

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.

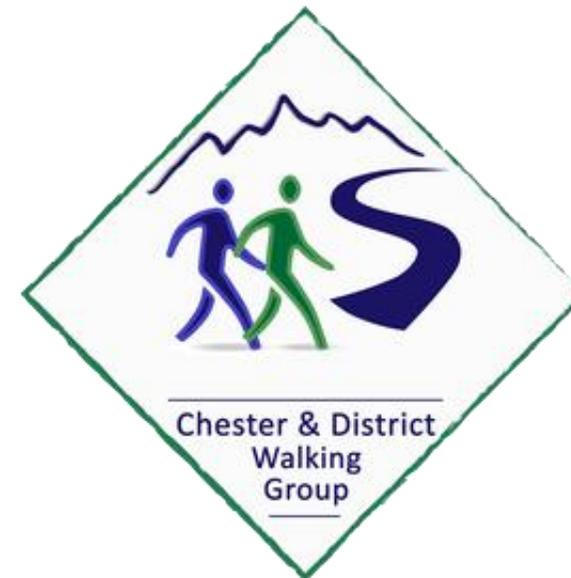
TYPES OF WALK – ★ / ★★ / ★★★

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

JANUARY – MARCH 2020

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

JANUARY

SUNDAY 5th Rossett ★/★★
10:30 start 7 miles Ian

Ian kicks off the New Year Programme with this easy 1 to 2* undulating walk from Rossett via Marford, Gresford, Llay and Burton.

SUNDAY 12th Chester ★ **+Mini Social**
09:45 start 5 miles Tracy

We meet up for breakfast at a yet to be disclosed café! Then an easy meander starting along the Duke's Walk and circle back into historic Chester.

SUNDAY 19th Graianrhyd ★★
10:30 start 8 miles Pamela

Starting in Graianrhyd on the edge of the Clwydian Range Area of Outstanding Natural Beauty. An excellent walk, taking in craggy limestone escarpments and great views.

SUNDAY 26th Delamere ★
09:00 start 8 miles John

John is organising this railway-based walk. Interesting linear walk between Delamere Forest and Frodsham stations.

Friday 31st Chester **SOCIAL**
19:00 John

A city-based pub crawl to celebrate the first post-Christmas payday and no longer skint (for many of us)!

First pub - to be advised.

Last pub - who knows?

FEBRUARY

SUNDAY 2nd Aldford ★ **+Mini Social**
10:30 start 5 miles Marjorie

A gentle morning's riverside walk along the banks of the Dee. Followed by an optional meal at 1pm at the Grosvenor Arms, Aldford.

Be sure to book your place!

SUNDAY 9th Alwen Reservoir ★★
10:30 start 5 miles Mike & Anna

Anna and Mike help Cupid draw his bow 5 days early for this picturesque pre-St Valentine's walk around the lake and through the 'Love Tunnel'!

SATURDAY 15th Chester Railway Station **SOCIAL**
for Shrewsbury
10:00 5 miles Tracy

All day stroll around beautiful Shrewsbury. Taking in the Castle; Town Centre; Market and Gardens.

Lunch at the Market and Tea at the Armoury.

Train tickets start at £11.90 for open day but come down in price for old(er!) people and groups!

SUNDAY 16th Llandrillo ★★/★★★
10:30 start 10 miles Pete

Highest level walk this programme (in both senses!) A tough but rewarding hike up Cadair Berwyn, Cadair Bronwen and Moel Pearce. Challenging climbs but great views (as always - weather permitting!)

SUNDAY 23rd Halkyn ★★
10:30 start 8 miles Pamela

A varied walk through woodland and up to the Iron Age hill fort of Moel y Gaer.

MARCH

SUNDAY 1st Llangollen ★★
11:00 start 8 miles John

A must for any steam enthusiast (and fun for everyone else too)! We catch the steam train from Llangollen to Carrog then a linear walk back.

SUNDAY 8th Trevor Basin ★★
10:30 start 8 mile Gaynor & Emma

Picturesque walk starts by crossing the Pontcysyllte Aqueduct then exploring the hills to the west.

SUNDAY 15th Audlem ★
10:30 start 7-8 miles Marjorie

Marjorie leads us on this gentle amble from Audlem. Crossing fields; following the canal and with café stops at the marina and in the town.

SATURDAY 21st Chester **SOCIAL**
19:30 Pete

Pete has something special to celebrate!

Details to be finalised but get your party hats and dancing trousers ready...!

SUNDAY 22nd Selattyn ★★
10:30 start 8 miles Gareth

Gareth takes us on a 2* adventure from Selattyn right on the Shropshire / Wales border near historic Offa's Dyke.

SUNDAY 29th Northop ★
10:30 BST start 6 miles Graham

*** NOTE - Clocks go forward today ***

Graham rounds off our first Programme of 2020 with an easy walk through woods and fields from Northop to Sychdyn via the Gwysaney Estate.