

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

OCTOBER – DECEMBER 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

cdwg@btinternet.com

www.chesterwalking.org.uk

www.facebook.com/walking2

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

OCTOBER

COVID GUIDANCE

As restrictions may change after this programme is issued, please check your emails for any changes to guidance around Covid.

Whatever happens, remember it's up to each individual to decide what they are comfortable with within any Club or Government Rules or Guidance.

SATURDAY 2nd **Delamere Forest** ★★
08:30! start 13.5 miles Denis 07754 616651

A walk through forest paths, field paths, tracks and lanes visiting Kingsley and Norley before returning to Delamere.

SUNDAY 10th **Lyn Brenig** ★★
10:00 start 10 miles Christine 07825 632180

A walk around the large reservoir along a well-marked path with some moorland and large pockets of woodland.

SUNDAY 17th **Graianrhyd** ★★
10:30 start 10 miles Pamela 07789 140815

A pretty and varied walk from Graianrhyd, taking in Llyn Cyfynwy, Bod Idris Hall and the lovely woodlands of the Nercwys forest.

SATURDAY 23rd **Cilcain** ★★
09:30! start 12 miles Denis 07754 616651

A circular walk across undulating terrain involving some moderate climbing.

SUNDAY 31st **Llanferres** ★★
10:00 start 8 miles Juliet 07732 476961



**NOTE CLOCKS CHANGE TODAY!
ENJOY AN EXTRA HOUR IN BED!**



We start with one steep climb up Bryn Alyn then the hills & woods round Maeshafn and we're rewarded with some great views!

NOVEMBER

SUNDAY 7th **Frodsham** ★★
10:30 start 10 miles Mo 07957 796507

A lovely Autumnal walk, from Frodsham to Helsby Hill, taking in fabulous views across Cheshire, returning through woodland.

SUNDAY 14th **Bangor-On-Dee** ★
10:30 start 6-7 miles Pete 07740 179939

An easy, flat ramble from this historic home of North-Whalian racing.

Ideal for anyone who wants easing (back?) into walking.

Friday 19th **Annual General Meeting**
19:30 start Chester (tbc)

Please join us to review the last Covid-messed-up year and plan for the next exciting 12 months of new walking adventures!

Members will receive full details by email in plenty of time for the evening event.

SUNDAY 21st **Selattyn** ★★
10:30 start 8 miles Gareth 07463 665517

A circular walk in the borderlands. Rising to take in the views from Selattyn Hill and including a stretch of Offa's Dyke.

SUNDAY 28th **Llangollen** ★★ **+Mini Social**
10:15 start 10 miles Gaynor 07929 618935

We start with breakfast at Wharf Tea Rooms, then a leisurely circular walk including canal walking, the fabulous Horseshoe Falls, and the Ancient Abbey.

DECEMBER

SUNDAY 5th **Chester** ★★ **+Mini Social**
10:00 start 11 miles John 07984 978900

A lovely part of the Baker Way. A Linear walk, fairly flat across varying terrain. Dinner and drinks at the Goshawk before taking the train back to Chester.

FRIDAY 10th to SUNDAY 12th

**'CHRISTMAS' WEEKEND AWAY
SOCIAL & WALKS**

Pamela

A weekend away in Bishops Castle from Friday evening until Monday morning.

Two full day walks will be arranged.

Book your own accommodation

(or travel to one or both walks each day).

Full details to follow.

SATURDAY 18th **Christmas Curry** **Social**
18:00 start Chester John 07984 978900

Usual Christmas meetup for a few drinks, then a curry afterwards.

Members will receive full details by email in plenty of time for our annual Christmas night out.

SUNDAY 19th **Halkyn** ★★
11:30! start 6 miles Pamela 07789 140815

A late start for the morning after the night before...

This fascinating and invigorating short-ish walk around Halkyn Mountain is guaranteed by Pamela to be an excellent hangover cure!

SUNDAY 26th **Pulford** ★
11:00! start 5.5 miles Pete 07740 179939

Gently burn off a little of Christmas Day's excesses with this Boxing Day flat meander around the border of England and Wales.