

CONFIRMATION OF ATTENDANCE

If you are planning to come on a walk, please text or WhatsApp the leader so that he/she knows to expect you and can contact you if the walk details change (for example, if the weather forecast is very poor or the leader is taken ill).

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.

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 **JULY – SEPTEMBER 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 a year, although you are encouraged to attend two or three events before deciding to join. Everyone over the age of 18 is welcome.

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

JULY

SATURDAY 2nd Llanferres ★★

9.30am start 10-12 miles Denis

Join Denis on this scenic walk in and around the Clwydian Range across a range of undulating terrain, which will involve some moderate hill climbing

WEDNESDAY 6th Hawarden Evening Walk

7.30pm start Brian

A lovely, new circular walk from Hawarden

SUNDAY 10th Tal y Fan from Penmaenmawr ★★

10am start 8-9 miles Steve

One of Steve's favourite walks up to the Jubilee Path and on to the summit of Tal Y Fan!

THURSDAY 14th Coed Talon Evening Walk

7pm start Pamela

Enjoy this pretty walk up to Waun-y-Llyn Country Park and back along a delightful woodland path

SUNDAY 17th Clwydian Challenge! ★★

10am start 11 miles Chris

A challenging walk taking in Moel Arthur, Moel Famau twice and Foel Fenlli - you'll need to love going uphill for this one!

THURSDAY 21st

Bingo!! Gaynor

Don't miss this fun bingo night in aid of Cats Protection at Gwersyllt Park Cricket Club, near Wrexham

FRIDAY 22nd Duke's Drive Evening Walk

7pm start Gaynor

A lovely jaunt along the Dukes Drive to Eccleston and back along the river to Chester, followed by drinks

SUNDAY 24th Tanygrisiau ★★★

9.30am start 9 miles Brian

An invigorating, scenic mountain walk taking in Allt-fawr and Cnicht, starting from a café

WEDNESDAY 27th Bickerton Hill Evening Walk

7pm start Juliet

A walk on the on the Sandstone ridge with great views

SUNDAY 31st Chirk ★★

10am start 11 miles Chris

A circular walk, from Chirk aqueduct, with some steep sections, leading to views over Llangollen. Returning via Chirk Castle and the canal tunnel

AUGUST

THURSDAY 4th Rhes-y-Cae Evening Walk

7pm start Pamela

Don't miss this scenic evening stroll around Halkyn Mountain and Moel Ffagnallt

SATURDAY 6th Timbersbrook Car Park ★★

9.30am start 10-12 miles Denis

A scenic walk in east Cheshire, near Congleton, taking in: 'The Cloud', 'Bosley Reservoir', parts of the 'Staffordshire Way', 'Dane Valley Way' and 'Gritstone Trail'

WEDNESDAY 10th Delamere Evening Walk

7pm start Pete

A walk through Delamere Forest and around Blakemere Moss Lake, including (hopefully) views of wildfowl

THURSDAY 11th

UPBeat Beatles Juliet

A brilliant evening of live music at Alexander's, Rufus Court, Chester. Tickets £16.50 online or may be available on the door. Doors open at 7pm, starts 9pm. Further details to follow

SATURDAY 13th 'Open to Offas' Challenge! ★★

Start at Cilcain Village Hall Pamela

9.30am / 8.30am 15 / 23 miles

Don't miss this long established challenge walk, run by Merseystride LDWA - it's a great day out! £12 entry fee (£8 for LDWA members)

THURSDAY 18th Nant Mill Evening Walk

6.45pm start Gaynor

A lovely amble around Nant mill, part of Clwydog trail and Coedpoeth

SUNDAY 21st Llangynog ★★

10am start 10 miles Ian

A delightful circular walk from Llangynog to Pistyll Rhaeadr

THURSDAY 25th Moel Famau Evening Walk

7pm start Mike

A not to be missed scenic walk up Moel Famau

SUNDAY 28th Bollington ★★

10am start 11 miles Brian

A lovely ramble, taking in White Nancy, valleys and hills

SEPTEMBER

THURSDAY 1st Farndon Evening Walk

6.30pm start Pete

A stroll along the English and Welsh banks of the Dee from Farndon and back past the ruined castle

FRIDAY 2nd

Walk the Walls Social John

Our not to be missed, legendary, annual 'Walk the Walls' social!

SUNDAY 4th Frodsham and Helsby ★★

10.30am start 8 miles Mo

Join Mo on her lovely, relaxed autumn walk though the pretty countryside surrounding Frodsham and Helsby

SUNDAY 11th Llyn Alwen ★★

10.30am start 7 miles Steve

Steve will be taking us on a delightful circular walk around Llyn Alwen

SUNDAY 18th Moore Nature Reserve ★

10.30am start 6-7 miles Pete

A gentle, flat meander, investigating the Moore Nature reserve, a wildlife rich 're-natured' oasis in the industrial area west of Warrington.

SUNDAY 25th Graianrhyd ★★

10.30am start 10 miles Pamela

Join Pamela for this pretty and varied walk from Graianrhyd, taking in Llyn Cyfynwy, Bod Idris Hall and the lovely woodlands of the Nercwys forest

We also have a quiz night every Wednesday at 8pm at Ye Olde Cottage Inn, Chester CH1 3DZ - message 07789 140815 if you wish to join our 'CDWG Pub Quizzers' WhatsApp group