

CHESHIRE WALKERS

## Walks Programme

April to September 2008

There will also be updates on the website:

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

# April 2008

<b>Apr 6<sup>th</sup></b>	<i>Sunday 10.30am</i>		
	<b>Lancashire/Cumbria border: Silverdale, Warton Crag, Leighton Hall &amp; Leighton Moss</b>		
	The Silverdale/Arnsdale area is a hidden gem, not well known, but is designated an "Area of Outstanding Natural Beauty". Not surprisingly, as the area is predominately limestone, the aesthetics of the surrounding countryside are varied and scenic. The vast majority of the walk is situated in Lancashire - the only bit in Cumbria is the Arnsdale Tower leg. A moderate walk, yet interesting with its continuous changes of scenery.		
	Walk starts at Eaves Wood car park near Silverdale, moving in an anti-clockwise direction. Highlights being: Arnsdale Tower (a 14th/15th Century peel tower), Silverdale village, Woodwell, Jenny Brown's Point (potential views across Morecambe Bay towards Lake District), Warton Crag (summit of 535 ft), Leighton Hall and Leighton Moss Nature Reserve.		
	<a href="#">Start Point:</a>	Eaves Wood Car Park - SD 470759	
	<b>Distance:</b>	11 Miles	<b>Level:</b>
<b>Leader:</b>	Jay	<b>Tel:</b>	07801 933 299

<b>Apr 13<sup>th</sup></b>	<i>Sunday 10.00am</i>			
	<b>North Wales: Moel Famau - The Southern Clwydian Hills</b>			
	A walk up Moel Famau (554m) to the Jubilee Tower, followed by a ridge walk along the Southern Clwydian Hills along part of Offa's Dyke Path. Good views to Snowdonia, Snowdon and Cadair Idris can be seen, with glimpses of the North Wales Coast.			
	<a href="#">Start Point:</a>	Grid Ref SJ168651 - It is just beyond the village of Cilcain. From the A55, take the A494, following the Ruthin signs, by-passing Mold. Turn right for Loggerheads Country Park, but do not enter the car park, but continue up the narrow road straight ahead, right at the T junction and follow to the village of Cilcain. Left here, the White Horse Inn is on the right, <u>no parking</u> in the village, but toilets here on the right, and brief parking in the residents car park. Continue past the church, ignore the lane just after the church, continue and take the next left, and follow the road round to the right, the start point is on the straight stretch, with marked spaces for about 12 cars, (and additional parking too further up).		
	<b>Distance:</b>	8 Miles	<b>Level:</b>	Easy / Moderate
	<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="mailto:alfred@waleswalks.co.uk">Email Alfred</a>

<b>Apr 20<sup>th</sup></b>	<i>Sunday 10.00am</i>			
	<b>Cheshire: Rainow</b>			
	This circular walk features a combination of lanes, tracks and field paths which pass through the outskirts of Bollington, and then the route takes in Kerridge Hill, which has fantastic views over the Cheshire Plain. Please note there are a few steep climbs.			
	<a href="#">Start Point:</a>	Robin Hood Pub, Rainow , GR SJ953762		
	<b>Distance:</b>	12 Miles	<b>Level:</b>	Moderate
	<b>Leader:</b>	Alison W	<b>Tel:</b>	07821 393 879

