

Cheshire Walkers Walks Programme: Oct 2009 – Mar 2010

Sunday 4th Oct 2009: Peak District: Beresford & Wolfscote Dales

Description: We start the walk in Hartington and join the River Dove passing through Beresford Dale, before reaching the pretty village of Alstonfield. We rejoin the Dove and walk along its banks through Wolfscote Dale. We should have fine views across the Derbyshire Dales on the higher sections of the walk and enjoy some beautiful sections of walking along the steep sided banks of the dales themselves.

Start point: Car park in Hartington on B5054 - if you are coming in on the B5054 from the A515, go through the village. The nearest post code I can find is for the Post Office which is nearby in the Market Place - SK17 0AL.

Level: Easy but with some steep sections of descent to the river

Distance: 8 miles

Leader: Kate

Sunday 11th Oct 2009: Forest of Bowland: Clougha Pike and Wards Stone

Description: Trail magazine rates Clougha pike as one of the 100 best hills in the UK. On a good day it has clear views across Morecambe bay to the Lake District. After that we head on to Wards Stone, the highest point in the Forest of Bowland. Please note that dogs are not allowed on this walk.

Start point: Jubilee Tower car park (free) SD543573 near Quernmore

Level: Strenuous

Distance: 11 miles

Leader: Tom

Sun 18th Oct 2009: Snowdonia: Snowdon from Rhyd-Ddu

Description: This walk follows quieter paths to and from the summit of Snowdon, ascending on the Rhyd-Ddu Path, then returning via the Snowdon Ranger Path and then through the Glan-yr-Afon quarries. This is a full day out in the mountains with steep ascents and possibly adverse weather conditions. You will need a good level of fitness plus sufficient food and warm clothing.

Start point: Car Park at Rhyd-Ddu, GR SH 571 525.

Level: Strenuous

Distance: 10 miles

Leader: Nigel

Sun 25th Oct 2009: Yorkshire Dales: Grimwith Reservoir, Troller's Gill (and a spooky spectral hound)

Description: Spectral hounds are a recurring theme in English folklore (inspiring, for example, Conan Doyle to write the Hound of the Baskervilles). One of the most famous is the Barghest of Craven - with eyes said to blaze as bright as two suns, and pupils flickering with hellish flames and traditionally believed to be resident in Troller's Gill, a sinister limestone gorge in Lower Wharfedale. So, a good place for a walk then (especially

near Halloween)! The countryside around here is particularly varied: as well as the gorge, we'll walk along the River Wharfe, across moorland, and visit Grimwith Reservoir (which, despite also sounding like something out of Hound of the Baskervilles, is a surprisingly tranquil haven for bird-watching). There's a super-scary suspension bridge as well!

Start point: Car-park in Burnsall SE 031 611

Level: Moderate

Distance: 11 miles

Leader: Charles

Sat/Sun 30th Oct 2009: Lake District Skiddaw House Weekend

Description: There are still two places left on this weekend. If anyone is interested please contact Annie for further details.

Start point: Skiddaw House

Leader: Annie

Sun 8th Nov 2009: North Wales: Berwyns

Description: Starting from the highest Waterfall in Wales and England, we'll climb up Moel Sych (827m), Cadair Berwyn (827m) and Cadair Bronwen (784m) in this remote corner of Powys. Feel the Gwynt Tread y Meirw (Wind from the feet of the dead) blow through your hair as you get good views of the surrounding area.

Start point: Pistyll Rhaeadr car park, at the end of the road west from Llanrhaeadr-ym-Mochnant, Northern Powys, west of Oswestry.

Level: Strenuous

Distance: 10.5 miles

Leader: David

Sun 15h Nov 2009: Peak District: The Roaches & Luds Church

Description: The walk will start from the Ship Inn in Wincle, from where we'll head up through the forest in the Dane Valley, via Luds Church to the Roaches (Bears Rock) where we will have panoramic views of Cheshire and the Peak District.

Start point: Ship Inn, Wincle

Level: Easy

Distance: 7.5 miles

Leader: Tracy

Sun 22nd Nov 2009: Lake District: Longsleddale

Description: Unfortunately the walk has been cancelled due to the Severe weather and the flooding in Cumbria

The walk is about 8 miles and 2145ft / 650mts of climbing. It's quite a slog, as at least 3/4 of it is all relentlessly uphill, there is a little scrambling, and it can be quite boggy if there's been a lot of rain. The views are tremendous and if the weather is good we can add on an additional climb towards the end.

Start point: Sadgill in Longsleddale. Grid ref NY483056. Head for Kendal and take the A6 Shap Road towards Penrith. About 4 miles from the Duke of Cumberland pub on Kendal's city limits, look out for a left turn signposted Longsleddale 4 1/2 miles. It's a

very narrow, single track road that feels more like 10 miles. This brings you to the hamlet of Sadgill, there is very limited parking so try to car share as much as possible.

