

AREA OFFICERS

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Keith Doughty

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Sheelagh Warner
01928 787443

IT & Programme Support

e-mail: dstearne@nmc-ramblers.org.uk

David Stearne
01928 735809

GENERAL INFORMATION

The **NORTH and MID CHESHIRE Area** has four local groups.

LOCAL GROUP SECRETARIES:

HALTON

50 Deepdale Drive, Rainhill,
PRESCOT, Merseyside L35 4NN

e-mail: normanlidbury@sky.com (put Ramblers in subject line)

Norman Lidbury

0151 426 0925

VALE ROYAL and KNUTSFORD

Birchtree Bungalow, Off Red Lane,
Appleton, WARRINGTON, Cheshire WA4 5AB

e-mail: vrksecretary@nmc-ramblers.org.uk

Daphne Armitage

01925 268540

WARRINGTON

Yellow Lodge, Park Lane,
Higher Walton, WARRINGTON, Cheshire WA4 5LW

e-mail: bernielebert@hotmail.com

Bernadette Elebert

01925 861788

UNDER 40s

e-mail: david.heys@britishwaterways.co.uk

David Heys

079 1778 1690

WEB SITES

Area nmc-ramblers.org.uk

Under 40s www.cheshirewalkers.org.uk

These sites can be reached directly, or through the page of the RA national site. They will display the most up-to-date version of the programme.

THE RAMBLERS ASSOCIATION

2nd Floor, Camelford House,
87-90 Albert Embankment, LONDON SE1 7TW

www.ramblers.org.uk

e-mail: ramblers@london.ramblers.org.uk

Tel: 020 7339 8500

FOOTPATH DIFFICULTIES

Any difficulties with footpaths e.g. ploughing, obstructions etc. no matter where found, should be reported to your Local Group Footpath Officer or directly to the Ramblers Association Head Office, using the form and address in the yearly handbook, or via the link on our web site.

HALTON

50 Deepdale Drive, Rainhill,
PRESCOT, Merseyside L35 4NN

e-mail: normanlidbury@sky.com (put Ramblers in subject line)

Norman Lidbury

0151 426 0925

VALE ROYAL and KNUTSFORD

Arinor, Roddy Lane,
KINGSLEY, Cheshire WA6 8HF
e-mail: johnqwhite@btinternet.com

John White

01928 788549

WARRINGTON

3 Betsyfield Drive, Croft
WARRINGTON WA3 7LJ
e-mail: roger.lamming@tesco.net

Roger Lamming

01925 766828

SAFETY ON WALKS

(Please read the following important information)

PACE

Please keep to the pace set by the leader who will be guided by the slower members of the party. Lagging behind is as big a problem as forcing the pace by charging ahead of the leader. Do not forget the leader is trying to please **ALL** members of the party.

Also do not lose contact with the leader. If you do become separated please stay where you last saw members of the party; they will find you.

RESPONSIBILITIES

Walkers should inform the leader of any medical problem which could affect their walk (and any emergency treatment which may be needed). If you feel unwell, get word to the leader at once. Do not leave the group without informing the leader or backmarker. Leaders are not responsible for anyone doing so.

RESTRICTIONS

Leaders have the right to refuse anyone as a member of their party who, in their opinion, may be at risk for reasons of inadequate clothing, lack of physical fitness etc.

CLOTHING and FOOD

Boots are recommended for all walks and are essential for walking in the hills. Stout shoes may be suitable in a dry summer but farm yards and field paths can be messy places at any time. Walkers should always bring sufficient clothing for all weather conditions that may be encountered, as well as spare warm clothing. Remember conditions could easily change for the worse. A drink and an energy giving snack are all sensible extras to carry, even if you are taking your lunch for an all day walk.

INJURIES/LOSS OF PROPERTY

The Ramblers Association do not accept any responsibility for personal injury or loss of property when attending any of our rambles or functions. If it is thought necessary, individuals should make their own insurance arrangements. Any illness or accident which occurs on a walk, which requires medical attention or use of the emergency services must be reported to the Area Secretary.

