

# **CHESHIRE WALKERS**

## Walks Programme

April 2010 to September 2010

There will also be updates on the website:

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

## April 2010

<b>Date</b>	Easter Weekend		
3 <sup>rd</sup> & 4 <sup>th</sup> April	<b>Scotland: Southern Uplands</b>		
	This Easter we will be venturing north and spending our Easter weekend in the Scottish border town of Melrose.		
	<b>Start Point:</b>	TBA	
	<b>Distance:</b>	TBA	<b>Level:</b>
<b>Leader:</b>	Kirsty	<b>Tel:</b>	

<b>Date</b>	Sunday 10am			
11 <sup>th</sup> April	<b>Bollington &amp; Lyme Park Along Some of The Gritstone Trail</b>			
	The full Gritstone Trail follows the Gritstone Edge for 35 miles, providing views of the Peak District and Cheshire Plain and runs from Disley through to Kidsgrove station. This walk will take in part of the Gritstone trail from the top end of Bollington to Lyme Park and back, across farmland, woodland and brooks. There is quite a steady climb which can be steep in places for a couple of miles. Looking back from here we see Kerridge Ridge stretching behind us, which is also part of the Gritstone trail and features in an evening walk in June. Eventually we reach a panoramic viewing point, taking in Shutlingsloe, Windgather Rocks and on a clear day as far as Long Mynd. The path then leads us into Lyme Park, which opens into Moorland and brings us to a National Trust shop and refreshments. A circular walk around the Park brings us back to the earlier viewpoint. After this we depart from the Gritstone Trail to head back down to Bollington through farm land, along Harrop brook and back to the cars. There are plenty of pubs in Bollington to choose from, if anyone has any favourites!			
	<b>Start Point:</b>	OL24 945 782		
	<b>Distance:</b>	10.5 miles	<b>Level:</b>	Moderate
	<b>Leader:</b>	Tracy, Helen	<b>Tel:</b>	07811 153380

<b>Date</b>	Sunday 10am			
18 <sup>th</sup> April	<b>Mickelden Edge and Margery Hill from Langsett Barn</b>			
	This walk takes in the moors in the north east of the Peak District, on the Yorkshire side of the watershed. We will start from the busy Langsett Barn car park before climbing up Mickleden Edge to Margery Hill, and then over Outer Edge before dropping to the headwaters of the Don Valley.			
	<b>Start Point:</b>	Langsett Barn Car Park at Langsett Reservoir, just off the A616 between Holmfirth and Stocksbridge. NGR SE 210 005		
	<b>Distance:</b>	11 miles	<b>Level:</b>	Moderate
	<b>Leader:</b>	Simon	<b>Tel:</b>	0161 4760669

<b>Date</b>	Sunday 10.30am		
25 <sup>th</sup> April	<b>Derbyshire: Cracken Edge and South Head</b>		
	Starting from Chinley, we ascend to Cracken Edge, which was formerly a quarry. There are lovely views of Shining Tor and to Kinder. We continue to South Head before returning to Chinley. It's a fairly short walk, so please note the slightly later start and have a well-earned lie in.		
	<b>Start Point:</b>	Station Car Park at Chinley. From the A6, follow signs to Chinley, then to the Station GR: SK037825 <a href="http://www.multimap.com/s/tAax4wQR">http://www.multimap.com/s/tAax4wQR</a>	
	<b>Distance:</b>	7-8 miles	<b>Level:</b> Easy/Moderate
<b>Leader:</b>	Alison S	<b>Tel:</b>	Alison 07814 107902

## May 2010

<b>Date</b>	Saturday/Sunday		
1 <sup>st</sup> & 2 <sup>nd</sup> May	<b>Bala and Llyn Tegid Weekend.</b>		
	The first May bank holiday weekend of 2010 will be spent in the beautiful surrounding area of Bala and Llyn Tegid. There will be a large mountain walk on the Saturday, a large mountain walk on the Sunday and if there is demand and good weather a shorter half day walk around the lake on the Monday.		
	<b>Start Point:</b>	TBC	
	<b>Distance:</b>	TBC	<b>Level:</b>
<b>Leader:</b>	Rebecca	<b>Tel:</b>	0778 067 6892