Level: Strenuous

Distance: 8 miles

Leader: Jane

Sun 29th Nov 2009: Cheshire: Etherow Country Park & Coombes Edge

Description: This walk starts from Etherow Country Park before climbing towards Wer-neth Low. We then drop back down to the River Etherow, climbing back up to Coombes Edge on the western extreme of the Peak District before heading back to the County Park.

Start point: Etherow Country Park, Compstall, on the B6104 Marple Bridge to Bredbury road. Car Park costs 3

Level: Moderate

Distance: 11 miles

Leader: Simon

Sun 6th Dec 2009: North Wales: Erddig Country Park plus Christmas Fair

Description: A walk through the grounds and area surrounding Erddig Hall (National Trust) near Wrexham. The walk includes riverside paths, a bit of road, field and woodland sections and is easy underfoot. Dogs are not permitted on the walk due to lots of livestock on the route. The walk should finish approx. 12.30pm - 1pm. We'll then visit the Christmas Fair within the grounds. It will cost £5.80 to enter the grounds; NT members free. Those who don't want to stay for the Fair but want to come along to the walk are welcome.

Start point: National Trust car park in Erddig, near Wrexham

Level: Easy

Distance: 7 miles

Leader: Kirsty

Sun 13th Dec 2009: Christmas Walk and Meal: Bickerton Poacher

Description: The route will take in a section of the Sandstone Trail and is designed to build up a good appetite for our Christmas meal. The meal is now fully booked.

Start point: The Bickerton Poacher Pub, Bulkeley

Level: Easy

Distance: 5-6 miles

Leader: Gemma (walk) Ian (meal)

Sun 20th Dec 2009: Lyme Park

Description: Due to severe weather warning and possible transport problems to Yorkshire, Sundays (tomorrow) walk has been changed to Lyme Park. The walk will be approximately 7-8 miles (moderate).

Start point: National Trust Car Park in Lyme Park. Cost about 5 or free with NT card.

Level: Moderate

Distance: 7-8 miles

Leader: James

Sun 3rd Jan 2010: Shropshire: Ellesmere & The Llangollen Canal

Description: This walk explores the countryside around the quiet market town of Ellesmere. We will follow the shores of The Mere before joining country paths, returning via Colemere and the Llangollen Canal.

Start point: Castle Field Car Park, Ellesmere. This is by the mere and the A495, south east of the town centre. GR SJ 406 345.

Level: Easy

Distance: 9 miles

Leader: Nigel

Sun 10th Jan 2010: Cheshire: Dunham Massey

Description: Please note change of walk location due to the adverse weather.

The mountain weather forecast for the Peak District for the weekend is for further falls of snow on Saturday night and on Sunday, and also higher winds with drifting of snow and serious wind chill risk. Even if we were able to get to Macclesfield forest in the morning, with drifting snow it is possible that cars could become stranded. Given this forecast I have decided to change the location of Sunday's walk to a lower level in Cheshire, with the help of Charles (Thanks Charles).

The walk will be approximately 7 miles with a pub at the start and end and a possible tea shop in the middle if Dunham Massey NT shop is open. Even so, please bring something to eat and drink, hot liquid recommended. It will still be cold so lots of layers, gloves, hat, etc. will be required. Please let me know if you wish to come along.

Start point: the Trans Pennine Trail car park at the western end of Atlantic Street, Broadheath, Altrincham.

Level: Easy

Distance: 7 miles

Leader: Andrew

Sun 17th Jan 2010: North Wales: Offa's Dyke from Prestatyn

Description: From Prestatyn we will climb up on to the Clwydian Way, stopping off to admire the view from the burial mound at Gop Hill and then back along Offas Dyke Path. A good walk for views.

Start point: Prestatyn park on one of the residential roads, either Mount Ida Road, Pendre Avenue or Stoneby Drive as I'm not sure how secure your car will be at the small designated car park. Meet at the sculpture at top of Fforddlas road near Mount Ida Road.

Level: Moderate with small strenuous climbs about 530m ascent

Distance: 11 miles

Leader: James

Sun 24th Jan 2010: Lancashire: Darwen Hill, Tockholes and Great Hill

Description: A walk around the moors, woods and reservoirs of Lancashire, including Darwen Jubilee Tower, Hollinshead Hall and the Holy Well, and Great Hill.

Start point: Roddlesworth information centre, next to the Royal Arms pub, on Tockholes Road, off the A675 north of Bolton (GR SD 665215). The car park is free and has toilets.

