

# **CHESHIRE WALKERS**

## Walks Programme

April 2009 to September 2009

There will also be updates on the website: \_

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

# April 2009

5 <sup>th</sup> April	<i>Sunday 10 am</i>		
	<b>Wales - Crafnant, Crimpiau &amp; Creigiau Gleision</b>		
	We will follow the shores of Llyn Crafnant, before climbing the summits of Crimpiau, Craig Wen and Creigiau Gleision. The return route descends through forests and back to the lake. This is a high level walk and the terrain is difficult in places. It includes steep slopes and some easy scrambling.		
	<b>Start Point:</b>	Public car park at the northern end of Llyn Crafnant, grid reference SH756618. Follow the sign from the B5106 in the centre of Trefriw and then a minor road, steep & narrow in places, for 2 miles.	
	<b>Distance:</b>	8 Miles	<b>Level:</b> Strenuous
<b>Leader:</b>	Nigel	<b>Tel:</b> 07971 063 709 <a href="mailto:nigel@waleswalks.co.uk">Email Nigel</a>	

10 <sup>th</sup> April	<i>Friday 10.00am</i>		
	<b>South Pennines: Hardcastle Crags and Wadsworth Moor</b>		
	For those of you who were disappointed in not getting a place on the Easter weekend but still want a fix of fresh air, we're putting on an extra walk on Good Friday. Hardcastle Crags lie in a narrow wooded valley, often called 'Little Switzerland', just north of Hebden Bridge. During the industrial revolution this was an important area for cotton-producing, but most of the area has now returned to nature. We'll walk up to the reservoirs on Wadsworth Moor, and then return via Hebden Dale and the only surviving mill in the area (now a rather nice cafe!). After the walk, and at Alison's request, there will be time for some new-agey retail therapy in Hebden Bridge!		
	<b>Start Point:</b>	The upper car park at Hardcastle Crags, just north of Hebden Bridge. GR SD 989 291	
	<b>Distance:</b>	10 Miles	<b>Level:</b> Moderate
<b>Leader:</b>	Charles	<b>Tel:</b> <a href="mailto:charles@waleswalks.co.uk">Email Charles</a> 07960 109 067 / 0161 973 4799	

April 19 <sup>th</sup>	<i>Sunday 10.00am</i>		
	<b>Lancashire: The Parbold Three Peaks</b>		
	You've probably driven past this area on the M6, but never walked it. Here's your chance. The walk includes Harrock Hill, Parbold Hill and Ashurst Beacon as well as the woodland clough called "Fairy Glen".		
	<b>Start Point:</b>	Car Park in Parbold Village (OS Grid Ref: SD495115)	
	<b>Distance:</b>	11.5 miles	<b>Level:</b> Moderate
<b>Leader:</b>	Kirsty	<b>Tel:</b> 07944 732 822 (texts please) <a href="mailto:kirsty@waleswalks.co.uk">Email Kirsty</a>	

26 <sup>th</sup> April	<i>Sunday 10.00am</i>		
	<b>Southern Snowdonia: Arenig Fawr</b>		
	A challenging walk to the summit of this very picturesque mountain with views ( <i>possibly</i> ) of Aran Fawddwy & Cadair Idris to the south and the Snowdon Massif to the north. Likely to be boggy on the descent so gaiters are recommended.		
	<b>Start Point:</b>	Car Park at Llyn Celyn on the A4212, SH845403. The most straightforward route is to take the A55 from Chester area, turn left onto the A483 signed for Wrexham. Having passed Wrexham, turn right onto the A539 at Ruabon and head towards Llangollen. In Llangollen, turn left over the bridge, along the high street and then right onto the A5. After Corwen, turn left onto the A494 towards Bala. As you enter Bala, turn right onto the A4212 towards Trawsfynydd. The car park is approximately 8 miles along this road on the far side of the lake, after the hairpin bend, on the left as you approach it.	
	<b>Distance:</b>	10 Miles (16 km)	<b>Level:</b> Strenuous
<b>Leader:</b>	Andrew	<b>Tel:</b> 01606 330 258 07788 923 961	

