

# **CESHIRE WALKERS**

## Walks Programme

October 2009 to March 2010

There will also be updates on the website:

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

# October 2009

|                                   |   |  |   |
|-----------------------------------|---|--|---|
| <b>4<sup>th</sup><br/>October</b> | <i>Sunday 10 am</i>   |  |   |
|                                   | <b>Peak District: Beresford &amp; Wolfscote Dales</b>   |  |   |
|                                   | We start the walk in Hartington and join the River Dove passing through Beresford Dale, before reaching the pretty village of Alstonfield. We rejoin the Dove and walk along its banks through Wolfscote Dale. We should have fine views across the Derbyshire Dales on the higher sections of the walk and enjoy some beautiful sections of walking along the steep sided banks of the dales themselves. |  |   |
|                                   | <b>Start Point:</b>   | Car park in Hartington on B5054 - if you are coming in on the B5054 from the A515, go through the village. The nearest post code I can find is for the Post Office which is nearby in the Market Place - SK17 0AL. |   |
|                                   | <b>Distance:</b>  | 8 Miles  | <b>Level:</b> Easy but with some steep sections of descent to the river |
| <b>Leader:</b>                    | Kate  | <b>Tel:</b> 07817 755 564  |   |

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| <b>11th<br/>October</b> | <i>Sunday 10 am</i>  |   |                         |
|                         | <b>Forest of Bowland: Clougha Pike and Ward's Stone</b>  |   |                         |
|                         | Trail magazine rates Clougha pike as one of the 100 best hills in the UK. On a good day it has clear views across Morecambe bay to the Lake District. After that we head on to Ward's Stone, the highest point in the Forest of Bowland. Please note that dogs are not allowed on this walk. |   |                         |
|                         | <b>Start Point:</b>  | Jubilee Tower car park (free) <a href="#">SD543573</a> near Quernmore |                         |
|                         | <b>Distance:</b>   | 12 Miles  | <b>Level:</b> Strenuous |
| <b>Leader:</b>          | Tom  | <b>Tel:</b> 07884 493 081   |                         |

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|-------------------------|---|--|-------------------------|
| <b>18th<br/>October</b> | <i>Sunday 10 am</i>   |  |                         |
|                         | <b>Snowdonia: Snowdon from Rhyd-Ddu</b>   |  |                         |
|                         | This walk follows quieter paths to and from the summit of Snowdon, ascending on the Rhyd-Ddu Path, then returning via the Snowdon Ranger Path and then through the Glan-yr-Afon quarries. This is a full day out in the mountains with steep ascents and possibly adverse weather conditions. You will need a good level of fitness plus sufficient food and warm clothing. |  |                         |
|                         | <b>Start Point:</b>   | Car Park at Rhyd-Ddu, GR SH 571 525.                       |                         |
|                         | <b>Distance:</b>  | 10 Miles   | <b>Level:</b> Strenuous |
| <b>Leader:</b>          | Nigel Rimmer  | <b>Tel:</b> 07971 063 709<br>nigel.a.rimmer@btinternet.com |                         |

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| <b>25<sup>th</sup><br/>October</b> | <i>Sunday 10.00am (note: the clocks go back today)</i>   |   |                        |
|                                    | <b>Yorkshire Dales: Grimwith Reservoir, Troller's Gill (and a spooky spectral hound)</b>   |   |                        |
|                                    | Spectral hounds are a recurring theme in English folklore (inspiring, for example, Conan Doyle to write the Hound of the Baskervilles). One of the most famous is the Barghest of Craven - with eyes said to blaze as bright as two suns, and pupils flickering with hellish flames - and traditionally believed to be resident in Troller's Gill, a sinister limestone gorge in Lower Wharfedale. So, a good place for a walk then (especially near Halloween)! The countryside around here is particularly varied: as well as the gorge, we'll walk along the River Wharfe, across moorland, and visit Grimwith Reservoir (which, despite also sounding like something out of Hound of the Baskervilles, is a surprisingly tranquil haven for bird-watching). There's a super-scary suspension bridge as well! |   |                        |
|                                    | <b>Start Point:</b>  | Car-park in Burnsall SE 031 611   |                        |
|                                    | <b>Distance:</b>   | 11 Miles  | <b>Level:</b> Moderate |
| <b>Leader:</b>                     | Charles  | <b>Tel:</b> 07960 109 067 (text please)<br>Email (preferred):<br><a href="mailto:cwalkden@maths.manchester.ac.uk">cwalkden@maths.manchester.ac.uk</a> |                        |

