

CONFIRMATION OF ATTENDANCE

If you are planning to come on a daytime walk, please let the leader 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 leader 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 organiser 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 the leader if in doubt over suitable clothing, equipment and fitness levels.

Sorry, we do not allow dogs or under 18s 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

OCTOBER – DECEMBER 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

OCTOBER

SUNDAY 6th **Thurstaston on the Wirral** ★★
10:30 start **6 miles** **Ian**
Ian kicks off the Autumn programme with this easy 2* from Thurstaston, going round Caldy with great views over the Dee Estuary.

SUNDAY 13th **Chester** ★ **+Mini Social**
10:00 start **7-8 miles** **Mo**
Mo leads us on a gentle canal walk followed by Sunday lunch at 3pm at the Artichoke.
www.artichokechester.co.uk/Sunday.pdf
Only 15 spaces so please book you place with Mo.

WEDNESDAY 16th **9 Elephants & Telford's** **SOCIAL**
17:30 at 9 Elephants for food, followed at
20:00 at Telford's Warehouse for Salsa dancing!
Tracy
Early evening meal at this lovely Thai restaurant
www.9-elephants.co.uk/wp-content/uploads/Set-Menu-Back.pdf
followed by SALSA Dancing! (for beginners) at Telford's.
Get your dancing shoes on and book your place for meal and/or dancing with Tracy.

SUNDAY 20th **Llandullas** ★★
10:30 start **8 miles** **Tracy**
If your feet have recovered from her Salsa Social, then join Tracy for this easy 2*. A bit of scrambling to top of Escarpment then caves, Castle and even a Fort! With beautiful views out to sea. Then back along the seafront via a Beach Cafe.

SUNDAY 27th **Holyhead** ★★
10:30 start * **9 miles** **Juliet and Bernie**
*** Note that the clocks go back today! ***
A stunning walk along the cliffs & up Holyhead Mountain. It's rather a long way so please contact Juliet not just to say you're coming but also to arrange car shares.

NOVEMBER

SUNDAY 3rd **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 10th **Llanymynech** ★
10:00 start **7-8 miles** **Marjorie**
Starting from Llanymynech ('Church of the Monks') that straddles the English/Welsh border we walk past Hoffman kiln, along the canal and through open fields.

FRIDAY 15th **Custom House, Chester** **AGM**
19:00 for 19:30 start
Join us for our Annual General Meeting. We'll try to keep business as short as possible to leave time for 'Socialising'!

SUNDAY 17th **Llanarmon-yn-Ial** ★★
10:30 start **8 miles** **Pamela**
This scenic walk takes in both Bryn Alyn and Nercwys Mountain and ends at an old favourite Community run pub - the Raven.

FRIDAY 22nd **Hypha restaurant, Chester** **SOCIAL**
19:30 start **Gaynor**
Try a tasty Vegan Meal at one of Chester's newest and most innovative restaurants with a plant-based seasonal menu.
www.hypha.restaurant
Book with Gaynor to grab one of only 12 places.

SATURDAY 23rd **Dinas Mawddwy** ★★
10:30 start **8 miles** **Brian**
Brian leads our only 3* Challenge on this programme. A circular walk with quarries and hills in beautiful Snowdonia National Park.

DECEMBER

SUNDAY 1st **Harker's, Chester** ★ **+Mini Social**
9:30 start **7 miles** **John**
Starting from Harker's, this linear walk along the Baker way ends with an optional lunch at Goshawk and train back from Mouldsworth.

Fri 6th to Sun 8th **'Christmas' Weekend** **SOCIAL**
Llandudno **Pamela**
Weekend of walking, eating and socialising including a Christmas Meal on Saturday night. The house is already full up, but more are booking into nearby B&Bs.

SATURDAY 7th **Llandudno** ★★
10:30 start **Probably 8-10 miles** **TBA**
Join the 'Christmas Weekenders' for a seaside walk from their holiday home in Llandudno. Details tba.

SUNDAY 15th **Llanrhaeadr (near Ruthin)** ★★
10:30 start **7 miles** **Pamela**
Pam takes us on a pretty walk in the woodlands of the Vale of Clwyd.

FRIDAY 20th **Telford's Warehouse** **SOCIAL**
20:55 **Bernie**
Arrive before 9 if you want to get in for free but be sure to get there by 10ish when Safehouse start their soul music set. Featuring our very own virtuoso trumpeter Bernie.
If you like the Blues Brothers or the Commitments, you'll love this band!

SATURDAY 21st **Higher Burwardsley** ★★
10:30 start **9 miles** **Brian**
Enjoy a hilly woodland walk with views across the Cheshire plains.

SUNDAY 29th **Llangollen** ★★
10:30 start **8 miles** **Gaynor**
Including Wharf Tea Rooms, Llangollen - Canal walking and both the ancient abbey and a medieval castle.