



Cheshire Walkers Walks Programme: April 2015 to September 2015

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

Part of North and Mid Cheshire area

Cheshire Walkers is **THE** walking group covering North & Mid Cheshire and the surrounding area.

Who are we? Formed in 1999, and originally a 20s-30s group, we are a walking group affiliated to the Ramblers and part of the North & Mid Cheshire Area. As time has moved on, we have dropped the age restriction and anybody is welcome to walk with us. In practice, most of the regulars in the group are 30s-40s.

Sat 4 April 2015 10:00 - 11 miles/17.7 km - Moderate (Finishes 16:00 approx.)

Dorset Weekend - Golden Cap to West Bay Circular

Starts at 10:00: National Trust car park at Langdon Hill (DT6 6JW, SY412930)

A stroll along the Southwest Coastal Path/Monarch's Way. Starting at Golden Cap, which has spectacular views along the Jurassic coast, we'll walk along the coast towards West Bay (and see some of the places used in the filming of Broadchurch). The return is inland, along the the Monarch's Way, skirting the town of Bridport (with its well-known bookshop), and a visit to Hell Lane (a rather unusual green lane).

Contact: Claire Hart

Sun 5 April 2015 10:00 - 11 miles/17.7 km - Moderate (Finishes 16:00 approx.)

Dorset Weekend - Maiden Castle, The Ridgeway, and Hardy's Monument

Starts at 10:00: DT2 9PP, SY668889

Starting at the famous iron age hill fort of Maiden Castle, just outside Dorchester, we walk along the Ridgeway via various tumuli and barrows to Hardy's Monument, which commemorates Admiral Thomas Hardy (as in 'Kiss me, Hardy') and has spectacular views of Chesil Beach and Portland.

Contact: Claire Hart

Sun 12 April 2015 10:00 - 15 miles/24.1 km - Strenuous (Finishes 16:30 approx.)

Winter Hill and Great Hill

Starts at 10:00: Layby on minor road (Moor Road) above Anglezarke reservoir (near viewpoint symbol on OS maps). (PR6 9DQ, SD620163)

15 mile route taking in Winter Hill, Great Hill and Anglezarke Reservoir.

Contact: Tom

Sun 19 April 2015 10:00 - 9 miles/14.5 km - Moderate (Finishes 16:00 approx.)

Bolton Abbey and Embsay Moor

Starts at 10:00: The car park is the main one in the centre of Embsay and not the one at the Railway Station. The car park is free but there are no toilets. Nearest postcode BD23 9RF (BD23 6RF, SE009537)

Starting at Embsay, just outside Skipton, we take the heritage steam railway to Bolton Abbey Station. We'll then explore the ruins of Bolton Abbey and walk up the River Wharfe to the Strid. We'll then head up onto Embsay Moor before returning to Embsay view Heugh Gill.

(Note: The train departs from Embsay Station at 10:30am. You must arrive by 10am so that we can get to the station (which is a short walk from the car park) to buy tickets. You will need to bring sufficient money with you to buy a ticket. If you miss the train then you miss the walk!)

Contact: Charles

Sun 26 April 2015 10:00 - 13 miles/20.9 km - Strenuous

Denbighshire: Eglwyseg Escarpment from Llangollen

Starts at 10:00: Car park at Mill Street, Llangollen (behind The Ponsonby Arms pub). Parking charge is £3.50 all day. (LL20 8RY, SJ217421)

A 13-mile circular loop exploring the dramatic limestone escarpment of Eglwyseg Mountain (the limestone ridge visible from Llangollen). Our route takes us along the escarpment to descend at World's End, returning along the scree slopes at the foot of the escarpment and canal path/forest tracks back to our start point.

Walk leader: Ian & Kirsty

Contact: Kirsty

Sun 3 May 2015 10:00 - 11 miles/17.7 km - Moderate (Finishes 16:00 approx.)

Coombes Edge & Lantern Pike from Rowarth

Starts at 10:00: The walks starts at the free car park in the centre of Rowarth.

Rowarth is just on the edge of Greater Manchester, which makes it a relatively moderate distance for people to reach from Cheshire, Greater Manchester and Merseyside.