# November 2009

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|---|--|-------------|--|--|
| 30 <sup>th</sup> October<br>- 1 <sup>st</sup><br>November | <i>Sunday 10.00am</i>  |             |  |  |
|   | <b>Lake District - Skiddaw House Weekend</b>   |             |  |  |
|   | There are still two places left on this weekend. If anyone is interested please contact Annie for further details. |             |  |  |
|   | <b>Start Point:</b>  |             |  |  |
|   | <b>Distance:</b>   | Miles       | <b>Level:</b>  |  |
| <b>Leader:</b>  | Annie  | <b>Tel:</b> | <a href="mailto:anniet.22@btinternet.com">anniet.22@btinternet.com</a> |  |

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| 8 <sup>th</sup><br>November | <i>Sunday 10.00am</i>   |   |   |           |
|                             | <b>North Wales: Berwyns</b>   |   |   |           |
|                             | Starting from the highest Waterfall in Wales and England, we'll climb up Moel Sych (827m), Cadair Berwyn (827m) and Cadair Bronwen (784m) in this remote corner of Powys. Feel the Gwynt Tread y Meirw (Wind from the feet of the dead) blow through your hair as you get good views of the surrounding area. |   |   |           |
|                             | <b>Start Point:</b>   | Pistyll Rhaeadr car park, at the end of the road west from Llanrhaeadr-ym-Mochnant, Northern Powys, west of Oswestry. |   |           |
|                             | <b>Distance:</b>  | 10.5 Miles  | <b>Level:</b>   | Strenuous |
| <b>Leader:</b>              | David Heys  | <b>Tel:</b>   | <a href="mailto:davidheys@freeuk.com">davidheys@freeuk.com</a><br>07730 008 351 (text only) |           |

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| 15 <sup>th</sup><br>November | <i>Sunday 10.00am</i>  |  |               |      |
|                              | <b>Peak District: The Roaches &amp; Luds Church</b>  |  |               |      |
|                              | The walk will start from the Ship Inn in Wincle, from where we'll head up through the forest in the Dane Valley, via Luds Church to the Roaches (Bears Rock) where we will have panoramic views of Cheshire and the Peak District. |  |               |      |
|                              | <b>Start Point:</b>  | Ship Inn, Wincle <a href="http://www.wincle.org.uk/ship_inn.html">http://www.wincle.org.uk/ship_inn.html</a> |               |      |
|                              | <b>Distance:</b>   | 7.5 Miles  | <b>Level:</b> | Easy |
| <b>Leader:</b>               | Tracy  | <b>Tel:</b>  | 07811 153 380 |      |

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| 22 <sup>nd</sup><br>November | <i>Sunday 10.00am</i>   |   |               |           |
|                              | <b>Lake District: Longsleddale</b>  |   |               |           |
|                              | The walk is about 8 miles and 2145ft / 650mts of climbing. It's quite a slog, as at least 3/4 of it is all relentlessly uphill, there is a little scrambling, and it can be quite boggy if there's been a lot of rain. The views are tremendous and if the weather is good we can add on an additional climb towards the end. |   |               |           |
|                              | <b>Start Point:</b>   | Sadgill in Longsleddale. Grid ref NY483056. Head for Kendal and take the A6 Shap Road towards Penrith. About 4 miles from the Duke of Cumberland pub on Kendal's city limits, look out for a left turn signposted Longsleddale 4 1/2 miles. It's a very narrow, single track road that feels more like 10 miles. This brings you to the hamlet of Sadgill, there is very limited parking so try to car share as much as possible. |               |           |
|                              | <b>Distance:</b>  | 8 Miles   | <b>Level:</b> | Strenuous |
| <b>Leader:</b>               | Jane  | <b>Tel:</b>   | 07726 951 504 |           |

