

## CHANGES TO EVENTS / ADVERSE WEATHER

Check that event details are unchanged prior to the walk. Organisers should try to find a substitute if they are unable to lead the walk.

## ESSENTIAL WALKING & SAFETY EQUIPMENT

For all walks it is *essential* to wear walking boots, thick socks, suitable trousers or shorts (not jeans), and suitable clothing for the weather and time of year. Waterproof jackets should be brought on walks along with waterproof trousers if possible.

For winter walks, several layers of clothing are better than one thick layer. Spare clothing, including a hat and gloves are essential in winter.

Plenty of food is also a good idea, along with hot drinks in winter and plenty of water and protection from the sun in summer (sunhat and lotion).

In the interests of safety, walk leaders may refuse to take those considered to be ill equipped or not fit enough for the day's walk. Contact a Committee Member if in doubt over suitable clothing, equipment and fitness levels.

Sorry, we do not allow dogs or children on our walks.

## TYPES OF WALK – \* / \*\* / \*\*\*

Walks are “star” graded according to factors such as distance, terrain and ascent. A change in weather can also affect the difficulty of a walk. Use these grades as a guide for which walks to try:

- 1\* walks will generally be gentle paced and over easy terrain such as lowland hills (e.g. Sandstone Trail, Cheshire).
- 2\* walks may be longer in distance, involve more ascent or cover rougher terrain but with no technical ability required (e.g. Moel Famau, Clwydians).
- 3\* walks may be faster paced, or a longer distance, and will usually involve steep ascents over rough ground often involving scrambling and requiring a good head for heights (e.g. Carneddau, Glyders in Snowdonia).

This will ensure that nobody is pushed beyond his or her limit and that everyone gains maximum enjoyment. The group will always, however, go at the pace of the slowest member so there is no need to worry about ‘keeping up’.

## ATTENDANCE IS AT YOUR OWN RISK

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## CONFIRMATION OF ATTENDANCE

If you are planning to come on a walk, please let the organiser know you are attending so they know to expect you.

Walk details may be subject to change (especially if the weather forecast is poor).

## WEEKENDS AWAY

Our weekends away usually involve a stay at a Youth Hostel. Places need to be booked well in advance, so you should book with the organiser to ensure a place (a deposit is usually required to confirm you are attending).

## CDWG EVENTS

Everyone in the group is encouraged to organise walks and other events. If you would like some advice, any member of the committee will be happy to help or get in touch with our Secretary at [cdwgenquiries@hotmail.co.uk](mailto:cdwgenquiries@hotmail.co.uk).

Please note that any photographs taken on CDWG walks or events may be used on the group website and marketing material.

## TRANSPORT

Chester & District Walking Group is not responsible for organising transport and it is your responsibility to get to the start of the walk on time. However, CDWG members do car share to walks where possible. If you're a passenger, please remember to bring petrol money and a change of shoes or a plastic bag to put muddy boots in on the way home.

## MEMBERSHIP

Membership is £10 a year and subs are due following the AGM in November. Everyone over the age of 18 is welcome. Membership can be paid to the Secretary and Treasurer and receipts are available on request. Subscriptions go towards the cost of running the group including website maintenance, publicity, maps, first aid items, insurance, organising trips away, general administration and also gives you access to our weekly walk emails.



## PROGRAMME JANUARY – MARCH 2019

Chester & District Walking Group is a friendly group bringing together people from Cheshire, Wirral and North Wales who enjoy walking and socialising.

Membership is £10 a year, although you may attend two or three events before deciding to join. Everyone over the age of 18 is welcome. We try and share transport (and petrol costs) when travelling to walks and weekends away. Membership subscriptions can be paid to the Treasurer, Secretary or Chair.

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Chair	Dave Emmonds
Secretary & Treasurer	Pamela Bent
Day Walks & Socials Organiser and Programme Editor	Peter Benson
Evening Walks Organiser	Gaynor Buxton
Website Editor	John Sunter
Facebook Editor	Andy Maggs
Meetup Group Organiser	Jon Talbot
Publicity Secretary	Mo Dowling
Insurance Coordinator	Graham Coles

[www.chesterwalking.org.uk](http://www.chesterwalking.org.uk)

[cdwgenquiries@hotmail.co.uk](mailto:cdwgenquiries@hotmail.co.uk)

[www.facebook.com/walking2](https://www.facebook.com/walking2)

[www.meetup.com/Chester-and-District-Walking-Group](https://www.meetup.com/Chester-and-District-Walking-Group)

## JANUARY

### NEW YEAR'S DAY \* ~ **BANK HOLIDAY BONUS!** ~

Ian B starts us off in 2019 with this gentle 1\*. Looping from Rosset; Marford; Llay and Burton. 11am start, 6 miles.