Directions: M60 J27 Portwood/Stockport signposted A560 Stockport East. Follow signs for Marple A626, through traffic lighted crossroads, up hill and turn left at the top of hill, again signposted Marple A626. Continue along A626 for 3.7 miles through many junctions into Marple where you fork left at junction by a petrol station on your right, signposted Glossop A626. After 0.8 miles turn right at bottom of hill in front of the Norfolk Arms, signposted Mellor. Wind your way uphill for 2.4 miles and turn sharp left at top of hill into Shiloh Road (no road name or signpost, but it is opposite Bogguard Road, and if you reach a road on your left called Briargrove Road, you've gone 50 metres too far!). After 0.8 miles turn right just after the Moorfield Arms and after a further 0.5 miles turn left signposted Rowarth only. Car Park (where we meet) is on your right after 0.2 miles. Postcode SK22 1EF for SatNav. (SK22 1EF, SK011891)

The pretty hamlet of Rowarth, just outside Stockport, is the start and finish of this moderate walk. There is free car parking in the village and toilets and refreshments at the Little Mill Inn, five minutes walk away from the car park. The walk takes us high above Rowarth and onto Charlesworth and Coombes Edge via a historic monument. We will then walk to Lantern Pike, where, weather permitting, we will see some great views of Hayfield and Kinder. We will then drop down into Birch Vale before heading back to the car park at Rowarth, via the Little Mill Inn, for a well deserved beverage or two.

Most of the walk is on well-defined paths and bridleways.

Contact: Phil Anstee

Sun 10 May 2015 10:00 - 15 miles/24.1 km - Moderate (Finishes 16:00 approx.)

Parbold

Starts at 10:00: Free car park on Beacon Lane opposite The Beacon at Dalton Pub in Dalton. Postcode WN8 7RR (WN8 7RR, SD500077)

Starting near the village of Dalton, we pass Ashursts Beacon before continuing to Parbold, taking in a section of the Leeds & Liverpool Canal. There is a steady ascent up Parbold Hill. We then go to Harrock Hill and continue to a popular viewpoint in Parbold before returning to Dalton.

Contact: Paul McNally

Sat 16 May 2015 09:30 - 15 miles/24.1 km - Strenuous

Denbighshire: North Berwyn Way

Starts at 09:30: Bus stop on Parade Street, Llangollen (LL20 8PW, SJ214420)

This walk will take in the entire North Berwyn Way, a 15-mile high-level route above the Dee Valley from Corwen to Llangollen. This will be a linear walk, using the 09.43 T3 bus from Llangollen to travel to Corwen. The fare is £3.90.

Walk leader: Ian and Kirsty

Contact: Ian

Thu 21 May 2015 19:00 - 6 miles/9.7 km - Easy (Finishes 21:15 approx.)

Evening Walk - Frodsham

Starts at 19:00: Beacon Hill car park, Frodsham (WA6 6HE, SJ518765)

A short evening walk around the hills above Frodsham, to Helsby Hill, returning via the Sandstone Trail.

Contact: Tom

Sun 24 May 2015 10:00 - 12 miles/19.3 km - Moderate (Finishes 16:30 approx.)

Whaley Bridge Wander

Starts at 10:00: Canal Wharf Car Park, Whaley Bridge.

The car park is free. There are toilets near the start. (SK23 7SR, SK012815)

A varied walk taking in Taxal Edge, Windgather Rocks, Pym's Chair, Saltersford, Dunge Valley and Kettleshulme

Contact: Alison S.

Sat 30 May 2015 10:00 - 11 miles/17.7 km - Strenuous (Finishes 17:00 approx.)

South Snowdonia Weekend: Cadair Idris from Minffordd

Starts at 10:00: the Minffordd car park on the A487, half way between the Cross Foxes Inn and Corris. (LL36 9AJ, SH732115)

A challenging but beautiful walk taking in the summits of Pen-y-Gadair and Mynydd Moel on Cadair Idris. Details of camping will be posted soon. There will also be a walk on Sunday 31st May.

Contact: Andrew

Sun 31 May 2015 10:00 - 8 miles/12.9 km - Strenuous (Finishes 15:00 approx.)

South Snowdonia Weekend: the Mawddach Estuary and Cregennen Lakes

Starts at 10:00: Campsite near YHA Dolgellau (LL40 1YB, SH695185)

A truly beautiful walk along the Mawddach Estuary returning by Cregennen Lakes and Pared y Cefn Hir.

