

Cheshire Walkers Walks Programme: Mar 2014 to Sept 2014

Sunday 06 April 2014: Peak District: Kinder Scout from Hayfield

Description: The walk is the classic Kinder downfall round, starting from Hayfield takes in Edale Cross, Kinder Downfall, Williams Clough and the Snake Path. Kinder Downfall is the point where the water from the Kinder plateau cascades over the cliffs and starts its way towards the Mersey estuary. The views are extensive and cover the many miles of the Manchester and the Cheshire and Lancashire plains. The walk should be considered strenuous. Whilst the paths are well formed, they can be boggy even after a dry spell. But the walk is a classic, and well worth doing if you have not done so before.

Walk length: 12 miles

Walk grade: Strenuous

Start point: Main car park in Hayfield, at the start of the Sett Valley Trail. SK22 2PE.

Leader: David

Sunday 13 April 2014: Cheshire/Staffordshire border: The Roaches from Wincle

Description: Starting from outside the Ship Inn at Wincle, we will be walking through farmland until we reach a short sharp climb to reach the Roaches. Walking along the ridge, we then go to Lud's Church (a roofless cave) and Hanging Stone, before dropping back down to the river and the Ship Inn where welcome post walk refreshments can be purchased!

On a good day, the view from the Roaches rivals anything to be found from the Peak District. This is a long walk, but has enough contrast throughout to keep the interest levels high.

Walk length: 14 miles

Walk grade: Strenuous

Start point: Outside the Ship Inn. Parking is on the road outside the Inn (please park responsibly). Further space to park can be found at the bottom of the hill by the river if busy.

Leader: Neil

Saturday 19 April 2014: Easter weekend: Argyll/Loch Long - Arrochar Alps - Beinn Narnain and The Cobbler (Ben Arthur)

Description: The first object is to reach the summit of [Beinn Narnain](#) - a munro at 3,038ft, by taking the zig-zagging path through the forest to find the old tramway, then steeply through the forest approaching Creag an Fhitchich and some scrambling via Cruach-nam Miseag to the summit. We'll then descend about 1,000 ft to Lochan a' Chlaidheimh and then ascend the easy but steep path to [The Cobbler](#) - a corbett at 2,900 ft (one of Scotland's most famous and distinctive looking mountains). We descend via the Allt a' Bhalachain stream to the dam and down the zigzag forest path back to the car park.

Walk length: 7 miles

Walk grade: Strenuous

Start point: Car park in Arrochar, to the west of the bridge. Price was £1 all day, when reccied in September 2013.

Leader: Jay

Sunday 20 April 2014: Easter weekend: Stirlingshire/Loch Lomond - Ben Lomond from Luss

Description: A walk to the summit of the most southerly Munro - [Ben Lomond](#) - at 3,196 ft, with stunning views on a clear day.

- 45 minute [ferry ride from Luss to Rowardennan](#). Depart Luss 10.00 am and Arrive

Rowardennan at 10.45 am.

- Ascend Ben Lomond via the spectacular south-western ridge called the Ptarmigan ridge
- Return to Rowardennan via the south-eastern shoulder of Ben Lomond.
- 45 minute ferry ride from Rowardennan to Luss, departing at 3.30 pm.

Ferry is £11.50 return, each. Plan to buy these from the Ticket Office on the day.

Walk length: 7 miles

Walk grade: Strenuous

Start point: Main car park in Hayfield, at the start of the Sett Valley Trail. SK22 2PE.**Start point:** Luss pay & display car park. I will try to find out the cost and let you know on the Saturday.

Leader: Jay

Sunday 27 April 2014: North East Wales: World's End from Llandegla

Description: The route takes in the Horseshoe Pass, World's End and a section of the Offa's Dyke Path. There are a variety of forest, fields, hills and moors and a fine set of views. The route takes in some hilly terrain and a few short, steep climbs.

Walk length: 13 miles

Walk grade: Moderate

Start point: Outside the cafe at Llandegla Forest Visitors Centre.

Leader: Ian

Sunday 4 May 2014: Peak District: Bollington's pathways, tracks, old lanes and hill farms

Description: Starting from Adlington road car park, we will skirt the recreation ground by the river Dean, along pretty streets, up to White Nancy on Kerridge Ridge. Stunning views can be seen from here across the Cheshire Plain and the peak district.

