

Cheshire Walkers Walks Programme: Apr 2013 – Sep 2013

Sun 7th Apr 2013: Cheshire: Beeston Castle - Peckforton Castle

Description: Starting at Beeston Castle, we will follow the Sandstone Trail to the grounds of Peckforton Castle, then to Bulkeley Hill and Bickerton Hill and back to Beeston. The walk is at least 12 miles and there are good views across the Cheshire Plain and to North Wales.

The car park costs £3 per day and there are no WCs at the start point. It is likely to be muddy so bring walking boots and gaiters if you have them.

Start point: Beeston Castle car park Chapel Lane CW6 9TX

Level: Moderate

Distance: 12 miles

Leader: Kate

Sun 14th Apr 2013: West Pennines: Winter Hill from Barrow Bridge

Description: Starting from Barrow Bridge, a pretty village just north of Bolton the walk will start with a climb to the top of Winter Hill, famous for its TV mast, before returning via Longworth Clough nature reserve.

Start point: Barrow Bridge car park, off A58 NW of Bolton. Car Park is on minor road off A58 north of Moss Bank Park, Bolton. NGR SD 687 117

Level: Moderate

Distance: 10 miles

Leader: Simon

Sun 21st Apr 2013: Peak District: Win Hill Pike & Crook Hill

Description: A walk with "Lakeland" character traversing two broad ridges that form the high ground around Ladybower Reservoir. The walk will take in Win Hill Pike, Crook Hill, pine forests, wonderful views and a gentle stretch along the reservoir. There is potential for a diversion to the Ladybower Inn too!

Start point: Heatherdene Car Park, Ladybower SK202859

Level: Moderate

Distance: 9 miles

Leader: Helen

Sun 28th Apr 2013: South Pennines: Marsden to Slaithwaite via 5 reservoirs

Description: Starting from Marsden Railway Station, we'll follow the Kirklees Way and Pennine Way up onto Meltham Moor, before dropping back down to Slaithwaite. It's then an easy 2 mile walk along the canal back to Marsden.

Start point: By the canal opposite The Railway pub on Railway Street in Marsden. Nearest postcode HD7 6DH.

Level: Moderate (but flat(ish) and on good paths - ideal for new members)

Distance: 11.5 miles

Leader: Charles

Sat 4th May 2013: Swaledale Weekend - Pennine Way from Muker

Description: Pennine Way from Muker

Start point: Muker GR SD910979

Level: Moderate

Distance: 10 miles

Leader: Tom

Sun 5th May 2013: Swaledale Weekend - Reeth Low Moor, Booze and Fremington Edge

Description: Reeth Low Moor, Booze and Fremington Edge

Start point: From Grinton YHA GR SE047975

Level: Moderate

Distance: 13 miles

Leader: Alison

Mon 6th May 2013: Swaledale Weekend - Nine Standards Rigg

Description: Nine Standards Rigg

Start point: Market Square Kirkby Stephen (there are free parking spaces along the high street but please car share) grid ref NY774087

Level: Moderate

Distance: 8 miles

Leader: Andrew

Sun 12th May 2013: South Pennines: Wadsworth Moor from Heptonstall

Description: A straightforward walk around the varied countryside in Calderdale. We'll visit Sylvia Plath's grave, an abandoned church dedicated to Thomas Becket, followed by a mid-morning snack at Gibson Mill (excellent cake!). We'll then head onto the moorland of Wadsworth Moor and Clough Head Hill.

Start point: Car park in Heptonstall, nearest postcode HX7 7NE

Level: Moderate

Distance: 10 miles

Leader: Charles

Sun 19th May 2013: Lake District: Sergeant Man, High Raise and the Langdale Pikes

Description: Starting from Stickle Ghyll Car Park, by the New Dungeon Ghyll Hotel, we will ascend to Stickle Tarn with its views (hopefully) of Pavey Ark. From here we will ascend the ridge to Sergeant Man and High Raise which is actually the higher ground behind the Langdale Pikes. From here we then regain the ridge and walk Pavey Ark, Harrison Stickle, and Pike o'Stickle with an option of descents (short or long) depending on weather conditions and how the group is feeling. Decision will be made on the day.

Start point: Stickle Ghyll Car Park, Great Langdale

Level: Strenuous

Distance: 8 miles approx

Leader: Fiona

Sun 26th May 2013: Cumbria: Cartmel, Humphrey Head & Hampsfell

Description: A walk in delightful countryside starting from the pretty village of Cartmel.