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| 29 <sup>th</sup><br>November | <i>Sunday 10.00am</i>  |   |               |          |
|                              | <b>Cheshire: Etherow Country Park &amp; Coombes Edge</b>   |   |               |          |
|                              | This walk starts from Etherow Country Park before heading towards Werneth Low, then following the Cown Edge Way to Coombes Edge, and then back to Compstall. |   |               |          |
|                              | <b>Start Point:</b>  | Etherow Country Park, Compstall, on the B6104 Marple Bridge to Bredbury road. |               |          |
|                              | <b>Distance:</b>   | 11 Miles  | <b>Level:</b> | Moderate |
| <b>Leader:</b>               | Simon  | <b>Tel:</b>   | 0161 4760669  |          |

# December 2009

|                             |   |  |  |
|-----------------------------|---|--|--|
| 6 <sup>th</sup><br>December | <i>Sunday 10.00 am</i>  |  |  |
|                             | <b>North Wales: Erddig Country Park plus Christmas Fair</b>   |  |  |
|                             | This is a short, pleasant walk through the grounds and area surrounding Erddig Hall (National Trust). It includes riverside, park and woodland sections and is mostly easy underfoot. The walk is short to allow us to visit the Christmas Market being held in the grounds from 11am-4pm. (non-NT members will have to pay entrance fee). There should be time to visit <a href="#">Erddig Hall</a> itself which is the original 'upstairs, downstairs' story celebrating an unusual history between the family of the house and servants. |  |  |
|                             | <b>Start Point:</b>   | <a href="#">National Trust car park in Erddig</a> , near Wrexham |  |
|                             | <b>Distance</b>   | 6 Miles  | <b>Level:</b>  |
| <b>Leader:</b>              | Kirsty  | <b>Tel:</b>  | 07944 732 822 (texts only). <a href="#">Email Kirsty</a> |

|                              |  |                                     |  |
|------------------------------|--|-------------------------------------|--|
| 13 <sup>th</sup><br>December | <i>Start time: TBC</i>   |                                     |  |
|                              | <b>Christmas Walk and Meal: Bickerton Poacher</b>  |                                     |  |
|                              | The route will take in a section of the Sandstone Trail and is designed to build up a good appetite for our Christmas meal. Further details to follow by e-mail nearer the time. Please note that bookings are not being taken for the meal until the official email goes out. Thanks. |                                     |  |
|                              | <b>Start Point:</b>  | The Bickerton Poacher Pub, Bulkeley |  |
|                              | <b>Distance:</b>   | 5-6 miles                           | <b>Level:</b>  |
| <b>Leader:</b>               | Gemma Rolfe<br>(walk), Ian Evans<br>(meal)   | <b>E-mail:</b>                      | Gemma: <a href="mailto:gemma_rolfe@hotmail.com">gemma_rolfe@hotmail.com</a><br>Ian: <a href="mailto:ian@tharkun.demon.co.uk">ian@tharkun.demon.co.uk</a> |

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| 20 <sup>th</sup><br>December | <i>Sunday 10.00am - Due to limited daylight, 10am <b>*prompt*</b> start!</i>  |  |  |
|                              | <b>South Pennines: A wuthering walk from Haworth.</b>   |  |  |
|                              | The Brontë sisters were Haworth's most famous residents, and the moors above Haworth and Hebden Bridge inspired much of their writing. We'll take in Penistone Hill, do a bit of right-to-roaming (weather permitting) on Wadsworth Moor down to the Walshaw Dean Reservoirs, and then onto the Pennine Way past Top Withins (a ruined farmhouse, the location of which is commonly believed to have inspired Wuthering Heights). We'll return via the Brontë Way to the beautiful village of Haworth, hopefully in time to sample its festive charm! |  |  |
|                              | <b>Start Point:</b>   | Car-park by the Brontë Parsonage in Haworth, GR SE 029 372 |  |
|                              | <b>Distance:</b>  | 10 Miles   | <b>Level:</b>  |
| <b>Leader:</b>               | Charles   | <b>Tel:</b>  | Tel: 07960 109067 (text please),<br>Email (preferred):<br><a href="mailto:cwalkden@maths.manchester.ac.uk">cwalkden@maths.manchester.ac.uk</a> |

