

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).

We normally encourage car sharing but during covid restrictions we leave that to individuals' judgement within what is permissible at the time.

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 are not insured for and do not allow under 18s or dogs on our walks.

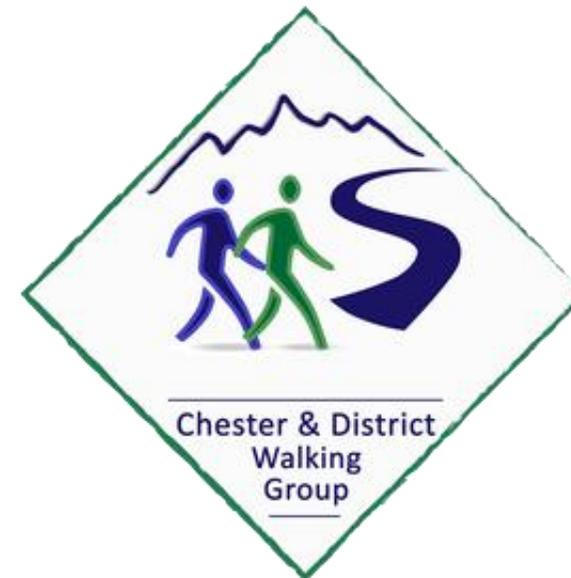
TYPES OF WALK – ★ / ★★ / ★★★

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 MAY ~ JUNE 2021

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

COVID GUIDANCE

While we don't want to impose massive numbers of rules and regulations, we will need to take a few common-sense precautions as follows:

1. At time of publishing the programme, there is no requirement to complete a risk assessment. As a group, we have taken the decision not to place a formal limit on the numbers attending a walk, but each leader is at liberty to set their own limit on numbers attending if they wish. This should be stated in their email to the group before the walk.
2. There will be a strict deadline of 6pm the night before a walk for requests to join the walk, so the leader has a definite list of attendees in good time and doesn't have to deal with anything (other than unavoidable cancellations) on the day of the walk.
3. Walk leaders are advised to keep a register of those attending, but this is not compulsory.
4. Walks should start from locations which offer plenty of car parking, as people may prefer to avoid car sharing.
5. For the first programme, walks should be fairly local (say, within 25 miles of Chester) and not too strenuous.
6. On walks, please keep well-spaced out, but make sure that you can see the people behind you and wait if necessary so that they don't miss a turning. Walk leaders may wish to appoint a backmarker.
7. Even if you have been vaccinated, please do not put others at risk by joining an event if you have any Covid symptoms or have been exposed to someone you know has it.
8. Please note that our group insurance does not cover Covid related claims and attendance is at your own risk.

Obviously, if English and/or Welsh Government rules change – our rules and/or the programme may have to change too.

MAY

THURSDAY 20th Coed Talon **EVENING WALK**
19:00 start Pamela
A pretty walk with lovely views to Waun-y-Llyn Country Park and back along a delightful woodland path.

SUNDAY 23rd Cilcain **★★**
10:30 start 8 miles Steve
An adventure up to the Offa's Dyke path then down towards Moel Arthur before looping round and back to Cilcain

THURSDAY 27th Wepre Park **EVENING WALK**
19:00 start Steve
Meander through Wepre Park and woodland to Ewloe Castle looking at some historic sites and ongoing conservation work

BANK HOLIDAY MONDAY 31st Llangollen **★★**
10:30 start 9 miles Juliet
Lovely view, scenic ruined castle & Valle Crucis Abbey included.

Note - walk on **BANK HOLIDAY MONDAY**

JUNE SOCIAL WANTED!

Obviously these are harder to arrange at the moment with possibly changing Covid-19 restrictions but if anyone would like to host some sort of Social it would be greatly appreciated.

Members - keep an eye on your inbox for any changes or (hopefully!) additions to the Programme.

JUNE

THURSDAY 3rd Hawarden **EVENING WALK**
19:00 start Graham
A scenic evening amble taking in the historic village of Hawarden and Bilberry Woods

SUNDAY 6th Llanferres **★★**
10:30 start 8-9 miles Pamela
A lovely, scenic hike around Moel Findeg, Loggerheads and the woodlands around Maeshafn.

WEDNESDAY 9th Aldford **EVE +Mini Social**
19:00 start Juliet
Pretty lanes followed by a drink at the Grosvenor Arms in Aldford. Help Juliet celebrate her birthday that week!
Note this is a **WEDNESDAY** walk

SUNDAY 13th TBC **★★**
10:30 start tbc miles Chi
Chi has offered us a walk today. Details to be decided but it's bound to be fantastic!

THURSDAY 17th Duke's Drive **EVENING WALK**
19:00 start John
A regular favourite along Dukes drive, and back through the meadows.

SUNDAY 20th Halkyn **★★+**
10:30 start 7 miles Pete
A gentle climb up the Iron age hillfort of Moel y Gaer offers views over the Dee Estuary and then we explore a little of Wats Dyke.

THURSDAY 24th Minera Quarry **EVENING WALK**
19:00 start Gareth
A gentle climb up through the quarry to panoramic views from Eclusham hill then returning over the moors.

SUNDAY 27th Bickerton **★★**
10:00 start 11.5 miles Denis
An undulating, picturesque walk from Bickerton to Beeston taking in the surrounding area.