The plan is to walk anti-clockwise, by-passing Cark, straight to Humphrey Head which has 360 degree panoramic views of Morecambe Bay, Bowland Fells, Ingleborough, Howgills and the southern Lakeland fells.

We will then head north-east, through Kents Bank & Grange-over-Sands, to the summit of Hampsfell. The views from the Hospice on top of there are some of the most extensive I've seen of the Lake District.

Start point: Market Cross in Cartmel - opposite the Village Shop, famed for the Cartmel Sticky Toffee Pudding.

Level: Moderate

Distance: 11-12 miles

Leader: Jay

Tue 28th May 2013: Evening walk: Lymm

Description: An easy stroll around Lymm Dam, over to Spud Wood, and back along the Bridgewater Canal.

Start point: Lymm Dam car park

Level: Easy

Distance: 4 miles

Leader: Charles

Sun 2nd Jun 2013: Shropshire: Ironbridge and the Wrekin

Description: Starting from the historic Ironbridge, this walk takes in the Wrekin, and the Severn and the Shropshire country side in between. The Wrekin is has 360 degree views of the hole of Shropshire and the surrounding counties.

The start point is the Dale End car park, TF8 7DS.

The walk is 12 miles and starts at 10am.

Start point: Dale End car park, Ironbridge, TF8 7DS

Level: Moderate

Distance: 12 miles

Leader: David

Wed 5th Jun 2013: Evening walk - Frodsham Hill and the Sandstone Trail

Description: Since the weather forecast looks OK for next week, there's going to be an extra evening walk this week. It's a 5 to 6 mile stroll around Frodsham Hill and the Sandstone Trail. No more than six though, I promise.

Start point: Beacon Hill car park, Frodsham

Level: Easy

Distance: 5-6 miles

Leader: Tom

Sun 9th Jun 2013: North Wales: Bangor to Llanfairfechan

Description: An easy walk along flat coastal paths, lanes and field paths, ideal for new members. Highest elevation 100m we are at sea level for most of the walk. Part of the newly established, 870-mile Wales Coast Path, this walk gives great views across the enormous sand flats of the Menai Strait to the low hills of the Anglesey shore.

Start point: Car Park in front of the Beach Hut Caf Llanfairfechan. Grid Reference: SH6802 7536. Postcode: LL33 0BY.

Parking is free and there are toilets in the car park.

We will take the train from Llanfairfechan to Bangor. Train Departs at 10.55am. Tickets cost £3.

Start point: Car Park in front of the Beach Hut Caf, Llanfairfechan

Level: Easy

Distance: 10 miles

Leader: Simon C

Wed 12th Jun 2013: Evening Walk: Little Bollington

Description: A 5 mile walk along a mixture of the Bridgewater Canal and TransPennine Trail, near to Dunham Massay. Flat walk which will use a mixture of well trodden paths and roads throughout. We will meet in Little Bollington, just in front of the White Cottages Tea Rooms. We will then be near the Swan and Two Nicks pub for a refreshing drink at the end.

Start point: just in front of The White Cottages Tea Rooms in Little Bollington OS 729872

Level: Easy

Distance: 5 miles

Leader: Annie

Sun 16th Jun 2013: Peak District: Longnor

Description: Longnor is on B5053 off A515 6 miles SE of Buxton. Meet at village centre car park outside Craft Centre/Cafe. There are toilets there and The Cobbles Cafe opens from 9 am serving breakfast goodies and cake supplies to supplement your picnic.

Description: I have graded this walk moderate as the distance is just under 10 miles but please note that there are several short sharp climbs and the total ascent is about 2300 ft. This walk is made fairly challenging by the ascent of the ridge of ancient coral reefs known as the Dragons Back. There is some easy scrambling onto the ridges.

From Longnor, we make our way towards Hollingsclough village and climb the smooth-sided Hollins Hill as a warm up before tackling the more vertiginous Chrome Hill. Depending on conditions, there may be the option to climb Parkhouse Hill (add 200ft). Passing through Earl Sterndale, we will end with a climb and steep descent of High Wheeldon Hill.

Please bring water proofs, suitable footwear and warm clothing.

Start point: GR: SK089649

Level: Moderate

Distance: 10 miles

Leader: Emma

Sun 23rd Jun 2013: North Wales: Moel Arthur and Moel Famau

Description: This 10 mile walk which follows some of the Offa's Dyke Path in the Clwydian range of hills and takes in both Moel Arthur and Moel Famau. There are a number of steep ascents along this route, which once on Offa's Dyke Path also will also go up and down a few times, so do be prepared. This walk has been rated as hard for this reason but as it is the summer, we can take a fairly leisurely pace. Just remember that hopefully, the reward will be great views across to Snowdonia and Isle of Man.