<b>Date</b>	Sunday 10am		
9 <sup>th</sup> May	<b>Blackpool to Fleetwood - A Shoreline Walk</b>		
	A linear coastal walk virtually flat - we are at sea level !!! Views out to the Irish Sea , if clear the Isle of Man and the Lake District can be seen		
	Route :- M6 to M55 to the end. Follow signs for Starr Gate & Airport, passing the airport on the left, continue straight ahead. On reaching the promenade at Starr Gate, turn right along the prom, ( this is where the Illuminations start ) continue for 1 mile, car park on the left.		
	Note :- Car park - £7.50. - expensive in Blackpool - please car share where possible. We will return by the Tram or the Bus from Fleetwood, Bus £2.20. Bus or Tram that goes to Starr Gate- the route follows the promenade back. Please have plenty of £1 coins and 50p's as the machines do not give change, & make sure all the coins drop before pressing the green button !! and 20p's for the toilets on route !! and change for the Tram/Bus return.		
<b>Start Point:</b>	The seafront car park opposite the ' BIG ONE ' the high roller coaster ride on the pleasure beach. No toilets here, but plenty along the prom. Walking shoes please and gaiters useful should we be able to ' beach walk ' for some of the way - low tide permitting.		
<b>Distance:</b>	11 miles	<b>Level:</b>	Easy
<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="mailto:Alfred.smcc@btinternet.com">Alfred.smcc@btinternet.com</a>

<b>Date</b>	Sunday 10am		
16 May 2010	<b>Peak District: Three Shires Head, Axe Edge Moor, Flash!</b>		
	A pleasant walk along the Dane Valley Way, to Three Shires Head, through the eyrie post industrial landscape of the Danebower quarries, up onto the expanse of Axe Edge Moor, eventually leading to Flash, the highest village in England.		
	<b>Start Point:</b>	National Park car park at Gradbach GR: SJ998663. The car park is free but places are limited so please car share where possible. Take the A54 towards Buxton. At the Rose and Crown Inn at Allgreave turn sharply right, signed towards Quarnford. Follow this road for approximately 2 miles until it passes over the River Dane by a chapel. 200m along turn right, signed to the Scout Camp. The car park is 100m on the right.	
	<b>Distance:</b>	15km (9 miles)	<b>Level:</b> Moderate
<b>Leader:</b>	Andrew	<b>Tel:</b>	07788 923961

<b>Date</b>	Sunday 9.45 am		
23 <sup>rd</sup> May	<b>South Pennines: Haworth to Hebden Bridge</b>		
	Haworth, and the surrounding moorland, is almost synonymous with the Brontës. On this walk, we'll start in Haworth, travel (either by bus or by car, depending on numbers) to Hebden Bridge, and then walk back. On the walk back we'll walk through Hebden Dale; during the industrial revolution this was a centre for cotton-making, but has since returned to woodland and the only surviving mill is now a (rather nice) cafe. Then we'll head up onto Wadsworth Moor and the Pennine Way to Top Withins - a ruined farmhouse, the location of which is often thought to have inspired Wuthering Heights - before returning to Haworth in time to sample its eclectic mix of shops and cafes.		
	<b>Start Point:</b>	Car-park by the Brontë Parsonage in Haworth, GR SE 029 372	
	<b>Distance:</b>	12 miles	<b>Level:</b> Moderate
<b>Leader:</b>	Charles	<b>Tel:</b>	