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| 27 <sup>th</sup><br>December | <i>Sunday 10.00am</i>   |             |               |
|                              |   |             |               |
|                              | No planned walk, but if someone would like to volunteer or feels inspired nearer the time then please email Jo ( <a href="mailto:jo@sjgebbett.plus.com">jo@sjgebbett.plus.com</a> ) |             |               |
|                              | <b>Start Point:</b>   |             |               |
|                              | <b>Distance:</b>  | Miles       | <b>Level:</b> |
| <b>Leader:</b>               |   | <b>Tel:</b> |               |

# January 2010

|                        |  |   |  |      |
|------------------------|--|---|--|------|
| <b>3rd<br/>January</b> | <i>Sunday 10 am</i>  |   |  |      |
|                        | <b>Shropshire: Ellesmere &amp; The Llangollen Canal</b>  |   |  |      |
|                        | This walk explores the countryside around the quiet market town of Ellesmere. We will follow the shores of The Mere before joining country paths, returning via Colemere and the Llangollen Canal. |   |  |      |
|                        | <b>Start Point:</b>  | Castle Field Car Park (off the A495 just west of the town centre).<br>GR SJ 408 351 |  |      |
|                        | <b>Distance:</b>   | 9 Miles   | <b>Level:</b>                                  | Easy |
| <b>Leader:</b>         | Nigel Rimmer   | <b>Tel:</b>   | 07971 063 709<br>nigel.a.rimmer@btinternet.com |      |

|                                    |  |   |                                |          |
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| <b>10<sup>th</sup><br/>January</b> | <i>Sunday 10.00am</i>  |   |                                |          |
|                                    | <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.<br>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>   | 9 Miles (15km)  | <b>Level:</b>                  | Moderate |
| <b>Leaders:</b>                    | Andrew   | <b>Tel:</b>   | 01606 330 258<br>07788 923 961 |          |

|                                    |   |  |                          |   |
|------------------------------------|---|--|--------------------------|---|
| <b>17<sup>th</sup><br/>January</b> | <i>Sunday 10 am</i>   |  |                          |   |
|                                    | <b>North Wales: Off'as Dyke from Prestatyn</b>  |  |                          |   |
|                                    | From Prestatyn we will climb up on to the Clwydian Way, stopping off to admire the view from the burial mound at Gop Hill and then back along Offas Dyke Path. A good walk for views. |  |                          |   |
|                                    | <b>Start Point:</b>   | Prestatyn - park on one of the residential roads, either Mount Ida Road, Pendre Avenue or Stoneby Drive as I'm not sure how secure your car will be at the small designated car park. Meet at the sculpture at top of Fforddilas road near Mount Ida Road. |                          |   |
|                                    | <b>Distance:</b>  | 11 Miles   | <b>Level:</b>            | Moderate with small strenuous climbs<br>about 530m ascent |
| <b>Leader:</b>                     | James   | <b>Tel:</b>  | jamesgosnold@hotmail.com |   |

|                                    |   |   |               |          |
|------------------------------------|---|---|---------------|----------|
| <b>24<sup>th</sup><br/>January</b> | <i>Sunday 10.00am</i>   |   |               |          |
|                                    | <b>Lancashire: Darwen Hill, Tockholes and White Coppice</b>   |   |               |          |
|                                    | A walk around the moors, woods and reservoirs of Lancashire, including Darwen Jubilee Tower, Hollinshead Hall and the Holy Well, and White Coppice. |   |               |          |
|                                    | <b>Start Point:</b>   | Roddlesworth information centre, next to the Royal Arms pub, on Tockholes Road, off the A675 north of Bolton (GR SD 665215) |               |          |
|                                    | <b>Distance:</b>  | 12 Miles  | <b>Level:</b> | Moderate |
| <b>Leader:</b>                     | Simon   | <b>Tel:</b>   | 0161 4760669  |          |