“All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is important, therefore, that when entering the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise”.(RA circular 03/53)

ROAD SAFETY

“If you use a country road with no pavement or verge, the party should walk **in single file, on the right hand side of the road**”, unless it is unsafe to do so, e.g. approaching a blind bend. “Discourage people from walking two abreast in order to chat.” (RA Navigation & Leadership Manual 1994 pp 70-71)

DOGS

Dogs must be kept under your strict control at all times and **must** be on a **maximum 2 metre lead**, so that they are not a danger to other walkers, particularly around stiles and to farm livestock. No more than one dog per walker. Remember your dog is your responsibility at all times. Leaders have discretion to refuse.

COACH WALKS

Full details of the coach venues are listed on the following pages and shown chronologically in the programme.

All coach rambles are intended primarily for members. It is essential to wear boots and carry wind and waterproof outer clothing and a spare pullover or fleece. Do not wear tight fitting clothing that could cling to the skin when wet. Food and drink for lunch should be carried and also an emergency snack. Extra food and a change of clothing can be left on the coach.

SUNDAY COACHES

These are arranged by local groups on alternate Sundays. Booking must be made in advance and a deposit paid. Please ensure you know the time and place you will be joining the coach. Deposits can only be carried over to future coach rambles if you cancel by the Tuesday preceding the Sunday of the ramble; otherwise it is forfeited.

There is usually a choice of four rambles from the coaches which are graded "A" to "D". Do not join the "A" walks unless you are well prepared and used to long walks.

Members wishing to travel with particular friends from outside their group are welcome on any of the three Group Coaches, but booking should be made early and directly with the respective Booking Secretary.

SUNDAY COACH WALKS

WARRINGTON Group

July **(Coaches return at 6.00 pm)**

4th Cynwyd (Denbighs)

18th Dufton (Cumbria)

August

1st Castleton (Derbys)

15th Settle (N Yorks) – Summer Meal

29th Minsterley (Shrops)

September

12th Glenridding (Cumbria)

26th Blaenau Ffestiniog (Gwynedd)

October

10th Grassington (N Yorks)

24th Rushton Spencer (Staffs)

November **(Coaches return at 6.00 pm)**

7th Chipping (Lancs)

21st Ashford in the Water (Derbys)

December

5th Ramsbottom (Gtr Manchester)

19th Tewitfield (Lancs) – Xmas Dinner

Booking Secretary

Peter Hathaway 01925 262340

SUNDAY COACH WALKS

HALTON Group

July (Coaches return at 6.00 pm)

4th Capel Curig (Gwynedd)

18th Ladybower (Derbys)

August

1st Cartmel (Cumbria)

15th Settle (N Yorks)

29th Conwy (Gwynedd)

September

12th Hathersage (Derbys)

26th Darwen (Lancs)

October

10th Shap (Cumbria)

24th Much Wenlock (Shrops)

November (Coaches return at 5.00 pm)

7th Tittesworth Res. Nr Leek (Staffs)

21st Hollingworth Lake (Gtr Man)

December

5th Barrowford (Lancs)

19th Haworth (W Yorks)

Booking Secretary

Chris Ireland 07842 160944 between
08.00 to 21.00 Mon to Sat only

SUNDAY COACH WALKS

VALE ROYAL & KNUTSFORD Group

Please note :- These coach walks are on alternate Sundays to those of the other two groups.

July

- 11th Baslow (Derbys)
25th Beddgelert (Gwynedd)

August

- 8th Kirkby Lonsdale (Cumbria)
22nd Ashbourne (Derbys)

September

- 5th Knighton (Powys)
19th Glenridding (Cumbria)

October

- 3rd Holmfirth (W Yorks)
17th Capel Curig (Gwynedd)
31st Slaidburn (Lancs)

November

- 14th Youlgreave (Derbys)
28th Loggerheads (Denbighs)

December

- 12th Buxton (Derbys) – Xmas Meal

Booking Secretary

Barbara Ward 01565 651765

TUESDAY COACH WALKS

These are organised by the Area on which two moderate walks will be arranged and possibly a guided tour of a local attraction. Typically coaches will start about 09:00 and return by around 19:00.