Start point: OS SJ172647

Level: Hard

Distance: 10 miles

Leader: Annie

Thur 27th Jun 2013: Evening Walk: Shutlingsloe - Cheshire's only 'mountain'

Description: This would be a good walk for new members who are keen to stretch their legs and have a go at a hill!

We will head up Nessit Hill through Macclesfield Forest before climbing Shutlingsloe which stands at 506 m. This peak has been described as Cheshire's Matterhorn due to its interesting shape. The steep climb up has been laid with large stone slabs and so is like walking up a steep staircase. The views from the top should be superb. We will descend and return to the reservoir via Buxtors Hill.

Directions: Drive through Langley Village from Macclesfield. Exit the village on Clarke Lane. After half a mile, you will see the Leather's Smithy Pub on your left. Turn right immediately after the pub and park on the lane by the reservoir. There is a car park further up but there should be plenty of space here.

Please bring waterproofs and water.

Email or text me to let me know if you are coming.

Start point: Langley - Park on road next to Ridgegate Reservoir. GR: SJ 954716

Level: Moderate

Distance: 5 miles

Leader: Emma

Sat 29th Jun 2013: North Wales: Llangollen Steam Train Walk

Description: A walk with a difference! Commencing with a 7-mile steam-train ride from Llangollen to Carrog and Cornish pasties (optional!); our return walk will start at 11:45 and embrace the delights of the Clwydian Way towards the foothills of Llantysilio Mountain, where we will descend, crossing the River Dee at Glyndyfrdwy. Ascending the more rugged footpaths of Vivod Mountain (550m) we will wend our way back to Llangollen along the North Berwyn Way, arriving back in the evening (between 19:00-20:00).

Please also note the planned walk differs to that of my 2008 Llangollen Steam Train Walk.

Arrive early (09:30-10:00) at long stay car park: SJ217422, off A539 on left hand-side as you enter Llangollen (before the bridge), just before the Sarah Ponsonby Arms. It costs 3.50p for the day. Toilets are located in the town. There are plenty of cafes to have a coffee beforehand.

Arrive at station: 10:45 (at the latest!) to purchase your ticket

Train Departs: 11:00

Ticket Price (single) £6

13 places have been booked on the steam train. There are currently 2 spare booked places left. Please contact me if you would like one of these spare places.

When the pre-booked places are full, You are welcome to contact Llangollen Railway and book your own tickets too Tel: 01978 860979. But please let me know you are coming!

If you don't want to join us on the steam train but you want to attend the walk, you will need to drive to Carrog and park in the village (not at the station as it will close before we finish the walk) and meet us at Carrog Train Station at 11:30 where we will be commencing the walk. You will then have to make taxi/bus arrangements to return to your car after the walk (as it is a linear walk).

Essential items: water, food, walking boots, sun protection, warm layers and water-proofs.

As always, please contact me to say you will be coming along.

Start point: Llangollen Railway Station GR:SJ211422

Level: Strenuous

Distance: 13–14 miles

Leader: Rebecca

Sun 7th Jul 2013: Lancashire: Parbold

Description: Route to include Harrock Hill, Fairy Glen and Ashurst's Beacon.

Start point: Beacon Country Park car park on Beacon Lane, SD508063. Please note that there are several car parks on this road. The correct one is the second after leaving Orrell, at the top of the hill. Look out for the trig point in the car park.

Level: Hard

Distance: Approx 12 miles

Leader: Tom

Wed 10th Jul 2013: Evening Walk: Great Budworth and Area

Description: A 5 mile walk across fields and through woodland in Marbury Country park. The walk goes past the Anderton Boat lift, along the side of Budworth mere and through the picturesque village of Great Budworth. We will meet at the car park of the Cock O Budworth pub, the landlord has agreed that we can park here. I am planning to eat at the pub before the walk, aiming to arrive about 6.15. The pub serves a selection of reasonably priced main meals and sandwiches. Anyone is welcome to join me to eat. Please let me know if you are planning on eating so I can let the landlord know. After the walk we should also have time for a refreshing drink at the pub.