Contact: Andrew

Sun 7 June 2015 10:00 - 11 miles/17.7 km - Moderate (Finishes 16:00 approx.)

Lathkill Dale from Monyash

Starts at 10:00: Please contact Neil for start point (DE45 1JH, SK157664)

This is a hidden gem in the Peak District, being the most remote and consequently quietest of the Derbyshire dales. With a little luck we'll encounter wild flower meadows, limestone cliffs and a multitude of bird life including dippers, wagtails, curlews, kestrels and even hummingbirds.

The walk itself takes us from the start of Lathkill Dale to its junction with Cave Dale and then skirting the edge of Youlgreve we return to Monyash via quiet feild and farm tracks.

Contact: Neil

Sat 13 June 2015 11:00 - 5 miles/8.1 km - Easy (Finishes 13:45 approx.)

Starter walk - Macclesfield to Bollington circular

Starts at 11:00: Tesco car park on Hibel road - park at the rear of the car park (SK10 2AB, SJ917740)

This is an easy walk taking the Middlewood Way as far as Bollington and returning via the Macclesfield canal.

Please contact via text or email only please.

Contact: Neil

Sun 14 June 2015 10:00 - 11 miles/17.7 km - Strenuous (Finishes 17:00 approx.)

Lake District: Fairfield Horseshoe, from Low Sweden Bridge to Rydal.

Starts at 10:00: Start point, main car park in Ambleside on A591 by the bridge house, through the town on the left hand side and just before the small police station. If you go passed the fire station, you have gone too far (LA22 9LY, NY339072)

The route will take in High Pike, Dove Crag, Hart Crag, Fairfield, Great Rigg and Heron Pike before descending via Nab Scar.

On a good day, there are great views of Helvellyn, St Sunday Crag, Grasmere, Langdale Valley, Bowfell and the Coniston Fells.

Some of the ascents are steep and go on for a bit so a reasonable level of fitness is needed.

It can feel exposed up on the tops so wind and waterproof jackets will be needed.

Walking boots are essential and bring some warm layers.

Contact: Kate

Sun 21 June 2015 10:00 - 6 miles/9.7 km - Strenuous (Finishes 16:00 approx.)

Glyder Fach & Glyder Fawr

Starts at 10:00: National Park car park at Ogwen Cottage. We will meet outside the cafe before starting the walk. (LL57 3LZ, SH648603)

From Ogwen Cottage, we will climb to Lake Bochlwyd & Bwlch Tryfan before continuing up to the Glyders Ridge, including Glyder Fach & then Glyder Fawr. The return route to Ogwen is via Llyn y Cwn, Devil's Kitchen & Llyn Idwal. This is a strenuous mountain walk involving steep ascents, scrambling & plenty of scree!

Contact: Nigel

Sun 28 June 2015 10:00 - 8 miles/12.9 km - Easy (Finishes 15:00 approx.)

Bispham to Fleetwood

Starts at 10:00: The seafront Bispham Tramstop, opposite Redbank Rd,(there are toilets 20p).

Parking- please use the sideroads north of the tramstop, Madison Ave is a good example, please park sensibly. (FY2 9HR, SD309397)

A Linear Shoreline walk (tide permitting), views out to the Irish Sea, if clear the Isle of man and the Lakeland Fells.

A good cafe to finish in Fleetwood.

Suggest M6/ M55 to junc 3, Then A585 to A586, left here and follow to A587, going right, follow for about 2 miles, and left at the roundabout ' Queens Prom ' Sainsburys, and up Redbank Rd to the Promenade, turn right to the side road parking

Contact: Alfred

Thu 2 July 2015 19:00 - 7 miles/11.3 km - Leisurely (Finishes 21:30 approx.)

The Whitegate Way

Starts at 19:00: Start point: On-road parking on Cassia Green Lane, near the junction with Dalefords Lane in Martonsands.