<b>Apr 27<sup>th</sup></b>	<i>Sunday 9.00am</i>			
	<b>Snowdonia: Yr Wyddfa (Snowdon)</b>			
	<p>This walk is specifically designed for those who wouldn't normally go for "Hard" mountain walks and those who have never before climbed the highest peak in England and Wales (thanks to Steve for the ideal). The route will follow the "tourist" paths from Pen-y-Pass: the Pyg track to ascend and the Miners' track to descend. Both paths are clearly defined and both ascent and descent leave little to worry about. If the weather forecast is good, bring your cosi and a towel and we can try an afternoon dip in Glaslyn. N.B. The usual boots and waterproofs will be required, however, in case of bad weather.</p> <p>Due to the popularity of the Pen-y-Pass car park, the start is scheduled early at 9am. For this reason it is suggested that people camp the night before. Spaces can be reserved at the Swallow Falls complex just outside Betws-y-Coed (01690 710796) at £5 per person per night - please let me know by 31<sup>st</sup> March if you intend to camp. Pen-y-Pass car park £4 per day (TBC).</p>			
	<b>Start Point:</b>	Pen-y-Pass car park GR: SH647557		
	<b>Distance:</b>	6 Miles	<b>Level:</b>	Hard
	<b>Leader:</b>	Andrew Galloway	<b>Tel:</b>	01606 330 258 / 07788 923 961 / <a href="mailto:andrew.galloway@bt.com">Email Andrew</a>

# May 2008

<b>May 4<sup>th</sup></b>	<i>Sunday 10.30am</i>		
	<b>Lancashire: Rivers Brock and Calder Bluebell Walk</b>		
	On the western edge of the Forest of Bowland, these two valleys should be a riot of blue colour! We will walk along the River Brock, before skirting around the hills dropping down to Calder Vale and returning to the Brock. The views of the Lancashire plains and the Bowland hills should be excellent!		
	<b>Start Point:</b>	Brock Valley Picnic Site. The picnic area and car park is on Brock Mill Lane between Claughton Village and Beacon Fell Country Park (approximately 6 miles from Garstang). GR SD 549431	
	<b>Distance:</b>	11 miles	<b>Level:</b> Easy/Moderate
<b>Leader:</b>	Simon Gebbett	<b>Tel:</b>	0161 4760669 <a href="mailto:Simon@lancashirewalks.co.uk">Email Simon</a>

<b>May 11<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>North Wales: The Berwyns from Llandrillo</b>		
	Starting from the village of Llandrillo (see me for pronunciation), this walk takes in the summits of 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.		
	<b>Start Point:</b>	Llandrillo Car Park (free parking and it has toilets). GR SJ 035372	
	<b>Distance:</b>	9 Miles	<b>Level:</b> Hard
<b>Leader:</b>	Ian Evans	<b>Tel:</b>	07779 424 341 <a href="mailto:Ian@lancashirewalks.co.uk">Email Ian</a>

<b>May 18<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>Peak District: Monsal Dale, Deepdale &amp; Ashford in the Water Well Dressings</b>		
	A pleasant walk through Monsal Dale, continuing through Deepdale to Sheldon, Magpie Mine, then Great Shacklow Wood, with time to admire the Well Dressings at Ashford in the Water, before returning to Monsal Head, (café or pub and ice cream!! )		
	<b>Start Point:</b>	GR SK185714 - the car park at Monsal Dale Head. Note - Peak District car park charges - in 2007 £4.50, so please try & car share where possible. Meet top end of the car park on the right. Toilets at start, and at half way point and at Ashford in the Water. Do bring a camera!! From Stockport A6 by passing Chapel en-le-frith, A623 for 6 miles, right onto B6465 about 3 miles to Monsal Head.	
	<b>Distance:</b>	10 Miles	<b>Level:</b> Moderate
<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="mailto:Alfred@lancashirewalks.co.uk">Email Alfred</a>

