

## CONFIRMATION OF ATTENDANCE

If you are planning to come on a daytime walk, please let the organiser know you are attending, giving your mobile number so they know to expect you and can contact you if walk details change (i.e. if the weather forecast is very poor or the organiser is taken ill).

As evening walks tend to be more local and people often only decide to attend at short notice you don't need to contact the leader.

## TRANSPORT

CDWG is not responsible for organising transport and it is your responsibility to get to the start point (in time to be ready to leave by the advertised time).

However, 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.

## LEADING WALKS AND 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 contact our Secretary at [cdwgenquiries@hotmail.co.uk](mailto:cdwgenquiries@hotmail.co.uk)

## WEEKENDS AWAY

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

## OFF-PROGRAMME EVENTS

We often have extra events that perhaps weren't planned in time for the programme or are slightly different to our usual activities. These are circulated to all paid up members via email and are unlikely to appear anywhere else.

## CDWG ONLINE

We advertise our walks on Meetup, Facebook and our own Website (see cover). As not all walk leaders use all these it is important that people who say they are going via Meetup or Facebook also contact the Walk Leader direct, so they can exchange Mobile numbers for use in case of any late changes or cancellations.

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

## **ATTENDANCE IS AT YOUR OWN RISK**

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## 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.**

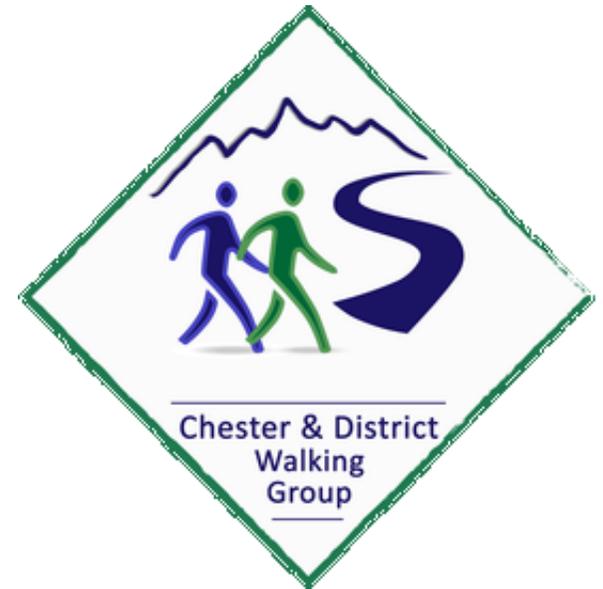
## TYPES OF WALK – ★/★★/★★★

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'.

Evening walks are not graded as they are relatively short and even with hills are rarely more than an upper 1★.



## **PROGRAMME APRIL – JUNE 2019**

### **Chester & District Walking Group**

is a friendly group bringing together people from Cheshire; Wirral; North Wales and surrounding areas who enjoy walking and socialising.

## MEMBERSHIP

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

Subscriptions are due on joining and renewed following the AGM in November. They go towards the cost of running the group including website maintenance; 'Meetup' fees; publicity; insurance; organising trips away; general administration and give you access to our detailed weekly walk emails.

Secretary Pamela Bent

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

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

## APRIL

**SUNDAY 7<sup>th</sup>** Haughmond Hill near Shrewsbury ★  
10:30 start 7-8 miles Marjorie  
Marjorie leads us round a pretty area that we don't seem to have explored before, covering the eastern outskirts of Shrewsbury. Woodland paths, good views from the hill, old canal, riverside and a nice pub where we can have a drink half an hour or so before the end.

### FRI 12<sup>th</sup> – SUN 14<sup>th</sup> Buxton SOCIAL WEEKEND AWAY

Group weekend away in the gorgeous Peak District. The holiday cottage is already fully booked but contact Pam if you want to find your own B&B nearby and join us.

**SATURDAY 13<sup>th</sup>** Buxton ★★★  
10:00 start 12 miles Brian  
You don't need to be on the weekend away to join us on this 3★ adventure (mostly because of its length) with plenty of climbs rewarded with beautiful views across the stunning Peak District National Park.

**EASTER SUNDAY 21<sup>st</sup>** Llangollen ★★  
10:30 start 8 miles Gaynor  
Explore wooded hills and valley of the Dee and the Vivod estate from Llantysilio Green, Llangollen.