# May 2009

1 <sup>st</sup> - 4 <sup>th</sup> May	<i>Saturday/Sunday</i>		
	<b>Malverns: Camping Weekend</b>		
	<p>The Malvern Hills lie on the border of Worcestershire and Herefordshire. Whilst the highest peak (Worcester Beacon) may be a lowly 425m when compared to the peaks we usually cover, these hills tower over the area, dominating the skyline if anyone has travelled down the M5. The hills and surrounding countryside influenced both Elgar and WH Auden. There are twenty one peaks from End Hill to Chase End Hill, lets see if we can cover them all?</p> <p>The weekend is going to be a camping weekend, pitching tent on the Friday night, walking Saturday and Sunday, going home on the Monday with possibly a short walk before we go.</p>		
	<b>Start Point:</b>		
	<b>Distance:</b>	Two 12 Mile Walks (tbc)	<b>Level:</b>
<b>Leader:</b>	David	<b>Tel:</b>	07730 008 351 - I would prefer contact by email <a href="#">David</a>

10 <sup>th</sup> May	<i>Sunday 10.00am</i>		
	<b>Shropshire: Bluebells in the Briedden Hills</b>		
	<p>A walk of panoramic views, three steep hill climbs, one <b>very steep descent</b>, and a short easy rock scramble (ascent). We take in Rodney's Pillar 365m, Moel Y Golfa 403m, Middletown Hill 367m and a gentle climb to Bulthy Hill 290m. The route up to Rodney's Pillar (Breidden Hill) should be carpeted in bluebells.</p> <p><b>No toilets</b> at walk start, suggest a garage on route, one in Llandrinio on the left, about a mile from the walk start, or a garage on the A483, near Oswestry. Post walk drink in the Admiral Rodney off the B4393,</p> <p><b>Note:</b> - Could be muddy in parts; suggest gaiters, for the very steep descent a walking pole is advisable. There are three hill ascents on this walk. The walk is technically in England-just, and with a few metres actually in Wales.</p>		
	<b>Start Point:</b>	Crew Green. SJ 321 153 - south of Oswestry off A483. Turn left at Four Crosses and onto the B4393. Turn right off the B4393 in Crew Green sign-posted: - Golf club / school. After 100m as the road bends right, take the hill straight ahead (slightly left) up to the school, car park on left. Please car share where possible, as the car park is not huge.	
	<b>Distance:</b>	10.4 Miles	<b>Level:</b>
<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="#">Email Alfred</a>

17 <sup>th</sup> May	<i>Sunday 10.00am (sharp!)</i>		
	<b>Peak District: Castleton / Mam Tor</b>		
	<p>We will go through the Winnats Pass, up to Mam Tor and then across the Great Ridge. There will be a bit of double backing across the ridge, before descending.</p>		
	<b>Start Point:</b>	Speedwell Cavern/Winnats Pass car park just to the west of Castleton. SK 140 828	
	<b>Distance:</b>	8 Miles	<b>Level:</b>
<b>Leader:</b>	Kate	<b>Tel:</b>	<a href="#">Email Kate</a>

<b>24<sup>th</sup> May</b>	<i>Sunday - time tbc</i>		
	<b>Lake District: Grisedale Pike &amp; Grasmor</b>		
	A visit to some of the pleasant Coledale Fells near Keswick, or as Wainwright describes them the "The North Western Fells". The highlights of the walk will be Grisedale Pike (2,593 ft) - the pyramid-shaped mountain to the west side of Keswick, Grasmoor (2,795 ft) and weather permitting, views of Derwentwater, Buttermere and many famous mountains. I will also be walking on the Saturday in the northern Lake District. Should anyone wish to join me, please call me on the number below to arrange a rendezvous on the Saturday morning.		
	<b>Start Point:</b>	tbc	
	<b>Distance:</b>	8-9 Miles	<b>Level:</b>
<b>Leader:</b>	Jay	<b>Tel:</b>	07801 933 299