|                                    |   |             |   |
|------------------------------------|---|-------------|---|
| <b>31<sup>st</sup><br/>January</b> | <i>Sunday 10.00am</i>   |             |   |
|                                    | <b>Peak District Weekend</b>  |             |   |
|                                    | A late winter weekend away in a Victorian Gothic National Trust mansion, surrounded by parkland close to Dovedale. Staying at Ilam , a newly refurbished YHA. Please note, due to location, this weekend will only be open to those staying at the YHA. Further details about accommodation and walks will be emailed closer to the time. Please note that bookings are not being taken for this weekend until the official email goes out nearer the time. Thanks. |             |   |
|                                    | <b>Start Point:</b>   |             |   |
|                                    | <b>Distance:</b>  | Miles       | <b>Level:</b>   |
| <b>Leader:</b>                     | Gemma (Accomm.)<br>Fiona (Walks)  | <b>Tel:</b> | Gemma: <a href="mailto:gemma_rolfe@hotmail.com">gemma_rolfe@hotmail.com</a><br>Fiona: 07889 177 976 |

# February 2010

|                              |   |   |  |           |
|------------------------------|---|---|--|-----------|
| 7th<br>February              | <i>Sunday 10 am</i>   |   |  |           |
|                              | <b>North Wales: Southern Clwydians</b>  |   |  |           |
|                              | Exact route to be determined, but we will take in Moel Gyw and Moel y Waun, at the far southern end of the Clwydian range   |   |  |           |
|                              | <b>Start Point:</b>   | Pistyll Gwyn Quarry, approx 1 mile north of Llanarmon-yn-Ial, <a href="#">SJ189573</a>  |  |           |
|                              | <b>Distance:</b>  | 10 Miles  | <b>Level:</b>  | Strenuous |
| <b>Leader:</b>               | Tom   | <b>Tel:</b>   | 07884 493 081  |           |
| 14 <sup>th</sup><br>February | <i>Sunday 10 am</i>   |   |  |           |
|                              | <b>Peak District: Eyam, Bretton Clough and Eyam Moor</b>  |   |  |           |
|                              | Description - the walk starts in the historic plague village of Eyam, climbs to Eyam Edge, then drops down through Bretton Clough and follows Highlow Brook. We return across Eyam Moor to the village.                               |   |  |           |
|                              | <b>Start Point:</b>   | Car park opposite the museum. Post code for the museum is S32 5QP   |  |           |
|                              | <b>Distance:</b>  | 9 Miles   | <b>Level:</b>  | Moderate  |
| <b>Leader:</b>               | Kate  | <b>Tel:</b>   | 07817 755 564  |           |
| 21 <sup>st</sup> February    | <i>Sunday 10 am</i>   |   |  |           |
|                              | <b>Snowdonia: Y Foel Goch</b>   |   |  |           |
|                              | This route takes us along the Ogwen Valley before skirting the base of Tryfan and climbing to the peaks of Y Foel Goch (805m) and Gallt yr Ogof (763m).   |   |  |           |
|                              | <b>Start Point:</b>   | Car Park in Capel Curig   |  |           |
|                              | <b>Distance:</b>  | 9 Miles   | <b>Level:</b>  | Strenuous |
| <b>Leader:</b>               | Ian Evans   | <b>E-mail:</b>  | <a href="mailto:ian@tharkun.demon.co.uk">ian@tharkun.demon.co.uk</a> |           |
| 28 <sup>th</sup><br>February | <i>Sunday 10.00am</i>   |   |  |           |
|                              | <b>Lake District: Kendal to Potter Tarn</b>   |   |  |           |
|                              | This is a beautiful low level walk which gently climbs up to a secluded tarn. From the tarn there are great views of all the Lakeland mountains. We then descend to the picturesque Cowan Head before returning along the River Kent. |   |  |           |
|                              | <b>Start Point:</b>   | Kendal Town Hall. SD515927. (There is free parking in Kendal on the New Street car park by the river as you go through the town on the one way system). |  |           |
|                              | <b>Distance:</b>  | 10 Miles  | <b>Level:</b>  | Easy      |
| <b>Leader:</b>               | Allison & Mike  | <b>Tel:</b>   | 0771 347 9689 and 0779 396 0806                                      |           |