<b>Date</b>	Sunday 10am		
30 <sup>th</sup> May	<b>Peak District: Lathkill Dale and Stanton Moor from Over Haddon</b>		
	Starting in the village of Over Haddon we will drop down to Lathkill Dale and then head south to Youlgreave and then Stanton Moor before returning to Over Haddon.		
	<b>Start Point:</b>	Car Park in Over Haddon. NGR SK 203 664	
	<b>Distance:</b>	10 Miles	<b>Level:</b> Moderate
<b>Leader:</b>	Simon	<b>Tel:</b>	0161 4760669

## June 2010

<b>Date</b>	Wednesday: Meet at 7:15 for a *prompt* 7:20 start.		
2 <sup>nd</sup> June	<b>Evening walk: The Kerridge Ridge and Macclesfield Canal from Bollington</b>		
	A short evening walk to blow away the mid-week blues. We'll walk along the Kerridge Ridge, affording good views across the western side of the Peak District, and then return along the Macclesfield Canal.		
	<b>Start Point:</b>	Bollington, Middlewood Way Car Park GR SJ 931 780	
	<b>Distance:</b>	6 miles	<b>Level:</b> Easy (with one short, steep bit)
	<b>Leader:</b>	Charles	<b>Tel:</b>

<b>Date</b>	Sunday 10am		
6 <sup>th</sup> June	<b>North Wales: Llangollen - Pengwern Vale and Y Foel</b>		
	This pleasant circular walk explores an area south of Llangollen overlooking Pengwern Vale, a wide U-shaped dry valley that was once the main course of the River Dee. The walk takes you through the edge of attractive Pen-y-coed wood, then on field paths, before climbing steadily on a track high above the valley, with views of the Ceriog Valley and the Berwyns. The walk includes parts of the North Berwyn Way and the Llwybr Ceiriog Trail.		
	<b>Start Point:</b>	Car Park, Mill Street (A539), Llangollen.	
	<b>Distance:</b>	10.5 miles	<b>Level:</b> Moderate
	<b>Leader:</b>	Sarah	<b>Tel:</b>

<b>Date</b>	Sunday 10am		
13 <sup>th</sup> June	<b>Snowdonia - Rhobell Fawr and Dduallt</b>		
	Starting from the village of Llanfachreth near Dolgellau, this walk takes in the isolated peaks of Rhobell Fawr (734m) and Dduallt, between Dolgellau and Bala Lake. There should be good views of the surrounding mountains of southern Snowdonia.		
	<b>Start Point:</b>	Grid ref. SH756225 the village of Llanfachreth, near the school. Post code - LL40 2DY	
	<b>Distance:</b>	12 Miles	<b>Level:</b> Strenuous
	<b>Leader:</b>	David Heys	<b>Tel:</b>

<b>Date</b>	Sunday 10am		
20 <sup>th</sup> June	<b>Cheshire's Castle Country (Bulkeley &amp; Burwardsley)</b>		
	A scenic walk giving fabulous views of Beeston and Peckforton Castle, which were built on strategic hilltop sites to keep the Welsh at bay, even though they never saw much battle. Parts of the walk will be on the Sandstone Trail and the Peckforton Estate. A wonderful grove of sweet chestnut trees on a broad shelf rimmed by low sandstone crags will be one of the many highlights of the walk!		
	<b>Start Point:</b>	Verges at end of tarmac on Coppermines Lane, off A534 (near Bulkeley and the Bickerton Poacher), parking is also available there. Grid reference SJ520550	
	<b>Distance:</b>	9.5 Miles	<b>Level:</b> Moderate
	<b>Leader:</b>	Doerthe	<b>Tel:</b>

<b>Date</b>	Thursday 7.30pm		
24 <sup>th</sup> June	<b>A Midsummer Walk: Wildboarclough, Cessbank Common, Bullstones.</b>		
	An interesting little walk exploring the historic and geographic features of the area above Wildboarclough. As well as earthworks, tumuli, and boundary stones there is the chance to see one of the best preserved bronze age stone circle and burial site in Cheshire. If we are back in time there may also be the chance of a pint of something at the Crag Inn.		
	<b>Start Point:</b>	Car Park/Lay-by just south of Wildboarclough GR SK974678	
	<b>Distance:</b>	4 miles	<b>Level:</b> Moderate
	<b>Leader:</b>	Andrew	<b>Tel:</b> 07788 923961 goromgorom@googlemail.com