Tracking along Gritstone trail detouring to see a beautiful waterfall, we will then wander through Harrop bluebell wood and back towards Bollington taking the steep track up to long lane for more spectacular views before dropping down to Styperson pool and back along the canal.

Walk length: 10 miles

Walk grade: Moderate

Start point: Adlington road car park opposite Vale Inn pub, Bollington (SK10 5JT)

Leader: Tracy

Sunday 11 May 2014: Peak District: Cressbrook Dale from Monsal Head

Description: Cressbrook Dale from Monsal Head

Walk length: 11 miles

Walk grade: Strenuous

Start point: The village of Litton - SK17 8QU nearest point

Leader: Alfred

Sunday 18 May 2014: Cheshire: Wilmslow - The Carrs, Quarry Bank Mill, Styal and Lindow Common

Description: We will follow the river Bollin through the Carrs (parkland in Wilmslow) to the National Trust property at Quarry Bank Mill, on to Styal and eventually almost all the way up to the runway at Manchester airport. We then cross the A538 and loop back via Lindow Common and back down through the Carrs.

It is an easy walk with almost no hills so is ideal for new members, or more established members

who fancy an easy week rambling along by the river in the spring sunshine. We will come back past the Cheshire Smokehouse so will probably make a pit stop there for people to check out the shop and perhaps stock up on cake, biscuits or ice cream.

Walk length: 8-9 miles

Walk grade: Easy

Start point: The Carrs car park on Cliff Rd in Wilmslow SK9 4AA. The car park at the Carrs is free on Sundays.

Leader: Claire Hart

Saturday 24 May 2014: Pembrokeshire weekend: coastal path walk

Description: takes in the coastal path including hidden bays, stunning sea cliffs, remote beaches and the potential to see Puffins, dolphins, porpoises, grey seals and even whales (no wildlife is guaranteed!) This will be around 12 miles and will be undulating rather than flat. The National Trails website describes this section of the coastal path as the most difficult of the whole path, with dramatic and steep climbs and descents.

Walk length: 12 miles

Walk grade: Moderate

Leader: Neil

Sunday 23 May 2014: Pembrokeshire weekend: Presili Hills

Description: walk in the foothills of the Presili Hills to include a visit to [Pentre Ifan](#), one of the oldest Neolithic monuments in the United Kingdom. This will be hilly and around 10 miles.

Walk length: 10 miles

Walk grade: Moderate

Leader: Neil

Sunday 01 June 2014: Snowdonia: Moel Eilio from Llanberis

Description: We will follow a strenuous circuit taking in four peaks, Moel Eilio is the highest at 726m. There are great views of the surrounding areas, including Caernarfon Castle & Snowdon. The walk includes some very steep ascents, but no scrambling.

Walk length: 8 miles

Walk grade: Strenuous

Start point: Electric Mountain Visitors Centre Car Park, Llanberis, LL55 4UR.

Leader: Nigel

Sunday 08 June 2014: Yorkshire - Hebden Bridge

Description: The walk will cover some of the high moorland around Hebden Bridge, returning via the valley bottom. We will probably stop for tea at Gibson Mill, about a mile before the end of the walk, so please bring some money with you.

Walk length: 10 miles

Walk grade: Moderate

Start point: Midgehole National Trust car park, Hardcastle Crag, grid ref SD988291

Leader: Tom

Sunday 15 June 2014: Peak District: Derwent Edge from Bradfield

Description: Derwent Edge but with a difference. The walk will start from Low Bradfield and take in woodland, reservoirs, moorland and high craggy tors. We will hopefully have fantastic views and

take in the Coach and Horses, Salt Cellar and Cakes of Bread too. Low Bradfield is a lovely village with cricket green, icecream van and a choice of cafe (if we are back in time) or pub!

Walk length: 13 miles

Walk grade: Moderate

Start point: Low Bradfield, the car park next to the village playground, off Fairhouse Lane uphill from the bridge. The car park is free and there are toilets. The nearest postcode is S6 6LA.

Leader: Helen

Sunday 22 June 2014: South Lakes: Longsleddale

Description: The walk is strenuous with approx 2145ft / 650mts of climbing and depending on weather will be 8 - 10 miles. 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 hopefully good!

Walk length: 8 - 10 miles

Walk grade: Strenuous

Start point: Sadgill in Longsleddale. Grid ref NY483056.