# March 2010

|                                 |  |   |  |          |
|---------------------------------|--|---|--|----------|
| <b>7<sup>th</sup><br/>March</b> | <i>Sunday 10 am</i>  |   |  |          |
|                                 | <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 <a href="#">metres</a> /1693 feet). |   |  |          |
|                                 | <b>Start Point:</b>  | <a href="#">Car park off Lions Meadow</a> , centre of Church Stretton |  |          |
|                                 | <b>Distance</b>  | 9 Miles   | <b>Level:</b>  | Moderate |
| <b>Leader:</b>                  | Kirsty   | <b>Tel:</b>   | 07944 732 822 (texts only). <a href="#">Email Kirsty</a> |          |

|                                  |   |   |                                |          |
|----------------------------------|---|---|--------------------------------|----------|
| <b>14<sup>th</sup><br/>March</b> | <i>Sunday 10.00am</i>   |   |                                |          |
|                                  | <b>Peak District: Thursbitch &amp; Tors Ridge</b>   |   |                                |          |
|                                  | Although most of us probably know Shining Tor and Cats Tor very well, perhaps less of us have ventured into the almost hidden valley to the west of the ridge. This walk explores this little known and fascinating part of Cheshire and the myth and legends which still linger in this mysterious place. Those wishing to get more from the walk may like to read the novel "Thursbitch" by Alan Garner published by Vintage. |   |                                |          |
|                                  | <b>Start Point:</b>   | Cat & Fiddle Inn on the A537 to Buxton GR:SK002719. Please use the lay-by on opposite side of road before using pub car park. |                                |          |
|                                  | <b>Distance:</b>  | 10.5 Miles (17km)   | <b>Level:</b>                  | Moderate |
| <b>Leader:</b>                   | Andrew  | <b>Tel:</b>   | 01606 330 258<br>07788 923 961 |          |

|                                  |   |   |               |           |
|----------------------------------|---|---|---------------|-----------|
| <b>21<sup>st</sup><br/>March</b> | <i>Sunday 10.00am</i>   |   |               |           |
|                                  | <b>Lake District: St. Sunday Crag from Patterdale</b>   |   |               |           |
|                                  | A strenuous spring-day walk, 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. 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. |   |               |           |
|                                  | <b>Start Point:</b>   | <a href="http://www.streetmap.co.uk/map.srf?x=339560&amp;y=516020&amp;z=120&amp;sv=339500,550000&amp;st=OSGrid&amp;lu=N&amp;tl=~&amp;ar=y&amp;bi=~&amp;mapp=map.srf&amp;searchp=ids.srf">http://www.streetmap.co.uk/map.srf?x=339560&amp;y=516020&amp;z=120&amp;sv=339500,550000&amp;st=OSGrid&amp;lu=N&amp;tl=~&amp;ar=y&amp;bi=~&amp;mapp=map.srf&amp;searchp=ids.srf</a> |               |           |
|                                  | <b>Distance:</b>  | 7.5 Miles   | <b>Level:</b> | Strenuous |
| <b>Leader:</b>                   | Jay   | <b>Tel:</b>   | 07801 933 299 |           |

|                                  |  |   |  |  |
|----------------------------------|--|---|--|--|
| <b>28<sup>th</sup><br/>March</b> | <i>Sunday 10.00am (The clocks go forward at midnight Saturday March 27th, so one hour less sleep!!!)</i>   |   |  |  |
|                                  | <b>North Wales: Tal y Fan from Penmaenmawr</b>   |   |  |  |
|                                  | A favourite location of mine, climbing from Penmaenmawr to Moelfre 435m, with superb views to Anglesey. Then the climb to Tal y Fan 610m overlooking the Conwy Valley and the Snowdonia Peaks. Descending 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. The A55 by passes Conwy under the river, then through the Penmaenmawr tunnel, shortly after, 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, if they are open. |  |  |
|                                  | <b>Distance:</b>   | 10 Miles  | <b>Level:</b>  | Strenuous - 435m climb to Moelfre (climb from sea level) |
| <b>Leader:</b>                   | Alfred   | <b>Tel:</b>   | <a href="mailto:Alfred.smcc@btinternet.com">Alfred.smcc@btinternet.com</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**

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