<b>Date</b>	Saturday		
26 <sup>th</sup> June	<b>Challenge Walk</b>		
	Details to be announced.		
	<b>Start Point:</b>		
	<b>Distance:</b>		<b>Level:</b>
	<b>Leader:</b>		<b>Tel:</b>

## July 2010

<b>Date</b>	Sunday 10am		
4 <sup>th</sup> July	<b>Shropshire: The Long Mynd</b>		
	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). This is the walk originally scheduled for February 2010, postponed due to snow.		
	<b>Start Point:</b>	Long stay park, centre of Church Stretton opposite Cooperative store	
	<b>Distance:</b>	9 miles	<b>Level:</b> Moderate
<b>Leader:</b>	Kirsty	<b>Tel:</b>	07944 732822 (texts only please)

<b>Date</b>	Sunday 10am		
11 <sup>th</sup> July	<b>Lake District: High Street from Mardale Head - "The Mardale Horseshoe"</b>		
	A strenuous walks with sublime views. Initially, climbing the 2-3 mile ridge which leads directly from the edge of the lake to the summit of High Street (2,718 ft), via the summits of Rough Crag and Long Stile. From High Street, we then descend to Mardale Ill Bell and the Nan Bield Pass. Then, final ascent of the day to the summit of Harter Fell, with supreme views of Haweswater & back down to the car.		
	<b>Start Point:</b>	Car Park at Mardale Head (Free Parking) - south west end of Haweswater Lake/Reservoir <a href="http://www.streetmap.co.uk/map.srf?X=346900&amp;Y=510800&amp;A=Y&amp;Z=120">http://www.streetmap.co.uk/map.srf?X=346900&amp;Y=510800&amp;A=Y&amp;Z=120</a>	
	<b>Distance:</b>	7 miles	<b>Level:</b> Strenuous
<b>Leader:</b>	Jay	<b>Tel:</b>	07801 933 299

<b>Date</b>	Sunday 10am		
18 <sup>th</sup> July	<b>Lancashire: The Lancashire Coast and Lancaster canal from Glasson Dock</b>		
	We will walk south from Glasson Dock (also known simply as Glasson) towards the coast, passing Cokersand Abbey. We will then head inland through Cockerham and then return via the Lancaster Canal.		
	<b>Start Point:</b>	Car Park adjacent to marina in Glasson Dock village. NGR SD 446 561 Glasson is on the B5290 west of the A588 Lancaster to Blackpool road, about 5 miles south of Lancaster.	
	<b>Distance:</b>	12Miles	<b>Level:</b> Easy
<b>Leader:</b>	Simon	<b>Tel:</b>	0161 4760669

<b>Date</b>	Saturday/Sunday		
24 <sup>th</sup> /25 <sup>th</sup> July	<b>North Pennines: Dufton weekend</b>		
	A chance to visit the north pennines, an area often seen in the distance, but rarely visited. We will be staying at Dufton youth hostel. Camping and B&Bs are also available in the village. We will visit the highest point of the Pennines, Cross Fell (Saturday) and High Cup Nick (Sunday). Further details will be sent to the group mailing list.		
	<b>Start Point:</b>	TBA	
	<b>Distance:</b>	TBA	<b>Level:</b> Strenuous
	<b>Leader:</b>	Tom (Walks) Alison S (Accommodation)	<b>Tel:</b>