Level: Moderate

Distance: 10 miles

Leader: Simon

Sat/Sun 30th Jan 2010: Peak District Weekend

Description: A late winter weekend away in a Victorian Gothic National Trust mansion, surrounded by parkland close to Dovedale. Staying at Ilam , a newly refurbished YHA. Please note, due to location, this weekend will only be open to those staying at the YHA. Further details about accommodation and walks will be emailed closer to the time. Please note that bookings are not being taken for this weekend until the official email goes out nearer the time. Thanks.

Start point: Ilam Youth Hostel

Leader: Gemma (Accommodation) & Fiona (Walks)

Sun 7th Feb 2010: North Wales: Southern Clwydians

Description: Exact route to be determined, but we will take in Moel Gyw and Moel y Waun, at the far southern end of the Clwydian range

Start point: Pistyll Gwyn Quarry, approx 1 mile north of Llanarmon-yn-Ial, SJ189573

Level: Strenuous

Distance: 10 miles

Leader: Tom

Sun 14th Feb 2010: Peak District: Eyam, Bretton Clough and Eyam Moor

Description: Description - the walk starts in the historic plague village of Eyam, climbs to Eyam Edge, then drops down through Bretton Clough and follows Highlow Brook. We return across Eyam Moor to the village.

Start point: Car park opposite the museum. Post code for the museum is S32 5QP

Level: Moderate

Distance: 9 miles

Leader: Kate

Sun 21st Feb 2010: Shropshire: The Long Mynd

Description: A circular walk starting and finishing in the pleasant town of Church Stretton. It starts in the town and climbs up on to the Long Mynd (Long Mountain) giving fine views towards the Welsh Borders in clear weather. We'll walk along most of the ridge, including the highest point Pole Bank (516 metres /1693 feet).

Start point: Car park off Lions Meadow, centre of Church Stretton

Level: Moderate

Distance: 9 miles

Leader: Kirsty

Sun 28th Feb 2010: Lake District: Kendal to Potter Tarn

Description: This is a beautiful low level walk which gently climbs up to a secluded tarn. From the tarn there are great views of all the Lakeland mountains. We then descend to the picturesque Cowan Head before returning along the River Kent.

Start point: Kendal Town Hall. SD515927. (There is free parking in Kendal on the New Street car park by the river as you go through the town on the one way system).

Level: Easy

Distance: 10 miles

Leader: Jay and Andrew

Sunday 7th Mar 2010: Snowdonia: Y Foel Goch

Description: This route takes us along the Ogwen Valley before skirting the base of Tryfan and climbing to the peaks of Y Foel Goch (805m) and Gallt yr Ogof (763m).

Start point: Car Park in Capel Curig

Level: Strenuous

Distance: 9 miles

Leader: Ian

Sun 14th Mar 2010: Peak District: Thursbitch & Tors Ridge

Description: Although most of us probably know Shining Tor and Cats Tor very well, perhaps less of us have ventured into the almost hidden valley to the west of the ridge. This walk explores this little known and fascinating part of Cheshire and the myth and legends which still linger in this mysterious place. Those wishing to get more from the walk may like to read the novel Thursbitch by Alan Garner published by Vintage.

Start point: Change to: Car Park at Derbyshire Bridge at southern end of Goyt Valley. GR:SK018716. There may be a charge for this car park.

Level: Moderate

Distance: 10.5 miles

Leader: Andrew

Sun 21st Mar 2010: Lake District: St. Sunday Crag from Patterdale

Description: A strenuous spring-day walk, starting from Patterdale village, near the bottom end of Ullswater lake. We will enter and walk the length of the Deepdale valley, gradually climbing and then ending with an easy scramble to Deepdale Hause - on the Fairfield to St Sunday Crag ridge. Ascending the ridge to the summit of St. Sunday Crag (2,759 ft), there should be grand views of Helvellyn and Striding Edge. Then returning down the ridge to the car, with views over Ullswater lake.

Start point: Patterdale Village

Level: Strenuous

Distance: 7.5 miles

Leader: Jay

Sun 28th Mar 2010: North Wales: Tal y Fan from Penmaenmawr

Description: A favourite location of mine, climbing from Penmaenmawr to Moelfre 435m, with superb views to Anglesey. Then the climb to Tal y Fan 610m overlooking the Conwy Valley and the Snowdonia Peaks. Descending via the ridge around Foel Lus, giving superb coastal views, to the Great Orme and Puffin Island.

Start point: SH718764 - the car park in Penmaenmawr. The A55 by passes Conwy under the river, then through the Penmaenmawr tunnel, shortly after, leave at the roundabout which is just after the Shell garage on the left. Follow into Penmaenmawr, the car park is sign posted on the left at the crossroads in the village, Nat West on the corner, turn left and first right into the car park (free). Toilets here too, if they are open.

Level: Strenuous - 435m climb to Moelfre (climb from sea level)

Distance: 10 miles

Leader: Alfred