<b>27<sup>th</sup> May</b>	<i>Wednesday Evening 7.20pm prompt</i>		
	<b>Cheshire: Lymm Heritage Trail</b>		
	In this, the first of this year's action-packed evening walks, we'll see: woodland wildlife, dinosaurs and the Dingle, industrial intrigue, and bridges and bongs - all contained in an easy 3 mile walk around Lymm!		
	<b>Start Point:</b>	Free market car park in the centre of Lymm, next to the Bridgewater canal, just off the A6144. GR SJ 682 874	
	<b>Distance:</b>	3 Miles	<b>Level:</b>
<b>Leader:</b>	Charles	<b>Tel:</b>	<a href="mailto:charles@lymmheritagetrail.co.uk">Email Charles</a> 07960 109067 / 0161 973 4799

<b>31<sup>st</sup> May</b>	<i>Sunday 10.00am</i>		
	<b>South East Yorkshire Dales: Bolton Abbey - Simon's Seat</b>		
	This walk will take you through a succession of changing landscapes, river, parkland, forest and moorland. We'll pass the ruins of the priory along the Dales Way, then up the dramatically named Valley of Desolation to the summit - Simon's Seat. Then down to the River Wharfe and ramble along the riverside stopping off at the Cavendish Pavilion for refreshments on the way back to the abbey.		
	<b>Start Point:</b>	Pay and display car park at Bolton Abbey GR SE 071 539	
	<b>Distance:</b>	11 Miles	<b>Level:</b>
<b>Leader:</b>	James	<b>Tel:</b>	07790 095 355 / <a href="mailto:james@boltonabbey.co.uk">Email James</a>

# June 2009

<b>7<sup>th</sup> June</b>	<i>Sunday 10.00am</i>		
	<b>Peak District: Monsal Head, the River Wye, Litton, &amp; Ashford in the Water Well Dressings</b>		
	We start at Monsal Head and follow the old Midland Railway, to the River Wye, abundant in bird life. We pass Cressbrook and Litton Mills then leaving the railway to climb High Dale to Brushfield. A descent to Monsal Dale and lunch. Climbing up Deepdale to Sheldon, a pretty village of Derbyshire stone, Little Shacklow Wood to Ashford in the Water. Ice cream stop and a walk around the village to admire the well dressings before the final climb to Monsal Head. ( <i>The route first half is different to last year's walk, and also part of the second section too; Ashford has five wells and is really the one to see</i> ). Two short hill climbs, a descent through a wood, can be muddy in places, suggest gaiters, a walking pole might be useful too.		
	<b>Start Point:</b>	Gr SK 185 714. The Car Park at Monsal Dale Head (Note-Peak District car park charges - approx £4.50, please try & car share where possible). There is a safe lay-by (free!!) just before Monsal head on the right which will take 8 cars but one needs to be early!!! Meet in the car park behind the Monsal Head pub. Toilets at start, and at half way point (lunch) 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>	10.8 Miles	<b>Level:</b>
<b>Leader:</b>	Alfred	<b>Tel:</b>	<a href="mailto:alfred@peakdistrict.org">Email Alfred</a>

<b>14<sup>th</sup> June</b>	<i>Sunday 10.00am</i>		
	<b>Lake District: Bowfell and Crinkle Crag</b>		
	A walk encompassing the head of the lovely Langdale Valley. Ascent via The Band to the Climber's Traverse which takes us into rock climbing scenery without the risk to life or limb. We then ascend Bowfell along the Great Flat Slab and then traverse Crinkle Crag before descending to Langdale and refreshment at the Old Dungeon Ghyll Hotel.		
	<b>Start Point:</b>	Car Park Old Dungeon Ghyll Hotel NY295065	
	<b>Distance:</b>	9 miles approx	<b>Level:</b>
<b>Leader:</b>	Fiona	<b>Tel:</b>	07889 177 976