<b>May 25<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>Snowdonia: Rhinog Fach and Y Llethr</b>		
	Postponed from earlier in the year, this is your second chance to sample one of the most beautiful walking regions in Wales.		
	<b><u>Start Point:</u></b>	Lay-by at side of road near Cil-cychwyn, Cwm Nantcol (room for 4 cars max) GR: SH632259. Take the A496 from Blaenau Ffestiniog, via Maentwrog to Harlech. Continue along the A496 through Harlech to Llanbedr. Turn left (east) at the Victoria Inn. After a mile turn right over a bridge, signed to "Water Falls" ("Rhaeadr"), then after 100m turn left, again following the signs to water falls. Follow this road for approximately 2 miles over several cattle grids to the lay-by at Cil-cychwyn. As the drive from Cheshire is over 3 hours, there will be camping arranged at Llanbedr - details to be advised. Please let me know ASAP if a camping place is required. If more parking spaces are required at the start point, we will operate a ferry system.	
	<b>Distance:</b>	8 Miles	<b>Level:</b> Hard
<b>Leader:</b>	Andrew Galloway	<b>Tel:</b> 01606 330 258 / 07788 923 961 / <a href="mailto:andrew.galloway@bt.com">Email Andrew</a>	

# June 2008

<b>June 1<sup>st</sup></b>	<i>Sunday 10am</i>		
	<b>Yorkshire Dales: Malhamdale and Gordale Scar</b>		
	A limestone-country classic. We'll clamber up Gordale Scar (a waterfall with a footpath running up the middle of it - it looks much scarier than it actually is, but there is an alternative route for the more timid (or for all of us in case of bad weather)), and then visit Malham Tarn and the absolutely spectacular Malham Cove. This is one of the finest walks in the Dales, perhaps the country, and one not to be missed!		
	<b>Start Point:</b>	Malham car-park, GR SD 900 627	
	<b>Distance:</b>	10 Miles	<b>Level:</b>
<b>Leader:</b>	Charles	<b>Tel:</b>	0161 973 4799 / 07960 109 067 <a href="#">Email Charles</a>

<b>June 8<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>Peak District: Some Derbyshire Dales</b>		
	The walk will take in the spectacular Chee Dale, Peter Dale and the melancholy Monk's Dale!		
	<b>Start Point:</b>	Car Park at Miller's Dale (old) Station just off the B6049 - GR SK 138 733	
	<b>Distance:</b>	10 Miles	<b>Level:</b>
<b>Leader:</b>	Simon Gebbett	<b>Tel:</b>	0161 476 0669 <a href="#">Email Simon</a>

<b>June 15<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>North Wales: The Druid Circles from Penmaenmawr</b>		
	A favourite location of mine, climbing from Penmaenmawr to Moelfre 435m, with superb views to Anglesey, then two Druid circles and following the North Wales Coastal Path to the Sychant Pass. We then retrace our steps and descend via the ridge around Foel Lus, giving superb coastal views, to the Great Orme and Puffin Island.		
	<b>Start Point:</b>	SH718764- The car park in Penmaenmawr. From Conwy A55, 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.	
	<b>Distance:</b>	9 Miles	<b>Level:</b>
<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="#">Email Alfred</a>

<b>June 21<sup>st</sup></b>	<i>Saturday 7.30pm</i>		
	<b>Cheshire: "A Midsummer Night's Walk" Macclesfield Forest and Shutlingsloe</b>		
	A pleasant evening amble through Macclesfield Forest to Shutlingsloe with readings from Shakespeare's play. We will return to the start point before nightfall, but please bring a torch with you just in case.		
	<b>Start Point:</b>	Visitors Centre at Trentabank Reservoir GR: SJ962712	
	<b>Distance:</b>	4 Miles	<b>Level:</b>
<b>Leader:</b>	Andrew Galloway	<b>Tel:</b>	01606 330 258 / 07788 923 961 / <a href="#">Email Andrew</a>

<b>June 22nd</b>	<i>Sunday 10.00am</i>		
	<b>Cheshire: The Peovers, Jodrell Bank and Toft</b>		
	An easy walk in some of the finer villages in Cheshire, encompassing the exquisite Over Peover, Peover Heath & Lower Peover. Features: Jodrell Bank, Toft Hall and Peover Hall (home during the Second World War to General George S Patton as headquarters of the American Third Army).		
	<b>Start Point:</b>	Start Point: Lay-bys on either side of Crossroads in Over Peover village - SJ 787736	
	<b>Distance:</b>	12 Miles	<b>Level:</b> Easy
<b>Leader:</b>	Jay	<b>Tel:</b> 07801 933 299	