## August 2010

<b>Date</b>	Sunday 10am		
1 <sup>st</sup> August	<b>A Linear Walk :- Llanfairfechan to Conway.</b>		
	Coastal Views for most of the way, Anglesey and Puffin Island, Stone Circles, and a hilltop view looking down to Conway Castle. Maybe an ice cream along the way too. There is a choice of cafes in Conway and there will be time to explore the interesting town for those who wish afterwards, there is also a super fish & chip shop !!		
	<b>Logistics !!</b> The train journey is just 10 minutes, and it would be impossible!! for the train guy to dispense 20 or so tickets in that time. Therefore I will pre book tickets for those who book to go on the walk by 0900am Friday July 30th !! Any member deciding to come along after that time <b>MUST</b> either get a ticket from their local station or pay on the train.		
	<b>Route:-</b> A55 North Wales Coast Road to Conway, follow the signs to the town, on entering Conway, take the first left, through the archway, and down the hill, road bends right and the car park is on the right, approx £2.00. The station is a short walk up the hill.		
	<b>Start Point:</b>	Meet at the Car Park grid Ref :- SH781773 at 10.15am. Train leaves Conway Station at 10.45am, arrives Llanfairfechan 10.55. fare :- £ 3.60. If you miss the Train you miss the Walk !!	
<b>Distance:</b>	10 miles.	<b>Level:</b>	Moderate
<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="mailto:Alfred.smcc@btinternet.com">Alfred.smcc@btinternet.com</a>

<b>Date</b>	Sunday 10am			
8 <sup>th</sup> August	<b>Snowdonia: Moel Eilio from Llanberis</b>			
	This is a rewarding circular walk taking in four peaks, Moel Eilio being the highest at 726m. There are great views of the surrounding areas, including Snowdon, weather permitting. The walk includes some steep ascents, but no scrambling.			
	<b>Start Point:</b>	Car park next to the Electric Mountain visitors centre, off the A4086 in Llanberis. Postcode for satnav users is LL55 4UR. Grid reference SH 581 601.		
	<b>Distance:</b>	8 Miles	<b>Level:</b>	Strenuous
	<b>Leader:</b>	Nigel	<b>Tel:</b>	07971 063709 <a href="mailto:nigel.a.rimmer@btinternet.com">nigel.a.rimmer@btinternet.com</a>

<b>Date</b>	Sunday 10am		
15 <sup>th</sup> August	<b>Yorkshire Dales: Calf Top</b>		
	From Barbon, we head up to Castle Knott (536 m) and Calf Top (609 m), before descending into the Lune valley and returning to Barbon.		
	<b>Start Point:</b>	Barbon Church	
	<b>Distance:</b>	13 miles	<b>Level:</b>
<b>Leader:</b>	Tom	<b>Tel:</b>	07884 493081

<b>Date</b>	Sunday 10am		
22 <sup>nd</sup> August	<b>Peak District - Black Hill</b>		
	Starting from Crowden in the Woodhead Valley, the walk covers part of the Pennine way, and tackles the moorland peak of Black Hill (470m) and West end Moss.		
	<b>Start Point:</b>	Crowden, SK13 1HZ, just off the woodhead pass A628	
	<b>Distance:</b>	10.5 Miles	<b>Level:</b>
<b>Leader:</b>	David Heys	<b>Tel:</b>	07730008351

<b>Date</b>	Saturday/Sunday		
28 <sup>th</sup> /29 <sup>th</sup> August	<b>Llyn Peninsula Weekend</b>		
	A camping, B&B weekend on the beautiful Llyn Peninsula. On the first day will be a walk including Yr Eifl, on the second day a coastal walk with potential for swimming! Further details to be released closer to the date.		
	<b>Start Point:</b>	TBC	
	<b>Distance:</b>	TBC	<b>Level:</b>
<b>Leader:</b>	Andrew	<b>Tel:</b>	07788923961