<b>17<sup>th</sup> June</b>	<i>Wednesday Evening 6.45pm for a 7.00pm start</i>		
	<b>Bollington/Nabs Head</b>		
	We start walking along a disused railway track, before crossing fields and lanes to the base of Nabs Head. We then make the short climb to the summit which will give us great views over the Cheshire plains. Return to Bollington to find a local pub!		
	<b>Start Point:</b>	Bollington, Middlewood Way Car Park	
	<b>Distance:</b>	3 Miles (2 hours)	<b>Level:</b>
<b>Leader:</b>	Anne	<b>Tel:</b>	07766 195 113 / <a href="mailto:anne@peakdistrict.org">Email Anne</a>

<b>21<sup>st</sup> June</b>	<i>Sunday 10.00am</i>		
	<b>Peak District: Kinder Skyline Mini-Challenge Walk</b>		
	An epic walk going up Jacobs Ladder, then doing a full anti-clockwise circuit of Kinder Scout before coming back down Kinderlow. In the event of bad weather or otherwise, the walk may be cut short by a few miles. This is an extremely hard walk so you must contact the leader to attend.		
	<b>Start Point:</b>	Hayfield, exact meeting point TBC	
	<b>Distance:</b>	20 Miles	<b>Level:</b>
<b>Leader:</b>	Steve	<b>Tel:</b>	07917 064 054

<b>28<sup>th</sup> June</b>	<i>Sunday 10.00am</i>		
	<b>Cumbria: The Howgills</b>		
	From Sedbergh, we head for The Calf (676 m), via Winder, Arant Haw, and Calders. Return is via Cautley spout, then following the River Rawthey back to Sedbergh		
	<b>Start Point:</b>	Loftus Hill Car Park (Pay and display), Grid Ref:SD 658 919. <a href="http://www.streetmap.co.uk/map.srf?x=365777&amp;y=492007&amp;z=110&amp;sv=365777,492007&amp;st=4&amp;ar=y&amp;mapp=map.srf&amp;searchp=ids.srf&amp;dn=807&amp;ax=365777&amp;ay=492007&amp;lm=0">http://www.streetmap.co.uk/map.srf?x=365777&amp;y=492007&amp;z=110&amp;sv=365777,492007&amp;st=4&amp;ar=y&amp;mapp=map.srf&amp;searchp=ids.srf&amp;dn=807&amp;ax=365777&amp;ay=492007&amp;lm=0</a>	
	<b>Distance:</b>	11 Miles	<b>Level:</b> Strenuous
<b>Leader:</b>	Tom	<b>Tel:</b> 07884 493 081	

# July 2009

1 <sup>st</sup> July	<i>Wednesday Evening 6.45pm for a 7.00pm start</i>			
	<b>Cheshire: Dunham Park &amp; Bridgewater Canal</b>			
	A short evening walk that makes use of disused railway track - part of the Trans Pennine Trail - and the towpath of the Bridgewater Canal. We should have views across the countryside of Bollin Valley. Return to visit local pub!			
	<b>Start Point:</b>	Oldfield Brow, Seamons Road car park		
	<b>Distance:</b>	3 Miles (2 hours)	<b>Level:</b>	Easy
<b>Leader:</b>	Anne	<b>Tel:</b>	07766 195 113 / <a href="#">Email Anne</a>	

5 <sup>th</sup> July	Sunday 10.00am			
	<b>Lancashire: Thieveley Pike and the Forest of Rossendale from Clowbridge Reservoir</b>			
	This walk in the South Pennines will include parts of the Rossendale Way and Burnley Way as we explore the moors and countryside near the spring of the River Irwell.			
	<b>Start Point:</b>	United Utilities car park at Clowbridge Reservoir, off the A682 Rawtenstall to Burnley Road. NGR SD 823 280		
	<b>Distance:</b>	Approx 10 Miles	<b>Level:</b>	Moderate
<b>Leader:</b>	Simon	<b>Tel:</b>	0161 476 0669 <a href="#">Email Simon</a>	

