

CONFIRMATION OF ATTENDANCE

If you are planning to come on a daytime walk, please text/WhatsApp the leader so that he/she knows to expect you and can contact you if the 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 good time to be ready to leave by the advertised time – please aim to arrive 15 minutes in advance of this).

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 cdwg@btinternet.com.

WEEKENDS AWAY

Our weekends away usually involve a stay at a 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 your attendance).

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.

PHOTOGRAPHS

Please note that any photographs taken on CDWG walks or events may be used on the group website, social media or marketing materials. Please inform the organiser if you do not 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).

Evening walks are not graded as they are relatively short and even with hills are rarely more than an upper 1★.



PROGRAMME **JANUARY – MARCH 2022**

Chester and 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 (cash) or £11 (Paypal) a year, although you are encouraged to attend two or three events before deciding to join. Everyone over the age of 18 is welcome. Membership subscriptions may be paid to the Secretary / Treasurer.

Subscriptions are due on joining and renewed following the AGM in November. They go towards the cost of running the group, including website maintenance, publicity, insurance, general administration and give you access to our detailed weekly walk emails.

Chair	Tracy Osborne
Secretary / Treasurer	Pamela Bent
Website Officer	Peter Benson
Programme Secretary	Brian Burden
Insurance Officer	Graham Coles

cdwg@btinternet.com
www.chesterwalking.org.uk

JANUARY

SUNDAY 2nd Cilcain ★★
10.30am start 6 miles

Start the new year with a bracing walk up Moel Famau and along the Offa's Dyke path towards Moel Arthur, weather permitting. If the weather looks too bad, an alternative, low level route is an option.

SUNDAY 9th Duke's Drive ★
10.30am start 6 miles

Join Tracy for a delicious breakfast (at a venue to be confirmed), followed by a stroll along Duke's Drive, returning along Chester meadows (may be muddy!).

WEDNESDAY 12th

Social

Evening Walk and Meal

6pm start

Don't miss this evening walk along the Greenway from Hoole to Guilden Sutton, where we will enjoy dinner at the Bird in Hand pub, before walking back to our start point. About 6.5 miles along a safe tarmac path.

SUNDAY 16th Talacre Beach ★
10.30am start 6 miles

Steve will be taking us on a fascinating coastal walk with some industry and industrial heritage, and lots of conservation areas for natterjack toads and sand lizards.

SATURDAY 22nd Bickerton to Beeston ★★
9.30am start 10-12 miles

A variation on last year's walk (new route) taking in field footpaths, forest footpaths, with some low levels climbs into and out of forest.

SATURDAY 29th

Social

Day Out in Shrewsbury

10am start

Join Tracy on this top day out in beautiful Shrewsbury, where we will start with a stroll, taking in the castle and the lovely cobbled streets. Then we will enjoy lunch at the award winning market, followed by a walk along the river to the jail and back to the Armoury pub for tea. Full details to follow.

SUNDAY 30th Llanarmon-yn-Ial ★★
10.30am start 7 miles

A scenic walk with lovely views, heading over Moel Gyw and taking in a section of the Offas Dyke path.

FEBRUARY

SUNDAY 6th Kelsall ★
10am start 8 miles

Nick will be taking us on a lovely amble around the fringes of the Delamere Forest, which will include a walk up to Old Pale, where we can admire the extensive views.

SUNDAY 13th Chirk Castle ★★
10.30am start 6 miles

A lovely winter walk around the Chirk Castle estate, hopefully coinciding with the snowdrops coming into flower.

FRIDAY 18th

Social

Sound Bath at Chester Cathedral

7pm start

Enjoy the wonderful experience of a healing sound bath in Chester Cathedral, where the sounds will relax you, energise you, and refresh your mind and body. Lie down, get warm and snug as the sounds and vibrations wash over you. Bring wraps and cushions, cocoon yourself. The sound bath lasts from 7pm to 8.15pm and Friday night drinks will follow. Tickets are £12 (£8 for over 65s) to be booked in advance.

Join us for the sound bath and/or drinks!

SUNDAY 20th Chester ★
10am start 10 miles

Join John on his mini train adventure from Runcorn to Frodsham taking in the canal and Cheshire plain.

SUNDAY 27th Rhewl ★★
10.30am start 10 miles

A beautiful, scenic walk in a little known area, up to Pincyn Llys, taking in woodland and a lovely riverside path.

MARCH

SATURDAY 5th Delamere Forest (Part Two) ★★
8.30am start 10-12 miles

Following last year's excellent yomp in the Delamere Forest (with no less than one pub stop and TWO café stops!), here is a new route taking in Delamere and the surrounding area.

FRIDAY 11th to MONDAY 14th

ANGLESEY WEEKEND AWAY

A fun packed weekend away in Rhosneigr, Anglesey from Friday evening until Monday morning.

Two full day walks will be arranged by Brian.

Stay with us in Rhosneigr or travel to one or both walks each day. We have rented a large house for the weekend, which is currently fully booked (but you are welcome to go on our waiting list), so you will need to book your own accommodation. Send Pamela a message to be included in our Rhosneigr Weekend WhatsApp group.

Full details to follow.

FRIDAY 18th

Social

Drinks and Meal at the Porta Tapas Bar

7pm start

Join Mo for a not to be missed fun night of tapas and drinks at the Porta Tapas Bar in Chester!

SUNDAY 20th Llangollen ★★
10.30am start 9 miles

Join Mo on this lovely walk from the Sun Trevor pub on the outskirts of Llangollen. There is a slight ascent at the beginning, followed by lots of glorious views to enjoy!

SUNDAY 27th Northop ★
10.30am 6 miles

Don't forget that the clocks go forward today!

Join Graham on this pleasant walk through woods and fields from Northop to Sychdyn via the Gwysaney Estate.