See here: [http://streetmap.co.uk/map.srf?](http://streetmap.co.uk/map.srf?x=362263&y=367853&z=115&sv=362263,367853&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=672&ax=362263&ay=367853&lm=0)

[x=362263&y=367853&z=115&sv=362263,367853&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=672&ax=362263&ay=367853&lm=0](http://streetmap.co.uk/map.srf?x=362263&y=367853&z=115&sv=362263,367853&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=672&ax=362263&ay=367853&lm=0) (CW7 2QT, SJ622678)

A pleasant evening stroll just south of Northwich. We'll walk along the Whitegate Way - a disused railway line - then return through some woods and along lanes. The majority of the walk is flat and on good paths so we should make good time; however we will need to start promptly at 7pm so please don't be late. There's the option of going to the Plough Inn at the end of the walk.

Contact: Charles

Sat 4 July 2015 10:00 - 8 miles/12.9 km - Strenuous (Finishes 16:00 approx.)

Snowdon via the Rhyd-ddu and Ranger Paths

Starts at 10:00: Rhyd-ddu car park

SH 571525

LL54 6TN (LL54 6TN, SH571525)

Starting from the car park in Rhyd-ddu next to the Welsh Highland Railway Station we take the Rhyd-ddu path eventually joining Snowdon's South Ridge. This is not a technical walk but on this ridge there is a very short stretch that requires a head for heights. After reaching the summit we descend via the Ranger path for most of the return journey but cut across via the old mine in order to avoid having to walk back along the road.

Approx 8 miles and 300ft of ascent over 6 hours.

Contact: Clare Ridgley

Thu 9 July 2015 19:00 - 4 miles/6.4 km - Leisurely (Finishes 20:45 approx.)

Evening Walk - Eccles Pike

Starts at 19:00: Car Park near the Navigation Inn, Buxworth. (SK23 7NE, SK022820)

Evening walk from Buxworth up to Eccles Pike.

Contact: Ade

Sun 12 July 2015 10:00 - 10 miles/16.1 km - Strenuous (Finishes 16:30 approx.)

Dow Crag and The Old Man of Coniston

Starts at 10:00: Main car park in Coniston (LA21 8AN, SD307973)

A classic walk taking in Brown Pike, Buck Pike, Dow Crag and the Old Man of Coniston. Expect either spectacular views, or rain (or both!).

Contact: Charles

Sun 19 July 2015 10:00 - 12 miles/19.3 km - Moderate (Finishes 16:30 approx.)

Central Cheshire: Bickerton and Perferton Hills

Starts at 10:00: The walk will start from the Bickerton end. (SY14 8EJ, SJ524494)

Enjoy a summer walk around the hills of central Cheshire. The walk will follow the Sandstone Trail and pass through fields and village lanes.

Contact: Rebecca

Thu 23 July 2015 19:00 - 5.1 miles/8.2 km - Leisurely (Finishes 21:00 approx.)

Prestbury Evening Walk

Starts at 19:00: Free car park on Springfields, off the A538 in Prestbury.

If travelling from south on A538: in Prestbury go past the Church on your right, over the bridge, past the Admiral Rodney pub on your left and Springfields is the next left. (SK10 4HS, SJ901771)

Starting along the Bollin Valley Way this gentle walk takes us through fields and country lanes passing by some modest (!) properties in pretty Cheshire countryside.

Contact: Charlotte

Sat 25 July 2015 10:00 - 13 miles/20.9 km - Strenuous (Finishes 17:00 approx.)

Peak District: Edale - half skyline

Starts at 10:00: S33 7ZA, SK123856

The walk starts from the Edale valley before climbing up onto the skyline path via Ringing Roger. The ascent over this rocky outcrop may involve a bit of basic scrambling for a short section towards the top. It then follows the skyline in a clockwise direction reaching Win Hill at the mid point. Lose Hill on the Mam Tor ridge is the next target across the Hope valley. A steep climb is required but that should be rewarded if the visibility is good!

The route arguably covers some of the most spectacular terrain in the Peaks and should hopefully provide great views over a wide area.

Contact: Ade

Wed 29 July 2015 19:00 - 4.5 miles/7.2 km - Leisurely (Finishes 21:30 approx.)

Over Peover evening walk

Starts at 19:00: Park in a layby opposite the school. I am planning on eating at the Park Gate pub just up the road beforehand at 6pm. Please feel free to join me, in which case it will be fine to park in the pub carpark (WA16 8TU, SJ786738)

Our walk takes us through the Peover Hall estate parkland across picturesque fields then opposite Lower Moss Wood nature reserve. Look out for some interesting wood carvings through the village of Over Peover

Contact: Alison W.