Start point: Cock O Budworth pub on A559

Level: Easy

Distance: 5 miles

Leader: Alison W

Sun 14th Jul 2013: Peak District: Hartington & Alstonefield

Description: From Buxton take the A515 Ashbourne road for 9 miles, turning right onto the B5052 for 2.5 miles into Hartington Village. Pay & Display car park, Peak District Nat Pk charges will apply, £5 / day. Toilets opposite this car park If early, free parking in the Village!! Please car share if possible to split the cost. Short ascent at the start, and a 300m climb from Mill Dale - which is actually quite easy, this will give a indication of the

type of walk the group does, hence ideal for new members looking to walk with a group for the first time. Do let me know if you can come, as cup cakes might be on the walk start menu !! After the walk... Tea or Cream scones or a beer if a hot day in the Charles Cotton Hotel.

Start point: Hartington Village - SK128604 -The Duck Pond

Level: Moderate - but -Ideal for new members

Distance: 8.5 miles

Leader: Alfred

Thu 18th Jul 2013: Evening walk: Sponds Hill from (just outside) Bollington

Description: As the weather is set to stay atypically nice this week, here's an extra evening walk. Starting from just outside Bollington we'll walk to just outside Lyme Park. We'll go up Sponds Hill and walk along the Gritstone trail where we should have good views. Afterwards we should have time for a quick stop in The Vale Inn in Bollington.

Start point: Lay-by on Spuley Lane, Bollington

Level: Moderate

Distance: 5 miles

Leader: Charles

Sun 21st Jul 2013: Shropshire: Ragleth Hill and Long Mynd

Description: Starting at Church Stretton, we'll head up and over Ragleth Hill with views toward The Wrekin. After passing through the villages of Little Stretton & Minton, we'll climb the Long Mynd up to the highest point, Pole Bank. We'll then descend the other side of the Mynd towards Bridges with views across to The Stiperstones. Our return is a climb back over the Long Mynd down the Carding Mill Valley and back to Church Stretton.

NB: The route contains three 300m+ ascents (and descents). One of which is near the end of the walk. Given the current hot weather, I may shorten the walk to approx. 12 miles, removing the climb near the end of the walk. A decision will be made on the day.

Free parking (at time of recce) and toilets at the start point.

Start point: Easthope Road car park, centre of Church Stretton

Level: Strenuous

Distance: 15 miles (see description)

Leader: Kirsty

Wed 24th Jul 2013: Evening walk: Little Leigh

Description: A 5 mile walk along the River Weaver and Trent and Mersey canal, across fields and through woodland. We will meet at the Leigh Arms pub. Parking is along the road outside the pub car park, if you are using the pub before the walk or all the road spaces are taken then park in the pub car park. I am planning to eat at the pub before the walk, aiming to arrive about 6.15. The pub serves a selection of reasonably priced main meals and sandwiches. Anyone is welcome to join me to eat. Please let me know if you are planning on eating so I can sort a table out. After the walk we should also have time for a refreshing drink at the pub.

Start point: Leigh Arms pub

Level: Easy

Distance: 5 miles

Leader: Alison W

Sun 28th Jul 2013: Snowdonia: Nantgwynant Valley

Description: A moderate walk through the Nantgwynant Valley. A chance for those that want to visit the Snowdonia national park but don't care for the climbs. The delight of this valley walk has been described as of the most superb in Wales, having Snowdon as our backdrop helps as do the shimmering glacial lakes of Llyn Dinas and Llyn Gwynant on the Valley floor. But what really gives the scenery here a captivating quality are the remnants of Dinas Emrys a Celtic Fortress.

Start point: Public car park at the rear of the TIC in the centre of Beddgelert, grid reference SH 590481. 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. Parking is £4.

Level: Moderate

Distance: 10 miles

Leader: Craig

Sun 4th Aug 2013: Snowdonia: Creigiau Gleision & Llyn Cowlyd

Description: Starting from Capel Curig, we will ascend Crimpiau, and follow the ridge to Craig Wen & Creigiau Gleision, the high point of the walk at 678m. After this we will descend to the dam at the head of Llyn Cowlyd and follow the lake shore back to Capel Curig. The route includes some rough pathless terrain and a high level of fitness will be needed. The walk will be followed by an optional meal at the Tyn-y-Coed Inn.

Start point: Car Park at Tyn-y-Coed Inn, Capel Curig. Grid reference SH732574, post-code LL24 0EE. The pub is on the A5 & has an old yellow stagecoach in the car park. Parking is free since we are eating there at the end of the walk.