**SUNDAY 28<sup>th</sup>** Moore Nature Reserve ★  
10:30 start 6-7 miles Pete  
Another previously unexplored area for our group - investigating the Moore Nature reserve, a 're-natured' oasis in the industrial area west of Warrington.

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Members - watch your emails for *possible* bonus evening walks for those who can start a bit earlier on a Wednesday or Thursday before the evenings get long enough for our usual 7pm-ish starts

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## MAY

**THURSDAY 2<sup>nd</sup>** Erddig EVENING WALK  
19:00 start Sue  
A gentle stroll around Erddig Country Park to kick-off our official evening programme.

**SUNDAY 5<sup>th</sup>** Llandegla ★★  
10:30 start 7 miles Gareth  
A bracing jaunt up from Llandegla towards the Ponderosa offering some excellent views across North East Wales.

**THURSDAY 9<sup>th</sup>** Red Lion, Rhosesmor EVENING WALK  
19:00 start Pete  
Tiptoe through the bluebells and take in Moel y Gaer.

**SUNDAY 12<sup>th</sup>** Cadair Idris, Snowdonia ★★★  
10:00 start 7 miles Christine D  
A challenging 7-mile circular walk over this beautiful peak.

**THURSDAY 16<sup>th</sup>** Hendre EVENING WALK  
19:00 start Pam  
Discover the fauna & flora of the Coed y Felin nature reserve on this evening stroll.

**FRIDAY 17<sup>th</sup>** Chester Meal – SOCIAL  
19:30 start Mo  
An evening of fine dining, witty conversation and maybe the odd glass of vino at La Fattoria.

**SUNDAY 19<sup>th</sup>** Llanarmon-yn-Iâl ★★  
10:00 start 7 miles Jon  
A delightful trek from the charming community run Raven Pub in Llanarmon-yn-Iâl.

**WEDNESDAY 22<sup>nd</sup>** Willington EVENING WALK  
19:00 start Jon  
An evening bumble from the Boot Inn, Willington

**SUNDAY 26<sup>th</sup>** Aberwheeler ★★  
11:00 start 10 miles Pam  
Taking in Moel y Parc and Penycloddiau, starting from Aberwheeler. Beautiful views of the Clwydian Hills from the little walked west side!

**WEDNESDAY 29<sup>th</sup>** Poulton EVENING WALK  
19:00 start Jon  
Another of Jon's famous, gentle bimbles!

## JUNE

**SUNDAY 2<sup>nd</sup>** Lower Wych ★  
10:30 start 7 miles Jon  
A gentle stroll great for new members through the rarely explored hazel woods of Wych Valley. Mind the dormice!

**WEDNESDAY 5<sup>th</sup>** Burton (on the Wirral) EVENING WALK  
19:00 start Jon  
We're in the Wirral for this evening's ramble.

**SUNDAY 9<sup>th</sup>** Llandudno ★★  
10:30 start 8 miles Juliet & Bernie  
Includes top of the Great Orme for a coffee at the Summit café; the gardens at Happy Valley and round the Orme for great views of the coast.

**THURSDAY 13<sup>th</sup>** Coed Talon EVENING WALK  
19:00 start Pam  
Discover the wonderful Waun y Llyn country park

**SUNDAY 16<sup>th</sup>** Halkyn ★★  
11:00 start 10 miles Pam  
Start (and end!) at the fabulous Bluebell pub then over Moel y Gaer and through a pretty wooded valley, enjoying extensive views.

**THURSDAY 20<sup>th</sup>** Bwlchgwyn and Ffrith EVENING WALK  
19:00 start Gaynor  
Brightest walk of the year - it's Midsummer Solstice-eve!

**SATURDAY 22<sup>nd</sup>** Shrewsbury Daytime SOCIAL  
More details nearer the time Jon  
Day trip to Shrewsbury (train optional) to see the sights; tea-rooms and Britain's favourite National Market of 2018!

**SUNDAY 23<sup>rd</sup>** Llanefydd ★★  
10:30 start 10 miles Gareth  
A fairly strenuous hike from the village of Llanefydd, exploring the little walked hills of the Elwy valley with views to the coast and over to Snowdonia.

**THURSDAY 27<sup>th</sup>** Llanarmon-yn-Iâl EVENING WALK  
19:00 start Gareth  
Evening stroll (maybe ending at the great Raven Inn?)

**SUNDAY 30<sup>th</sup>** Long Mynd ★★  
10:15 start 7 miles Marjorie  
Enjoy Shropshire's picturesque heather-covered heath and moorland plateau.