### SUNDAY 6<sup>th</sup> \*\*

Brian explores Gronant and Gop Hill in the Northern Clwydians making for a combination of cardiovascular workout and great views. 10 miles, 10:30 start

### SUNDAY 13<sup>th</sup> \*\*

Join Jon Talbot on this delightful trek from the wonderful community run Raven Pub in Llanarmon-yn-Ial. 7 miles. We'll be starting at 10am

### SUNDAY 20<sup>th</sup> \*\*

Pete Benson leads us round Ysceifiog, Bryn Golau, Penycloddiau and up Moel y Parc on a challenging (but not ridiculous) 2\*. A fair bit of climbing but only 8 miles, 10:30 start

### SUNDAY 27<sup>th</sup> \*\* Walk **AND** ~ **SOCIAL** ~

Classic walk from John Sunter. Chester to Delamere forest. Pretty flat and an ideal winter walk. Mix of meadows; forests and Roman bridges. Finishing off with an optional meal at the Goshawk pub in Mouldsworth then heading back to Chester by train. 9 miles.

## FEBRUARY

### SUNDAY 3<sup>rd</sup> \*\*

Gaynor invites us to join her walk from Llantysilio Green in Llangollen. Highlights include woodland; hillside paths; tracks; lanes with mostly gradual climbs.

### SUNDAY 10<sup>th</sup> \* Walk **AND** ~ **SOCIAL** ~

Tracy is our hostess for a breakfast at the '49 Watergate' Café in Chester. Taking our places at the table at 10am. Then burn off the calories with an amble along the Duke's Drive Walk and a flat 6-mile loop.

### SUNDAY 17<sup>th</sup> \*\*

Mo takes us on one of the many wonderful walks from the ever-popular Loggerheads. Meeting at the car park at 10:30. 7 miles

### ~ **SOCIAL** ~

### FRIDAY 22<sup>nd</sup>

Gaynor has a table ready for us at the new 'Levant Kitchen and Bar' in Wrexham. Come along for the fusion food and maybe enjoy a cocktail or two as well... 7:30pm

### SUNDAY 24<sup>th</sup> \*\*

Join Pete for an old favourite route, starting at Moel Arthur, round past Moel Plas-yw and Brynffynnon and up Penycloddiau to see the reconstructed Bronze Age Hill Fort there. A hilly 7 miles meeting at 10:30.

## MARCH

### SUNDAY 3<sup>rd</sup> \*

Marjorie leads us round a pretty area near Shrewsbury that we don't seem to have explored before! Mostly level, following the River Severn with a hill to get back to the cars. 7-8 miles and a 10:30 start.

### SUNDAY 10<sup>th</sup> \*\*

Pam takes us for an adventure from Nannerch in the Clwyddian hills covering a variety of scenery and vistas. 8-mile trek with a 10:30 start.

### SUNDAY 17<sup>th</sup> \*\*

Dave Emmonds has offered to take us on a magical mystery tour. Details will be available nearer the time.

### ~ **SOCIAL** ~

### FRIDAY 22<sup>nd</sup>

Pam invites us to join her at the vegetarian Indian Restaurant 'Chai Station' in Brook Street, Chester - Bring your own alcohol! 7:30pm

### SUNDAY 24<sup>th</sup> \*\*

Making a change, we venture Eastwards into the Peak District for Nikki's exciting circular walk from Hayfield. Great climbs and some stunning views of this beautiful part of this National Park. 8-9 miles and a 10:30 start.

### SATURDAY 30<sup>th</sup> \*\*\*

Brian provides a challenge for the fitter and more adventurous of us with this brilliant 3\* from Idwal Cottage YHA, near Bethesda in Snowdonia. Horizontally its only 6 miles - but vertically...? 10am start.