Level: Strenuous

Distance: 12 miles

Leader: Nigel

Sun 11th Aug 2013: Peak District: The Hayfield 3 Peaks

Description: Starting in Hayfield the walk takes in 3 small peaks in the Hayfield area, Mount Famine, Chinley Churn and Lantern Pike, and includes some steep short climbs.

Start point: Main car park in Hayfield, the entrance is off the A6015 New Mills to Hayfield road. The car park costs £3.60 for the day.

Level: Moderate

Distance: 11 miles

Leader: Simon

Sun 18th Aug 2013: North East Wales: The Berwyns from Llandrillo

Description: Starting from the village of Llandrillo, this walk takes in the summits of Moel Sych (827m), Cader Bronwen (785m) and Cader Berwyn (830m), the highest point of the Berwyn range. The mountains are well situated for panoramic views of England and Wales.

Start point: Llandrillo Car Park (free parking and it has toilets). GR SJ 035372

Level: Strenuous

Distance: 11 miles

Leader: Ian

Fri–Mon 23rd Aug 2013: Grasmere August Bank Holiday weekend

Description: August Bank Holiday weekend in Grasmere

Saturday walk 24 August

Silver Howe to Sergeant Man, onto Blea Rigg then back along Helm Crag.

This is not a particularly long walk (approximately 9 miles) but it will involve a fair bit of climbing. A decent level of fitness will be needed. We start with a climb up to Silver Howe then along the ridge to Sergeant Man, with (weather permitting) good views of the Langdales and Grasmere, looking at part of the Fairfield horseshoe and Great Rigg on the other side of the valley. We return along the ridge to Helm Crag and then back into the village.

The start point will be the Butharlp Howe YHA, Easedale Road, Grasmere LA22 9QG. Please arrive by 9.45 am for a prompt 10 am start.

For those not staying at the hostel, there is parking in the village, public car parks at Red Bank Lane and also by the village green (before you come into the village, first turning off the A591) but these are fairly expensive. Otherwise, there is parking on the road in the village at various points.

Start point: Grasmere

Level: Hard

Leader: Kate

Sun 25th Aug 2013: Grasmere August Bank Holiday Weekend Sunday walk

Description: High level circuit of Rydal Water

From Grasmere, we will head up to Alcock Tarn, then head up to Nab Scar on the Fairfield Horseshoe ridge. We then drop down to Rydal (possible drinks stop at the Badger Bar) before heading up Loughrigg and returning to Grasmere

Start point: Grasmere Burtharlp Howe YHA details as for Saturday walk

Level: Hard

Distance: 8.5 miles

Leader: Tom

Sun 1st Sep 2013: Lancashire: Bury to Rawtenstall

Description: We'll get the 10:20 steam train from Bury up to Rawtenstall and then walk back, via parts of the Irwell Valley Sculpture Trail and the Peel Monument above Ramsbottom.

Start point: On street parking in the centre of Bury

Level: Moderate

Distance: 12 miles

Leader: Charles

Sun 8th Sep 2013: North East Wales: Cyffylliog

Description: A pleasant walk in the Clwydog valley, with extensive views. The walk explores valleys and hills near Cyffylliog. The walk, which is part of a waymarked Mynydd Hiraethog circuit, follows a section of the Clwydog river, then rises up a side valley to follow a high-level country road along the northern slopes of Foel Ganol.

Start point: TBC

Level: Moderate

Distance: 12 miles

Leader: Sarah

Sun 15th Sep 2013: Joint walk with Snowgoose Cat and Fiddie in Peak District

Description: Details TBA

Leader: Tracy

Sun 22nd Sep 2013: Cumbria: Shap Fells

Description: Starting from Wet Sleddale, we head past Sleddale Hall, then over to Mosedale Cottage. We will then ascend Branstree and Selside Pike (weather permitting), before returning via Swindale.

Start point: Small car park by Wet Sleddale reservoir

Level: Strenuous

Distance: 15 miles

Leader: Tom

Sun 29th Sep 2013: Peak District: Stanage Edge from Hathersage

Description: Due to the social event the evening before, this weeks walk will be shorter and have a later start time.

We will meet in the Oddfellows Road car park in Hathersage at 11.45am. We will ascend Stanage Edge before returning to Hathersage for tea and cakes.

There are toilets at the start of the walk and half way round.

The car park is £5.00

Start point: Oddfellows Road Car Park in Hathersage GR: SK231813

Level: Moderate

Distance: 6.5 miles

Leader: Alison S