<b>June 28<sup>th</sup></b>	<i>Saturday 8.30am for 8.45am start</i>		
	<b>Lake District: Challenge Walk - Langdale Skyline</b>		
	This years challenge walk will be the magnificent Langdale Skyline in the Lake District. Starting near the Old Dungeon Gill Hotel, going up to Pavey Ark and optionally doing Jack's Rake scramble for a bit of extra challenge, before going over the Langdale Pikes, Bow Fell, Crinkle Crags and Pike of Bliscoe. In order to make this year's challenge appeal to a wider audience, Nigel has kindly volunteered to act as a second leader and will be leading a shorter easier get out back to the valley after Bow Fell, and also guiding people around Jack's Rake. So if you don't normally have a go at our harder or higher level walks, please feel free to come along and challenge yourself! Some of us will be camping in Langdale on the Friday and Saturday nights. Plans for a curry in Ambleside and recovery walk on Sunday are also being made. Further details to be announced.		
	<b>Start Point:</b>	TBA	
	<b>Distance:</b>	11 Miles	<b>Level:</b> Very Hard
<b>Leader:</b>	Steve Kinsley	<b>Tel:</b> 07917 064 054 / <a href="#">Email Steve</a>	

# July 2008

<b>July 6th</b>	<i>Sunday 10 am</i>		
	<b>Cheshire: Farndon</b>		
	This is a classic summer ramble passing through pretty Cheshire villages and countryside. The route takes us through Churton, Clutton, Carden Park, Stretton, returning to Farndon along the banks of the River Dee. We will also get the chance to visit Stretton Water Mill, a working mill dating from the 1600s.		
	<b>Start Point:</b>	Church Lane Car Park, Farndon GR SJ 413 544 (By the church & community centre behind Farndon High Street)	
	<b>Distance:</b>	11 Miles	<b>Level:</b> Easy
<b>Leader:</b>	Nigel Rimmer	<b>Tel:</b>	07971 063 709 <a href="mailto:nigel@farndonrambles.co.uk">Email Nigel</a>

<b>July 13<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>Peak District: Alport Castles</b>		
	Starting from Ladybower Reservoir, this route takes us over Rowlee Pasture to Alport Castles, not a castle but one of the largest landslips in Britain. The path then descends from the Castles and joins the scenic Woodlands Valley to take us back to the Reservoir and a well-deserved ice-cream.		
	<b>Start Point:</b>	Ladybower Reservoir Visitor Centre (pay and display car park with toilets). GR SK173894	
	<b>Distance:</b>	8 Miles	<b>Level:</b> Moderate
<b>Leader:</b>	Ian Evans	<b>Tel:</b>	07779 424 341 <a href="mailto:ian@alportcastles.co.uk">Email Ian</a>

