

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

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. Please inform the walk leader if you don't wish to appear in photographs.

ATTENDANCE IS AT YOUR OWN RISK

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

JULY – SEPTEMBER 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

www.chesterwalking.org.uk

www.facebook.com/walking2

www.meetup.com/Chester-and-District-Walking-Group

JULY

THURSDAY 4th Caergwle EVENING WALK
19:00 start Ian
A reasonably long 4.5-mile hike round Hope and Caergwle to make the most of these long summer nights.

SUNDAY 7th Erddig ★★
10:30 start 8 miles Ian
Ian leads us on an easy 2* from Erddig going round the gorgeous Bonc-yr-Hafod Country Park near Johnstown.

THURSDAY 11th Minera Lead Mines EVENING WALK
19:00 start Gaynor
Gaynor leads us on an exploration of some of our industrial heritage now reclaimed by nature around Nant Mill and Minera.

FRIDAY 12th La Fattorias, Chester Meal – SOCIAL
20:30 start Mo
A delightful evening meal at a lovely restaurant and with great company! 15 places so book early.

SUNDAY 14th Chester Railway Station ★★
10:15 start 8 miles John
Catching the 10:36 to Runcorn East then a gentle walk to Frodsham to catch the train back home. *Make sure to check details nearer the time in case of engineering works.*

THURSDAY 18th Llanferres EVENING WALK
19:00 start Pamela
A stroll to Maeshafn from Llanferres - a lovely evening walk in wooded limestone countryside.

SUNDAY 21st Trevor Uchaf ★★
10:30 start 8 miles Jon
Starting out along the Dee Valley and returning by 'the Panorama' with the kind of views that name promises.

THURSDAY 25th Minera Quarry EVENING WALK
19:00 start Gareth
An exploration of the newly opened Minera Quarry nature reserve and the Moors above it.

SUNDAY 28th Hayfield ★★
10:30 start 9 miles Nikki
A trip to the Peak District for a challenging hike up Snake Path from Hayfield, taking in Kinder Reservoir and Kinder Scout.

AUGUST

THURSDAY 1st Coed Talon EVENING WALK
19:00 start Pamela
We explore Waun y Llyn country park then ascend Hope Mountain - each with their own kinds of views.

SUNDAY 4th Whitegate ★ +Mini Social
10:00 start 8 miles Jon
An easy 3 hr walk in pleasant Cheshire countryside followed by an optional pub lunch at www.ploughwhitegate.com

THURSDAY 8th Ecclestone EVENING WALK
18:30 start Mo
An early start for this riverside stroll to drinks at the Grosvenor Aldford.

SUNDAY 11th Chirk ★
10:30 start 6.5 miles Pete
A gentle amble from Chirk covering the Canal, aqueduct, tunnel, Chirk Castle, part of Offa's Dyke & the river Ceiriog.

THURSDAY 15th The Sandstone, Broxton EVENING WALK
19:00 start Juliet
A 4.5 mile trek along the Sandstone Trail with it's fabulous vistas across Cheshire and beyond.

SUNDAY 18th Welshpool Old Station CP ★★
10:30 start 8 miles Marjorie
A scenic route taking in Welshpool, Y Golfa & the Glyndwr Way. (Texts only please)

THURSDAY 22nd Hawarden EVENING WALK
19:00 start Graham
We meander through Bilberry woods and Old Warren in the countryside around Hawarden

SUNDAY 25th Llanbedr DC ★★
11:00 start 7-8 miles Pamela
Ascending to the hill fort of Foel Fenlli - a varied walk of hills and woodlands with wonderful views.

THURSDAY 29th Delamere Forest EVENING WALK
19:00 start Pete
Starting and ending at The Carrriers Inn we circumnavigate Blakemere with its amazing waterfowl.

FRIDAY 30th The Church, Chester SOCIAL
19:30 start Pamela
Our classic 'walk the walls' social - with the famous and not to be missed quiz!

SEPTEMBER

SUNDAY 1st Llanfairfechan ★★
10:30 start 8 miles Brian
Starting from the Beach Café in Llanfairfechan, Brian takes us on an adventure, exploring the quarries and hills above Penmaenmawr.

SUNDAY 8th Llandrillo ★★/★★★
10:30 start 10 miles Pete
A tough but rewarding hike up Cadair Berwyn, Cadair Bronwen and Moel Pearce. Challenging climbs but great views (as always - weather permitting!)

SUNDAY 15th Llangynog or Penybontfawr TBC ★★
10:30 start 9 miles Gareth
A hill walk in the Tanat Valley, South of the Berwyns. Another mix of renatured countryside with evidence of a long gone industrial heritage of mine workings.

THURSDAY 19th Grosvenor Park, Chester EVENING WALK
18:15 start Tracy
Early start as the nights are drawing in! Starting at the Café in Grosvenor Park we stroll through the Park, Meadows and Racecourse ending at the Ship in Handbridge.

SUNDAY 22nd Frodsham ★★
10:30 start 9 miles Mo
A Sandstone Trail walk from Frodsham to Helsby and back with views across Ince Marshes and the Dee Estuary to Liverpool and beyond.

FRIDAY 27th The Market Place, Chester SOCIAL
18:30 Ann
An informal evening of food, drink, music and chat at The Market Place in Chester. Then on to the Paysan wine bar and beer cellar.

SUNDAY 29th Ladybowwer Dam ★★
10:30 start 8 miles Nikki
We finish this programme with another visit to the Peak District to hike round Ladybowwer Reservoir and Win Hill.

Members - watch your emails for more possible bonus evening walks in September for those who can start a bit earlier on a Wednesday or Thursday after the evenings get too short for our usual 7pm-ish starts