Sat 1 August 2015 10:00 - 11 miles/17.7 km - Moderate (Finishes 16:00 approx.)

Denbighshire: Llantysilio Mountain

Starts at 10:00: Opposite the Ponderosa cafe on the Horseshoe Pass. There is limited, informal, off road parking opposite the cafe. Parking at the cafe is restricted to two hours. (SJ195482)

Starting at the top of the Horseshoe Pass, depending on the weather, we will either explore the four peaks: Moel Y Faen (548m), Moel Gamlin (577), Moel Y Gaer (504m) and Moel Morfydd (550m) at the beginning of the walk or we will descend to the Dee Valley Way, walking the route in reverse. It will involve some high level, narrow ridge paths (not suitable for vertigo sufferers). In the Dee Valley we will pass through Cymmo and Rhewl, ascending again at Llandyno back to the Horseshoe Pass. Hopefully, we will be afforded some wonderful panoramic views (weather permitting) of: the Arans, Arenigs, Snowdonia, Clwydian, the coast, Landegla, Eglwyseg Rocks, Vale of Llangollen and the Berwyns. Bring plenty of fluids, food, waterproofs (in case of inclement weather) and sunscreen. Walking boots are recommended. As usual, please let me know you will be coming on the walk.

Contact: Charles

Fri 7 August 2015 19:00 - 4.5 miles/7.2 km - Easy (Finishes 21:30 approx.)

Altrincham circular walk

Starts at 19:00: Altrincham Market Hall on Market Street (WA14 1PF, SJ766879)

A short walk from Altrincham Market Hall around the Altrincham area, along Devisdale Road and the Bridgewater Canal.

If anyone is able to arrive early before the walk they can get food & drinks at the Market Hall from 5.30 onwards - please text Alison(07821 393 879) if you would like to meet before the walk

Contact: Charles

Sun 9 August 2015 10:00 - 10 miles/16.1 km - Moderate (Finishes 16:00 approx.)

Bakewell and Monsal Dale Circuit

Starts at 10:00:

Car park in central Bakewell. Turn right after the old bridge onto Station Road. Keep right onto Coombes Road and take first right into car park. (DE45 1BU, SK220686)

This walk is a 10 mile loop taking in the high ground on both sides of the Wye Valley west of Bakewell.

We will start in Bakewell and climb up to the village of Sheldon. Going through Great Shacklow Wood, we'll arrive at Monsal Dale and then climb to Monsal Head. Hopefully our hard work will be rewarded with some great views.

We then head on down to Great Longstone and back to Bakewell. Woods, rivers, views, lots of ups and downs and plenty of choice for post-walk refreshments!

Contact: Helen Archibald

Sun 16 August 2015 10:00 - 11 miles/17.7 km - Leisurely (Finishes 16:00 approx.)

Wirral: Thurstaston Common, Arrowe Park and Irby

Starts at 10:00: Free Parking at Wirral Country Park Visitor Centre, at the end of Station Road (CH61 0HN, SJ239834)

A walk through the lowland heath of Thurstaston common and Hill and the woodland of Arrowe Park on the rural/suburban fringes of Wirral. From the low summit of Thurstaston hill (a mere 91m) views across the Dee Estuary of the Clwydian Hills and Beyond to Snowdonia, the other way is the Liverpool Skyline

Contact: Ashley

Fri 21 August 2015 19:00 - 4 miles/6.4 km - Easy (Finishes 20:45 approx.)

Evening Walk round Thelwall and Grappenhall

Starts at 19:00: Little Manor Pub

Thelwall

WA4 2sx (WA4 2SX, SJ652874)

A 4 mile walk starting at the Little Manor Pub in Thelwall. We will walk along the Bridgewater canal to the pretty village of Grappenhall, through Grappenhall wood and then across the fields round Grappenhall Heys and back to Grappenhall and Thelwall via the canal.

I will be at The Little Manor Pub from 17.30 onwards if anyone wants to meet for food before our walk at 19.00.

Contact: Clare Ridgley

Sun 23 August 2015 10:00 - 7.5 miles/12.1 km - Strenuous

Lake District: St. Sunday Crag from Patterdale

Starts at 10:00: We will start from the car park in Patterdale village, near the bottom end of Ullswater lake.