<b>July 19<sup>th</sup></b>	<i>Saturday 09:30 for breakfast (optional) and 10:30 at Llangollen Station for Train departure at 11:00</i>		
	<b>North Wales: Llangollen - Carrog - Moel Fferna - Glydyfrdwy - Horsehoe Falls - Llangollen</b>		
	This walk has a little bit of everything. Returning to the picturesque area surrounding Llangollen we shall be starting our day leisurely and in style with possibly a coffee and a croissant; followed by a steam train ride from Llangollen to Carrog. Upon reaching this quiet and attractive village at 11:30 we shall start our ascent through woodland to the 630m summit of Moel Fferna (the highest point along the North Berwyn Way affording excellent views, weather permitting). We shall then follow the route of a former quarry tramway, descending the hillside to the village of Glydyfrdwy where we shall continue along the Dee Valley Way; passing underneath the Llantysillio Mountain range, through Rhewl, returning to Llangollen along either the Shropshire Union Canal path or the Clwydian Way. We may wish to complete our day with a long cool drink (and treat ourselves to supper) over looking the river, watching the sun setting on the horizon (hopefully!). This is a provisional route/distance and may be subject to change. Final details of the walk, together with information about any advanced group booking of train tickets required will be confirmed nearer the time. Please note this is a Saturday walk, due to the late start and longer distance - so we have Sunday to recover! Although we shall be covering a fair distance on the walk, we can take advantage of the various refreshment establishments along the way if required. However, please bring full supplies, as we may not arrive back in Llangollen until early evening. "Pay and Display" car parks in Llangollen fill up quickly during summer months, so may I suggest you car share where you can and arrive as early as you can. We must all gather (having bought our tickets) at Llangollen station no later than 10:45. If you miss the train, you miss the walk!		
	<b>Start Point:</b>	Llangollen Train Station O/S 255, GRSJ215421	
	<b>Distance:</b>	14 Miles TBC Excludes distance travelled by train!	<b>Level:</b> Hard / Moderate
<b>Leader:</b>	Rebecca	<b>Tel:</b>	07780 676 892

<b>July 26<sup>th</sup> / 27<sup>th</sup></b>	<i>Saturday 9.30am/ Sunday 10am</i>			
	<b>Lake District: - Scafell Pike</b>			
	NB. The Scafell Pike walk has changed from Sunday to Saturday from the original programme.			
	For details of the weekend please contact Fiona - details below.			
	Walk on <b>Saturday 25<sup>th</sup> July</b> - Scafell Pike from Seatoller - start will be 9.30 in case car park gets full. Seathwaite, Sty Head Tarn, Corridor Route to Lingmell col, Scafell Pike, return over Broad Crag and Ill Crag to Esk Hause. Descend to Seathwaite by Ruddy Gill and return to Seatoller. The paths are sometimes erosion proofed but rough stones to boulders at the summit. Ascent varies in gradient, but no very steep stretches for a long time. However the level is HARD. Length 11-12 miles. Essentials - <b>BOOTS!!</b> And a reasonable level of fitness. Remember this is a high level route and can be considerably colder than valley with wind chill even in summer. So all weather gear needs packing! Possibles - sticks if you don't like uneven ground. There are 2 x30 second bits over rocks, but nothing that can't have a guiding hand. Please feel free to discuss if you aren't sure.			
	Walk on <b>Sunday 26<sup>th</sup> July</b> - Start 10.00 (but I advise early parking as the car parks in Keswick will get full quickly) Walla Crag from Keswick, Lakeside Car Park. Ascend via Castle Crag, Walla Crag along ridge with wonderful views over Derwentwater , descend to Ashness Bridge, Falcon Crag, Great Wood and then along the lakeshore back to car park. Level - Moderate. Length 5miles.			
	<del>This is a good start of the weekend and a good time for a dinner and a drink.</del>			
	<b>Start Point:</b>	Seatoller National Trust Car Park (GR NY246138)		
	<b>Distance:</b>	10.5 miles	<b>Level:</b>	Hard
	<b>Leader:</b>	Fiona	<b>Tel:</b>	07889 177 976/ 01606 832 223

# August 2008

<b>Aug 2nd</b>	<i>Saturday 10.15am</i>		
	<b>Pennines: Hebdon Bridge to Todmorden</b>		
	<p>In the lazy summer sun, where the cotton grass sways and sky larks sing, the soot blacken monument of Stoodley Pike glowers over the Calder Valley beneath. From the alternative lifestyle village of Hebden Bridge, we follow a myriad of paths round reservoirs, canals and lonely stones, over high moors and valleys deep to the amber coloured town of Todmorden. This walk is a train walk on a Saturday, walking from Hebdon Bridge to Todmorden. There are regular trains from Manchester Victoria to Halifax which stop at both Todmorden and Hebdon Bridge, with good connections from Liverpool and Warrington.</p>		
	<b>Start Point:</b>	Start - O/S-SD995267, Post code HX7 6JR, Hebden bridge train station Finish - O/S-SD932242, Post code OL14 7AP, Todmorden train station	
	<b>Distance:</b>	10 Miles	<b>Level:</b>
<b>Leader:</b>	David Heys	<b>Tel:</b>	<a href="mailto:David.Heys@btinternet.com">Email David</a> 07730 008 351