Leader: Jane

Sunday 29 June 2014: Lake District: Great Gable from Seatoller

Description: An ascent of Great Gable from Seatoller, via Green Gable. This walk will involve some steep climbs, short stretches of scrambling and some steep descents.

Walk length: 8 miles

Walk grade: Strenuous

Start point: Main car park in Hayfield, at the start of the Sett Valley Trail. SK22 2PE. **Start point:** National Trust Car Park in Seatoller nearest post code CA12 5XN. Parking in Seathwaite is very restricted so please note the start point is in Seatoller, further up the road.

Leader: Kate

Sunday 06 July 2014: Peak District: Stoney Middleton

Description: This is a long walk, being just over 15 miles. That said, it is an opportunity to discover the wonderful variety of landscapes the Peak District has to offer. We will start by following the river Derwent, will climb the moors above Offerton Hall and return via the wonderfully picturesque villages of Foolow, Great Hucklow and the famous plague village of Eyam.

On the reccie there was the bonus of much action taking place at the gliding school at Great Hucklow – amazing to see how they actually take off!

There is one steep climb onto the moors, but other than that the walk is undulating rather than peppered with ups and downs. This, therefore, is a good opportunity for anyone who would like to try a longer walk.

This really is a beautiful part of the world. Each village seems to be prettier than the one before it, and good weather rewards with views up to Ladybower and of almost every Limestone Edge within the national park.

Walk length: 15 miles

Walk grade: Moderate

Start point: Stoney Middleton

Leader: Neil

Sunday 13 July 2014: South Cheshire: Malpas

Description: From its Hill Top position Malpas looks across the borderlands to Wales, the large mound next to the church is the site of a Norman castle, its 14th century sandstone church unusually large and imposing for a village church. This walk explores the countryside of Southwest Cheshire to the south and east of Malpas and close to both the Shropshire and Welsh borders. There are fine views looking across to the hills of North Wales.

Walk length: 9 miles

Walk grade: Moderate

Start point: Malpas, Car Park off High Street (SJ 487 472)

Leader: Ashley

Sunday 20 July 2014: South Pennines: Keighley to Oxenhope

Description: A railway walk in the heart of Bronte country. Starting at Oxenhope, we'll get the train on the heritage Keighley and Worth Valley Railway (as featured in *The Railway Children*) and then walk back. We'll visit Bingley Five Rise locks on the Leeds-Liverpool Canal, the spectacular (and sadly relatively unknown) Cullingworth Viaduct, and a variety of mills, woods and moorland.

Walk length: 10 miles

Walk grade: Moderate

Start point: Oxenhope Station car park, BD22 9SB

Leader: Charles

Sunday 27 July 2014: North Wales: Pentrefoelas

Description: The route explores the Mynydd Hiraethog, a bleak but beautiful area of high moorland between the Snowdonia National Park and the Vale of Clwyd and a natural upland lake Llyn Alwen. The route uses field paths and crosses rough moorland across open access land - it can be wet in places (even in spells of dry weather).

Walk length: 13 miles

Walk grade: Moderate

Start point: Car park in Pentrefoelas village by the Riverside Chocolate House cafe.

Leader: Ian

Sunday 03 August 2014: Lancashire: Canal walk from Parbold to Wigan

Description: As shown on the 'Walking Through History' TV programme we will follow the Leeds and Liverpool Canal, starting from Parbold to Wigan Pier via Crooke.

Walk length: 8 miles

Walk grade: Easy

Start point: Meet at Parbold train station, The Common, Wigan, WN8 7NU at 10.00am as the train departs at 10.23am, arriving at Wigan Wallgate at 10.35am. Single fare on the train costs £4.10

Leader: Simon

Sunday 10 August 2014: Snowdonia: Elidir Fawr and Y Garn from Nant Peris

Description: A challenging ascent from Nant Peris to Y Garn on the northern edge of Y Glyderau then following the main ridge northwards via Foel Goch and Mynydd Perfedd to Elidir Fawr. The descent will also be steep, via Cwm Dudodyn. Please ensure you have good strong walking boots, water-proofs, and are equipped for a full day in the mountains with food and liquids etc.

