dec 6 th	SATURDAY 10.00am			
	Peak District: Chapel en le Frith Circuit			
	Starting and returning to Chapel en le Frith train station (just north west of Buxton), this walk will take us onto the gentle hillside of Comb Edge and then down to Fernilee reservoir on the Mid-Shires Way. This is a varied terrain walk taking in a peaceful moorland valley, farmland, and if you are all well behaved, one of the best country pubs I've visited in some time.			
	Start Point:	Chapel en le Frith Station (GR SK 055 795)		
	Distance:	10 Miles	Level:	Moderate
	Leader:	Craig	Tel:	0161 929 9297 / 07981 429 339 Email Craig

Dec 14 th	<i>Sunday 10.00am</i>			
	Walk & Christmas Market (fingers crossed!)			
	Further details tbc once the markets have been announced!			
	Start Point:			
	Distance:		Level:	
	Leader:	Alison Sheedy	Tel:	

Dec 21 st	<i>Sunday 10.00am</i>			
	Antrobus, nr Northwich			
	Christmas Walk / Pub Christmas Meal - further details tbc			
	Start Point:			
	Distance:	5 Miles	Level:	Easy
	Leader:	Sam	Tel:	Email Sam

Dec 28 th	<i>Sunday 10.00am</i>			
	Cheshire/Staffordshire: The Cloud (near Congleton)			
	A moderate walk ideal for a crisp winter's day during the holiday period. Starting from the car park at Timbersbrook, initially taking the Macclesfield Canal passing Congleton & affording the opportunity to size up the Cloud before its ascent, with a height of around 800 ft. Then for the views from the top and the descent back to the car.			
	Start Point:	Car Park at Timbersbrook (GR SJ 8945 6275)		
	Distance:	7-8 Miles	Level:	Moderate
	Leader:	Jay	Tel:	07801 933 299

January 2009

Jan 4 th	Sunday 10.00am		
	Cheshire: Frodsham - Sandstone Trail		
	This year we'll be walking off the turkey along the Sandstone Trail from its origin in Frodsham. The route takes us on to the hills that stand over Frodsham and Helsby, then along the Sandstone Trail towards Manley before turning east to meet up with the Eddisbury Trail which will take us back to Frodsham.		
	Start Point:	Car park, Church Street (B5152), Frodsham	
	Distance:	11 miles	Level: Moderate
	Leader:	Ian Evans	Tel: 07779 424 341 E-Mail Ian

Jan 11 th	Sunday 10.00am		
	Peak District - Edale & Kinder Scout		
	This walk begins in Edale from the official start of the Pennine Way. It starts with an easy walk along the valley before a steep climb up Jacob's Ladder onto Kinder Scout. From here, weather permitting, we should get fabulous views of Edale Valley, whilst walking along moorland paths before descending back to Edale for a drink at the Nags Head!		
	Start Point:	Public car park in Edale Village, Explorer OL1 - 124854	
	Distance:	9 Miles	Level: Moderate
	Leader:	Anne Thompson	Tel: 07766 195 113 (text please) Email Anne

Jan 18 th	Sunday 10.00am		
	Peak District: Rowsley and Stanton Moor		
	A ramble around a very pleasant part of the White Peak. We'll explore some of the ancient sites around Rowsley, including one or two stone circles and part of the limestone way.		
	Start Point:	Car park in Rowsley village shopping centre GR 257661	
	Distance:	12 Miles	Level: Moderate
	Leader:	Steve	Tel: 07917 064 054

Jan 24 th / 25 th			
	Lake District Weekend		
	Further details to be sent via email nearer the time		
	Start Point:		
	Distance:		Level:
	Leader:	Andrew / Fiona	Tel: Andrew 01606 330 258 / 07788 923 961

February 2009

Feb 1 st	<i>Sunday 10.00am</i>		
	North Wales: Pontcysyllte Aqueduct and Castell Dinas Bran from Llangollen		
	This walk will take us along the south side of the Vale of Llangollen to the Pontcysyllte Aqueduct which crosses the River Dee 126 feet below. We will then join up with the Offa's Dyke path to skirt the bottom of the Trevor Rocks before visiting Castell Dinas Bran and finally descending back into Llangollen.		
	Start Point:	Car park, Mill Street (A539), Llangollen	
	Distance:	11 miles	Level: Moderate
	Leader:	Ian Evans	Tel: 07779 424 341 E-Mail Ian

Feb 8 th	<i>Sunday 10 am</i>		
	Wales - Crafnant, Crimpiau & Creigiau Gleision		
	Another visit to this beautiful area, but with a totally different walk. We will follow the shores of Llyn Crafnant, before climbing the summits of Crimpiau, Craig Wen and Creigiau Gleision. The return route descends through forests and back to the lake.		
	Start Point:	Public car park at the northern end of Llyn Crafnant, grid reference SH756618. Follow the sign from the B5106 in the centre of Trefriw and then a minor road, steep & narrow in places, for 2 miles.	
	Distance:	8 Miles	Level: Hard
	Leader:	Nigel Rimmer	Tel: 07971 063 709 Email Nigel

Feb 15 th	<i>Sunday 10.00am</i>		
	Wirral Peninsula		
	A walk along the coastline of the Wirral Peninsula with views across Liverpool Bay to North Wales. Tides permitting, we'll visit Hilbre Island and hopefully watch the grey seals out in the Bay.		
	Start Point:	Wirral Country Park, Station Road, Thurstaston SJ 236835	
	Distance:	8 miles	Level: Easy/Moderate
	Leader:	Kirsty	Tel: 07944 732 822 Email Kirsty