<b>August 3rd</b>	<i>Sunday 10 am</i>		
	<b>Cheshire: Chester</b>		
	<p>Discover our beautiful county town from a new perspective! This semi-urban walk follows paths in and around the city, taking in Curzon Park, The Old Port, The City Walls, Suspension Bridge, River Dee, The Meadows, Eccleston &amp; The Dukes Drive. It's a leisurely walk with plenty of time to enjoy the views and visit a local tea shop.</p>		
	<b>Start Point:</b>	Car Park behind LA Fitness, Wrexham Road, Chester GR SJ 402 645 (Please park at the back near the trees)	
	<b>Distance:</b>	7 Miles	<b>Level:</b>
<b>Leader:</b>	Nigel Rimmer	<b>Tel:</b>	07971 063 709 <a href="mailto:Nigel.Rimmer@btinternet.com">Email Nigel</a>

<b>August 10<sup>th</sup></b>	<i>Sunday 10.00</i>		
	<b>North Wales: Chirk Castle and Offa's Dyke</b>		
	<p>The walk starts and finishes at Chirk railway station. We will explore a little of the Llangollen Canal and visit a bit of Offa's Dyke and Chirk Castle, one of the few castles from the reign of Edward I that has been continually lived in. Walk details nearer the time will include any events that may be on at the castle, or an extension to the distance.</p>		
	<b>Start Point:</b>	Chirk Railway Station SJ285378	
	<b>Distance:</b>	8 miles	<b>Level:</b>
<b>Leader:</b>	Fiona	<b>Tel:</b>	07889 177 976/ 01606 832 223

<b>Aug 17<sup>th</sup></b>	<i>Sunday 10.00am</i>		
	<b>Cheshire: Little Leigh</b>		
	<p>This walk is in the attractive valley of the River Weaver in Mid Cheshire. An opening stretch along the River Weaver is followed by a pleasant undemanding route across fields and along the Trent and Mersey Canal.</p>		
	<b>Start Point:</b>	Leigh Arms Pub by Action Swing Bridge on the A49, GR SJ 602760	
	<b>Distance:</b>	12 Miles	<b>Level:</b>
<b>Leader:</b>	Alison W	<b>Tel:</b>	07821 393 879

<b>Aug 23<sup>rd</sup> - 25<sup>th</sup></b>	<i>Saturday 10.00am</i>		
	<b>Snowdonia: Penwythnos Dolgellau (Dolgellau Weekend)</b>		
	Accommodation: Kings Youth Hostel, Islawr Dref - limited to 12 places, 6 male, 6 female. In addition there is provision for camping in the grounds of the Youth Hostel. Youth Hostel places will be allocated on a first-come-first-served basis to Ramblers Association members only. Please contact me ASAP to confirm your place. Cost per person TBC.		
	<b>Saturday: Cadair Idris - 6½ miles - Hard</b>		
	This will be a linear walk from Minffordd to the Kings YHA at Islawr Dref, via the summit of Cadair Idris with a total ascent of 853m. Volunteers will be required to ferry people to the start point.		
	<b>Sunday: Moderate Walk TBA - lead by Sam Hughes.</b>		
<b>Start Point:</b>	Sat - National Park car park at Minffordd, GR: SH733115 Sun - tbc		
<b>Distance:</b>		<b>Level:</b>	
<b>Leader:</b>	Andrew Galloway	<b>Tel:</b>	01606 330 258 / 07788 923 961 / <a href="mailto:andrew.galloway@ramblers.org.uk">Email Andrew</a>