11 <sup>th</sup> & 12 <sup>th</sup> July	<b>Yorkshire Dales Weekend</b>			
	Based in the pretty Wensleydale village of Hawes, this weekend will include a strenuous 14 mile walk, taking in Great Shunner Fell and Lovely Seat on the Saturday, followed by an easier lower level walk on the Sunday. Further details about this weekend will be emailed to members in due course.			
	<b>Start Point:</b>	Tbc		
	<b>Distance:</b>	Tbc	<b>Level:</b>	Strenuous/Moderate
	<b>Leaders:</b>	Gemma (Accommodation)	<b>Tel:</b>	07866 989 723
		Charles (Saturday Walk)	<b>Tel:</b>	07960 109 067
		Nigel (Sunday Walk)	<b>Tel:</b>	07971 063 709

19 <sup>th</sup> July	<i>Sunday 10.00am (walk) 9.00am (breakfast)</i>			
	<b>North East Wales: Llandegla Forest &amp; World's End</b>			
	Starting out from the <a href="#">mountain biking centre</a> , the route heads through the forest and out to the Horseshoe Pass before heading over some pleasant rolling hills to the Trevor Rocks and World's End. Then it's on to the Offa's Dyke path which leads back to the forest. Turn up early if you want to sample the café's award-winning breakfast or bacon butties.			
	<b>Start Point:</b>	Llandegla Forest mountain biking centre (£4 per day for parking, toilets and café)		
	<b>Distance:</b>	13 Miles	<b>Level:</b>	Moderate
<b>Leader:</b>	Ian	<b>Tel:</b>	<a href="#">Email Ian</a>	

26 <sup>th</sup> July	<i>Sunday 10.00am</i>			
	<b>Peak District: Shining Tor</b>			
	A nice summer walk in the Cheshire highlands, covering Shining Tor (559m!), Windgather crags, Taxal Edge and the Goyt Valley.			
	<b>Start Point:</b>	The start point is the car park next to the Errwood Reservoir, post code is SK17 6SX (approximately), Landranger Co-ord is SK 012 753.		
	<b>Distance:</b>	10 Miles	<b>Level:</b>	Moderate
<b>Leader:</b>	David	<b>Tel:</b>	Email <a href="#">David</a> or text 07730 008 351	

# August 2009

<b>2<sup>nd</sup> August</b>	<i>Sunday: 10:00am</i>			
	<b>Lancashire: Anglezarke Moor and Rivington Moor</b>			
	Enjoy the beautiful woodland, reservoirs and open moorland on a warm summer's day. We shall be taking in the sites of Lead Mines Clough, the hamlet of White Coppice; Great Hill, Winter Hill and Rivington Pike on our all day walk. You must wear supportive walking boots (not trainers) and bring along a full set of waterproofs, cool clothing and plenty of sun protection. A good supply of food and liquid (i.e. cool sugary drinks) is essential.			
	<b>Start Point:</b>	tbc		
	<b>Distance:</b>	12 miles tbc	<b>Level:</b>	Moderate
<b>Leader:</b>	Rebecca	<b>Tel:</b>	07780 676 892	

<b>9<sup>th</sup> August</b>	<i>Sunday 10 am</i>			
	<b>Peak District: Froggart Edge</b>			
	We will walk along the Edge and then back through woodland and along the River Derwent.			
	<b>Start Point:</b>	Curbar Gap car park above Curbar Village, GR SK262 748		
	<b>Distance:</b>	7 Miles	<b>Level:</b>	Easy
<b>Leader:</b>	Kate	<b>Tel:</b>	<a href="#">Email Kate</a>	

<b>16<sup>th</sup> August</b>	<i>Sunday 10.30am approx</i>			
	<b>Cheshire : Linear walk from Chester Railway Station to Delamere Railway Station</b>			
	A walk along the Baker Way from west to east. Starting in the suburbs of Chester, progressing along the Shropshire Union Canal we walk through the countryside villages of Tarvin and Mouldsworth then onto Delamere Forest.			
	<b>Start Point:</b>	Approx 10.30 at Chester railway station. Currently train times from Delamere to Chester cannot be confirmed until new train times are published. It is estimated that a train will leave Delamere train station to Chester @ 10.10. Updates to follow nearer the walk date		
	<b>Distance:</b>	12 Miles	<b>Level:</b>	Moderate - a brisk pace will be required to ensure we get back to Delamere Railway Station ready for any walkers in the group who wish to catch the return train to Chester. Trains currently run every 2 hours between Delamere and Chester.
	<b>Leader:</b>	Alison W	<b>Tel:</b>	07821 393 879 - regular club members please text if you are coming along. New club walkers please phone.