Feb 22 nd	<i>Sunday 10.00am</i>		
	Yorkshire Dales: Caves & Waterfalls		
	A limestone classic. This walk takes in the spectacular Catrigg Force and Scaleber Force (force is a local dialect word for waterfall), as well as Victoria and Jubilee caves in the limestone outcrop of Attermire Scar.		
	Start Point:	National park car park in Stainforth, GR SD 821 672	
	Distance:	10 Miles	Level: Easy / Moderate
	Leader:	Charles	Tel: Email Charles 07960 109 067 / 0161 973 4799

March 2009

March 1st	<i>Sunday: 10:00am</i>			
	Wales: Carnedd Dafydd			
	Come and celebrate St David's Day in wonder and awe of Wale's splendid contrasts of soft beauty and rugged remoteness. The Carneddau range offers some magnificent viewpoints especially towards the Glyderau and Tryfan. We shall include Pen-yr Ole Wen, Carnedd Dafydd and Carnedd Llewelyn (the highest summit in the range 1064m), descending via Pen yr Helgi Du and Y Braich. Fingers crossed for a clear, crisp, sunny day and don't forget to wear your daffodil! We shall possibly conclude our celebrations with a meal after the walk - tbc.			
	Please ensure that you are fully equipped for the walk. It is imperative that you wear walking boots and that you have full waterproofs, warm clothing, warm sugary drinks and food. Please also consider bringing along your own head torch, a whistle and an emergency survival blanket/bag (hopefully you will not need these items, but it is essential to be prepared). Please note the route will change to lower levels if the weather is too bad.			
	Start Point:	GR: SH662603 Llyn Ogwen Tbc		
	Distance:	Tbc	Level:	Hard (involves some scrambling)
	Leader:	Rebecca/Andrew	Tel:	Rebecca 07780 676 892 Andrew 01606 330 258 / 07788 923 961

Mar 8th	<i>Sunday 10.00am</i>			
	Peak District: Bakewell to Chatsworth			
	We will start the walk in Bakewell, home of the famous puddings and the largest town in the National Park. We'll head off towards Edensor, (designed by the Duke of Devonshire in the early 1800s) and will have good views of Chatsworth House. We return through Calton Pastures, on which there are a number of Bronze Age burial mounds, to Bakewell where hopefully the pudding shop will still be open for business. Some steep climbs but these should not be too long.			
	Start Point:	Car Park behind the Old Market Hall, behind the visitor centre in Bakewell (GR SK 2205 6864)		
	Distance:	8 Miles	Level:	Moderate
	Leader:	Kate	Tel:	Email Kate

Mar 15th	<i>Sunday 10.00am</i>			
	Cheshire: Malpas			
	A pleasant circular walk taking in part of the Sandstone Trail and the Marches Way. On a clear day distant views of the south Pennines are visible.			
	Start Point:	Car park in the centre of Malpas off 'High Street' close to the Post Office (GR SJ 4874 4723)		
	Distance:	11 Miles	Level:	Moderate
	Leader:	Alison Woodward	Tel:	07821 393 879

Mar 22nd	<i>Sunday 10.00am</i>			
	Cumbria: Kendal - Cunswick and Underbarrow Scars			
	This walk takes us into some of the classic limestone scenery that edges the Lake District. Just a short drive from the M6 is the underestimated County Town of Kendal. Cunswick and Underbarrow Scars are fine limestone escarpments that are close to Kendal and give views over the Lakeland Fells, Howgill Fells and the nearby Lyth Valley, famous for its damson trees (and damson beer).			
	Start Point:	Kendal Town Hall SD515927		
	Distance:	7 - 9 Miles (depending on conditions)	Level:	Moderate
	Leader:	Fiona	Tel:	07889 177 976

Mar 29th	<i>Sunday 10.00am</i>		
	Peak District: Pilsbury Castle and the Upper Dove Valley		
	The walk crosses and follows two of the most picturesque valleys in the Peak District, Dove and Manifold, to link together the two once main market towns in this area, Longnor and Hartington. The walk passes by the remains of an Iron-Age Fort, Pilsbury castle.		
	Start Point:	Longnor village square (GR SK089 649)	
	Distance:	9.5 Miles	Level: Moderate
	Leader:	Clare	Tel: 07876 775 952

Easter Weekend

10th - 13th April	EARLY NOTICE of plans for the Easter Weekend		
	arrive Friday 10 th , depart Monday 13 th April		
	Area: Brecon Beacons National Park		
	A chance to explore the Brecon Beacons. With the options of mountain walks to Pen-y-Fan (886m) and Fan-y-Big (719m) and lower routes around the forests, lakes and waterfalls, the area offers a varied three days of walking whatever the weather. We'll be staying at the YHA Ty'n-y-Caeau , 3 miles outside the historic market town of Brecon with its cobbled medieval streets and imposing cathedral. Youth Hostel places will be allocated on a first-come-first-served basis to Ramblers Association members only. Camping options in the Brecon area may be available. Note: Bookings will not be taken until an announcement is made via the email list.		
	Start Point:		
	Distance:		Level: Moderate/Hard
		Kirsty	Tel: 07944 732 822 Email Kirsty

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