Walk length: 8 miles

Walk grade: Strenuous

Start point: Car park on the A4086 Llanberis Pass road at Nant Peris, grid. ref. SH607583

Leader: Andrew

Sunday 17 August 2014: North East Wales: Canals, a Castle and a World Heritage Site

Description: Starting from Trevor Basin, we'll begin by crossing Pontcysylltye Aqueduct (world heritage site) following the canal towpath to the Chirk Aqueduct (both designed by Thomas Telford). During this section we'll go through the Whitehouse Tunnel (about 170m long) and the Chirk Tunnel (about 420m long). We'll then follow riverside and woodland paths in the Ceiriog valley and the NT estate of Chirk Castle. Returning via the Offa's Dyke national trail, we'll cross the Pontcysylltye Aqueduct again to return our start point.

NB: Both aqueducts have towpaths and have hand rails on the outer side. In the canal section we'll be walking through two tunnels which have towpaths and a railing. If you'll be uncomfortable with heights or long dark tunnels, there is no alternative route.

Walk length: 13 miles

Walk grade: Moderate

Start point: Aqueduct car park 2 in Trevor Basin.

Leader: Kirsty

Saturday 23 – Monday 25 August: Lake District: Buttermere Weekend

Description:

Saturday 23 August: Grasmoor

Leader: Tom

Walk grade: Strenuous

Sunday 24 August: Red Pike & Buttermere Fells

Leader: Tom

Walk grade: Strenuous

Monday 25 August: A circuit of Buttermere + Haystacks

Leader: Alison

Walk grade: Strenuous

Sunday 31 August 2014: Shropshire - Ellesmere

Description: The walk will visit some of the countryside around the village of Ellesmere, including the Shropshire Union Canal.

Walk length: 10-12 miles

Walk grade: Moderate

Start point: Meet outside the Boat House visitor centre. Postcode SY12 0PA. There is parking available at a number of places along the A495, either side of the visitor centre.

Leader: Tom

Sunday 07 September 2014: Yorkshire Dales: Caves and waterfalls from Stainforth

Description: 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.

Walk length: 11 miles

Walk grade: Moderate

Start point: National Trust car park in Stainforth, BD24 9PF

Leader: Charles

Sunday 14 September 2014: Lake District: Bowfell and Crinkle Crag

Description: A tough but exhilarating walk up two of Lakeland's most famous and higher mountains.

Starting from the Old Dungeon Ghyll in Great Langdale, and heading west, we'll ascend Bowfell (2,959 ft or 902 m), firstly via The Band, then across the Climbers Traverse to the base of Cambridge Crag.

There is a mild bit of exposure walking along the Climbers Traverse. From the waterspout at the base of Cambridge Crag, we'll ascend to the Bowfell summit by-passing the Great Slab, with a bit of easy scrambling.

We'll then continue south along the ridge to Crinkle Crag (2,818 ft or 859 m), then descending via the Bad Step and Great Knott towards Oxendale, back to Old Dungeon Ghyll.

Walk length: 8 miles

Walk grade: Strenuous

Start point: Old Dungeon Ghyll Hotel. Nearest postcode: LA22 9JY

Leader: Jay

Sunday 21 September 2014: Peak District: Bretton Clough and Eyam Moor

Description: The Village of Eyam is best known for the outbreak of Bubonic plague in 1665, which spread rapidly through the tight-knit community, in order to prevent further spread the village isolated itself for over a year. The Village itself lies in the attractive countryside of the white peak bordering the craggy dark peak. This walk takes in the Village of Foolow, climbing up to Eyam Edge, the wooded valley of Bretton Clough eventually the heather strewn expanses of Eyam moor, with views across the Derwent valley, the village of Hattersage and the long lines of Gritstone edges.

Walk length: 10 miles

Walk grade: Moderate

Start point: Eyam Village Car Park Hawkhill Road, S32 5QP (Opposite the Museum)

Leader: Ashley

Sunday 28 September 2014: North Wales : Llyn Brenig

Description: Explore the forests and moorland around two of Wales' lesser known lakes. A varied walk with some fantastic views.

Parking costs £2.00 for the day. There are toilets at the Visitor Centre.

Walk length: 14 miles

Walk grade: Moderate

Start point: Llyn Brenig Visitor Centre Car Park, Llyn Brenig, Cerrigydrudion, Conwy, Wales LL21 9TT. (Grid reference: SH968548). Please note that the centre of the post code is Alwen Reservoir, not Llyn Brenig Visitor Centre.

Leader: Sarah