<b>August 23rd</b>	<i>Sunday 10.00am</i>			
	<b>Lancashire: Saddle Fell, Fair Snape Fell &amp; Parlick</b>			
	This Forest of Bowland walk starts from the attractive village of Chipping and continues via field paths and a steady climb onto the moorland of Saddle Fell. The route continues across open country to Fair Snape Fell and Parlick. If the weather is clear the views are wonderful overlooking Morecambe Bay and the Lake District.			
	<b>Start Point:</b>	Car park in Chipping village (OS Grid Ref: SD621433).		
	<b>Distance:</b>	8 - 10 miles	<b>Level:</b>	Moderate
<b>Leader:</b>	Kirsty	<b>Tel:</b>	07944 732 822 (texts please) <a href="#">Email Kirsty</a>	

28 <sup>th</sup> - 31 <sup>st</sup> August	<i>Saturday/Sunday</i>		
	<b>Scotland: Fort William Weekend</b>		
	The plan is to drive to Fort William on Friday. There will be a walk on the Saturday with the main walk, Ben Nevis, on the Sunday. Accommodation details will be advised by e-mail to club members. Meal arrangements will be down to individuals. Those wishing to arrange their own accommodation may do so. Walk details to be advised.		
	<b>Start Point:</b>	tbc	
	<b>Distance:</b>	Tbc Miles	<b>Level:</b>
<b>Leader:</b>	Andrew	<b>Tel:</b>	01606 330 258 07788 923 961

# September 2009

6 <sup>th</sup> September	<i>Sunday: 10:00am</i>		
	<b>Recovering from 10<sup>th</sup> Anniversary Party!</b>		
	I hope you've all bought tickets, available from Alison Sheedy - <a href="#">Email Alison</a>		

13 <sup>th</sup> Sept	<i>Sunday 10.00am</i>		
	<b>Shropshire - Stiperstones</b>		
	A walk in little known Shropshire from The Bog (formerly a thriving mine NOT a wet place), to Devil's Chair and the ridge of the Stiperstones. Contrasting sections of green rolling hills to rocky tors with exquisite views.		
	<b>Start Point:</b>	Car Park at The Bog SO358979	
	<b>Distance:</b>	9 miles approx	<b>Level:</b>
<b>Leader:</b>	Fiona	<b>Tel:</b>	07889 177 976

20 <sup>th</sup> September	<i>Sunday 10.00am</i>		
	<b>Peak District: Manifold Valley and Dove Dale</b>		
	Starting in the picturesque village of Alstonefield this walk will take us down to Dove Dale, before we climb back up Hall Dale to Beeston Tor and then down to the Manifold Valley. We will then climb back over Wetton Hill and through Wetton before returning to the start.		
	<b>Start Point:</b>	Small car park by the toilets in Alstonefield. Alstonefield is about 4 miles south of Hartington, turn south off the B5054 at Hulme End, NGR SK 130 556	
	<b>Distance:</b>	11 Miles	<b>Level:</b>
<b>Leader:</b>	Simon	<b>Tel:</b>	0161 476 0669 <a href="#">Email Simon</a>

27 <sup>th</sup> September	<i>Sunday 10.00am</i>		
	<b>Wales: Foel Fras</b>		
	This is a challenging mountain walk with about 1100m of ascent over 9 miles. The route begins with the ascent of Foel Fras, the northernmost of the Carneddau's 3000-foot peaks. It then follows a ridge to take in another 6 summits before descending back to the start point.		
	<b>Start Point:</b>	The Aber Falls car park near Abergwyngregyn	
	<b>Distance:</b>	9 Miles	<b>Level:</b>
<b>Leader:</b>	Ian	<b>Tel:</b>	<a href="#">Email Ian</a>

## 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  
Registered Charity No. 306089