## September 2010

<b>Date</b>	Sunday 10am			
5 <sup>th</sup> September	<b>Yorkshire: Ingleborough and Crummackdale</b>			
	Wainwright himself reckoned that Ingleborough was 'the undisputed overlord of the limestone country, the most compelling presence... and surely the most interesting of all British heights', and it certainly deserves a more leisurely visit than that on the Challenge Walk! We'll use the classic ascent from Clapham taking in Trow Gill and Gaping Gill (the largest cave in Britain), before descending via Crummackdale to see the strange rock formations of the Norber erratics.			
	<b>Start Point:</b>	Carpark in Clapham GR SD 746 692		
	<b>Distance:</b>	11 miles	<b>Level:</b>	Strenuous
	<b>Leader:</b>	Charles	<b>Tel:</b>	

<b>Date</b>	Sunday 10am			
12 <sup>th</sup> September	<b>TBC</b>			
	TBC			
	<b>Start Point:</b>	TBC		
	<b>Distance:</b>	TBC	<b>Level:</b>	TBC
	<b>Leader:</b>	Alison W	<b>Tel:</b>	

<b>Date</b>	Sunday 10am			
19 <sup>th</sup> September	<b>Lake District: Easedale Tarn, Sergeant Man, High Raise &amp; the Lion &amp; the Lamb from Grasmere</b>			
	A popular walk which takes in 5 Wainwrights and the beautiful Easedale Tarn. Starting in Grasmere Village, we initially ascend to Easedale Tarn. From Easedale Tarn, we ascend to Sergeant Man (2,414 ft) and then High Raise (2,500 ft) - possibly the most central fell in the Lake District & has fine views. From there, we make our way to the ridge linking Calf Crag to Gibson Knott and Helm Crag - better known as the "Lion & the Lamb". Then descending from Helm Crag back down to Grasmere for a tea or coffee.			
	<b>Start Point:</b>	Pay & Display Car Park in Grasmere Village - near junction of Red Bank Rd and Broadgate		
	<b>Distance:</b>	9.5 miles	<b>Level:</b>	Strenuous
	<b>Leader:</b>	Jay	<b>Tel:</b>	07801 933 299

<b>Date</b>	Sunday 10am		
26 <sup>th</sup> September	<b>Hurst Green and Three Rivers (near Clitheroe)</b>		
	A delightful walk round Middle-Earth, as rumour has it that Tolkien drew great inspiration from this particularly beautiful area of the Ribble Valley for his creation of The Shire. The walk will start in the village of Hurst Green, otherwise known as Hobbiton, and then follow the rivers Ribble, Calder and Hodder, taking in woodlands, a fine viewpoint of well known Stonyhurst College and a secret dell.		
<b>Start Point:</b>	Hurst Green village hall, parking is also available at Hurst Green village hall or on roadside adjacent to the hall (there are public toilets in the centre of Hurst Green). Grid reference SD684382		
<b>Distance:</b>	9 Miles	<b>Level:</b>	Moderate
<b>Leader:</b>	Doerthe	<b>Tel:</b>	07763 302422 (texts only please) ks.cunliffe@tiscali.co.uk

<b>Date</b>	Sunday 10am		
3 <sup>rd</sup> October	<b>The Gritsone Trail part 2</b>		
	TBC		
<b>Start Point:</b>	TBC		
<b>Distance:</b>	TBC	<b>Level:</b>	Moderate
<b>Leader:</b>	Tracy	<b>Tel:</b>	

## Other Stuff

Don't forget our website which includes the walks programme and any changes and updates <http://www.cheshirewalkers.org.uk/>

If you don't have access to the internet you will definitely need to contact the walk leader beforehand as start points, and very occasionally the walks themselves, may change due to unforeseen circumstances.

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.

<b>Easy Access</b>	Walks for anyone who does not have a mobility difficulty or 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.
<b>Easy</b>	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.
<b>Moderate</b>	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.
<b>Strenuous</b>	Walks for experienced country walkers with an above average level of fitness. 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 are advised to contact the walk leader in advance.
<b>Technical</b>	Walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes and crampons. You <b>must</b> contact the walk leader in advance for further details.

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

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