Please don't use the Patterdale Hotel car park, as that is for the use of hotel patrons only. Instead, use the car park on the opposite side of the road from the hotel. There is a charge for this car park.

There are toilets across the road from the car park, behind the hotel. (CA11 0NN, NY395159)

A strenuous summer's day walk in the Lake District, near Ullswater. 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. This scramble is not technical, there are no exposed drops and competent walkers should easily be able to make this scramble. 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.

Contact: Jay

Sat 29 August 2015 10:00 - 8 miles/12.9 km - Strenuous (Finishes 16:30 approx.)

Crianlarich weekend - Beinn Chabhair

Starts at 10:00: Car park behind Drover's Inn (G83 7DX, NN318184)

Details to be confirmed nearer the time

Sun 30 August 2015 10:00 - 8 miles/12.9 km - Strenuous (Finishes 16:30 approx.)

Crianlarich Weekend - Ben More

Starts at 10:00: TBA (FK20 8QP, NN385253)

Full details TBA

Contact: Tom

Sun 6 September 2015 10:00 - 15 miles/24.1 km - Strenuous (Finishes 19:00 approx.)

The Upper Derwent Valley: Howden Edge,

Starts at 10:00: Fairholmes car park, Ladybower Reservoir (parking £6 for the day) (S33 0AQ, SK172893)

A challenging walk to the watershed of the Upper Derwent Valley along Howden Edge.

Contact: Andrew

Sat 12 September 2015 10:00 - 10 miles/16.1 km - Strenuous (Finishes 16:00 approx.)

Bleaklow

Starts at 10:00: Bleaklow area (SK13 1JB, SK093960)

A walk from Glossop round the Bleaklow area involving navigation practise for Cheshire Walkers members finding points in the area such as some of the Dark Peak wrecks.

Please note that the walk is only open to Cheshire Walkers members as it is a walk for group members to develop their navigation skills so that in some cases they go on to lead new or more challenging walks for the group. The walk is not a reflection of all the other walks that the group offers over the year and therefore not open to none group members.

Walk leader: Andrew & Alison

Contact: Alison W.

Sun 20 September 2015 10:00 - 12 miles/19.3 km - Strenuous (Finishes 16:30 approx.)

Betws-y-Coed and the Llugwy valley

Starts at 10:00: The meeting point is near the toilets on the Green next to Station road in Betws-y-Coed. There is a pay and display car park on Station road. The cost is approximately £3.50. Please bring change. (LL24 0BW, SH791567)

Wooded hillsides and wide views either side of Afon Llugwy define this varied circuit to Capel Curig and back.

Highlights include the Miners' Bridge, Swallow falls and the Ugly House.

Contact: Sarah

Sun 27 September 2015 10:00 - 8 miles/12.9 km - Moderate (Finishes 14:30 approx.)

Kinder Downfall

Starts at 10:00: The starting point will be the Bowden Bridge car park at Kinder Road, Hayfield. Postcode for sat nav SK22 2LH. It is a pay and display, so bring some change. It could be free on Sunday, but not guaranteed.

Toilets are at the start point. (SK22 2LH, SK049870)

Starting in Hayfield, this walk will follow the route of the Mass Trespass up onto William Clough, Ashop Head and Kinder Downfall itself. You will need a reasonable level of fitness. Please wear boots, bring your waterproofs and gaiters are recommended as the walk will involve crossing streams at various points.

Contact: Kate

Finding the start of your walk

Start and meeting points include nearest postcode and an Ordnance Survey grid reference accurate to 100m. Use postcodes with care: in rural areas the nearest postcode may be some distance from the actual start point. See OS maps for an explanation of how to use grid references.

Grades

- ⌘ **Easy Access** - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections.
- ⌘ **Easy** - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- ⌘ **Leisurely** - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
- ⌘ **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- ⌘ **Strenuous** - walks for experienced country walkers with an above average fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.
- ⌘ **Technical** - walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes and crampons. You must contact the organiser or leader in advance for further details.

Notes

- ⌘ Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk please contact the organiser or leader in advance.
- ⌘ Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.
- ⌘ If you're unsure of your fitness level, try a short and easy walk first - it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- ⌘ Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.

Join the Ramblers today

Not already a member then why not join today at <http://www.ramblers.org.uk>.