<b>Aug 31<sup>st</sup></b>	<i>Sunday 10am</i>			
	<b>Yorkshire Dales: Kirby Lonsdale, Barbon Low Fell, and Ruskin's view</b>			
	Most of this walk is on and around Barbon Low Fell, a very quiet area (possibly due to it being outside, albeit just, of the national park) but with classic Yorkshire Dales scenery. We'll also pass by 'Ruskin's view' - the setting for a painting by JMW Turner, and now immortalised by the 19th century art critic John Ruskin's description of it as possibly the best view in the world.			
	<b>Start Point:</b>	Devil's Bridge in Kirby Lonsdale (look for the bikers), GR SD 616 782		
	<b>Distance:</b>	10 Miles	<b>Level:</b>	Moderate
	<b>Leader:</b>	Charles	<b>Tel:</b>	0161 973 4799 / 07960 109 067 <a href="mailto:charles@ramblers.org.uk">Email Charles</a>

# September 2008

<b>Sept 7th</b>	<i>Sunday 10.00am</i>			
	<b>Peak District: Derwent Edge</b>			
	We start with an easy stroll along the side of Derwent Reservoir before we climb up onto Derwent Edge. As you walk along the Edge you will see formations like the Salt Cellar and Wheel Stones. We then return to Fairholmes along Ladybower Reservoir.			
	<b>Start Point:</b>	Fairholmes Car Park SK173894		
	<b>Distance:</b>	10 Miles	<b>Level:</b>	Moderate
<b>Leader:</b>	Anne Thompson	<b>Tel:</b>	07766 195 113	

<b>Sept 14th</b>	<i>Sunday 10.00am</i>			
	<b>Cheshire: Little Budworth Stroll</b>			
	An easy Cheshire country walk around Little Budworth Country Park, the bounds of Oulton Park and some of the nearby hamlets.			
	<b>Start Point:</b>	Car park at the south end of Little Budworth Country Park GR SJ590654		
	<b>Distance:</b>	9 Miles	<b>Level:</b>	Easy
<b>Leader:</b>	Steve Kinsley	<b>Tel:</b>	07917 064 054 / <a href="mailto:Steve@cheshirewalks.co.uk">Email Steve</a>	

<b>September 21st</b>	<i>Sunday 10.00am</i>			
	<b>Snowdonia: Moel Siabod from Capel Curig</b>			
	Starting from Capel Curig, this walk takes us past Plas-y-Brenin and through some pleasant fields before ascending to some old quarry workings. From here we continue "around the back" of the mountain before climbing to the summit (872m) via an easy scramble. Then it's down the north side of the mountain and into the forest back to Capel Curig.			
	<b>Start Point:</b>	Capel Curig car park on the A5/A4086 junction.		
	<b>Distance:</b>	7 Miles	<b>Level:</b>	Hard
<b>Leader:</b>	Ian Evans	<b>Tel:</b>	07779424341 <a href="mailto:Ian@snowdonia.co.uk">Email Ian</a>	

<b>Sept 28<sup>th</sup></b>	<i>Sunday 10.00am</i>			
	<b>Peak District: Stannage Edge</b>			
	From the picturesque village we wander around one of the towering cliffs of one of the more famous edges in the Peak District, with great views both east and west.			
	<b>Start Point:</b>	Main car park in Hathersage town centre. GR SK233815, Post code S32 1BD		
	<b>Distance:</b>	11 Miles	<b>Level:</b>	Moderate
<b>Leader:</b>	David Heys	<b>Tel:</b>	<a href="mailto:David@peakdistrict.co.uk">Email David</a> 07730 008 351	

## Other Stuff

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

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.

**EASY:** Lowland walking, gentle hills, ideal for beginners.

**MODERATE:** Hills & Dales, generally below 1,500 feet.

**HARD:** High level mountain & moorland over 1,500 feet. May include steep ascents or scrambling.

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

Registered Charity No. 306089