Booking for these outings will be required in advance and must be paid for by cheque (payable to Ramblers Association).

27th July	Bakewell (Derbys)
24th August	Staveley (Cumbria)
21st September	Rushton Spencer (Staffs)
19th October	Tockholes (Lancs)

Booking Secretary:

Lucy Fitzsimmons,
4 Whitefield Road,
Stockton Heath,
WARRINGTON
Cheshire WA4 6LZ

01925 265230

LOCAL WALKS

These are for members and the general public. No prior notice or booking is necessary, unless otherwise stated; just turn up at the venue.

HALF DAY WALKS are graded by the walk leader and will last about 2½hrs.

Easy Access		Walks for everyone incl. wheelchairs, pushchairs, using easy access paths with the option to shorten the walk if required
Easy	0 - 500ft asc.	Suitable for all but could include field paths and stiles. Max. 5 miles.

FULL DAY WALKS have a Grade, Distance and notice to Bring Lunch in the description. They are graded by the walk leader as:-

Leisurely	0 - 1500ft asc.	Some walking experience required, gently paced, easy gradients
Moderate	500 - 1500ft asc.	A reasonable degree of fitness and experience required
Hard	1500 - 2500ft asc.	Suitable for strong regular day walkers only
Strenuous	2500ft + asc.	Could involve steep ascents, ridge walking, and high level routes.

(Ascent is total for the walk and not the max.height attained)

These Grades are a general guide only. When considering your choice of walk you should bear in mind the distance of the walk, the regional differences in terrain and the possibility of bad weather making the walk more difficult.

FOR YOUR INTEREST IN THIS PROGRAMME.

New ideas, new venues, new leaders, new walks and new areas, as well as local walks and your favourite walks.

All we need now is - **YOU.**

Linear Walks by Train and Bus – Train walks from Strines, Dolgarrog, Darwen, Chinley and Arnside, a series of Saturday Rail Rambles and several bus walks in Cheshire

Walks with a difference – A day long 34 mile walk along the Sandstone Trail and 2 Sunday linked figure of eight walks

High Peaks – Glaramara, High Street and Angletarn Pikes, 9 Wainwrights, Cadair Idris, Carnedd Llewellyn and the Newlands Horseshoe

Garden and Interest Walks – Marsh gentians at Culcheth, Mawddach's secret waterfalls and a visit to the Queen's Parlour

Pub Lunch Walks – At Balterly, Audlem and the Cat and Fiddle

If you enjoy these ideas and walks, tell the leader, in fact tell everyone. If you don't, then tell me and let me have your ideas. You will see there are fewer Sunday local walks this time. If you enjoy these regularly PLEASE could YOU offer to lead some in the next programme. We desperately need more leaders.

Our web site: **nmc-ramblers.org.uk** will always show the most up-to-date information, in case of any changes to the programme.

SOCIAL PROGRAMMES

The Group Secretaries are :-

HALTON Programme to be announced on Sunday coach walks

VALE ROYAL and KNUTSFORD

Judith Halman

01477 534398

WARRINGTON

Bernadette Elebert

01925 861788

JULY

Thurs 15th Gawsorth Hall Open Air Theatre VR&K
West End Musicals £22.50
and option of 5 mile walk
Contact: Anne Smith 01928 788903

AUGUST

Sat 14th Dorothy Clive Garden VR&K
Tickets from £4.75
Contact: Judith Halman 01477 534398

SEPTEMBER

Sun 5th Victorian Baths in Manchester – Britain's Best VR&K
Loved Restoration Project with
Musical Performance – Tickets £2.00
Contact: Judith Halman 01477 534398

OCTOBER

tba Quiz Night VR&K
Contact: Rose Chisholm 07801 576001

PROGRAMME of WALKS for AUTUMN 2010

Please see the **SAFETY NOTES** and **WALK GRADING NOTES** given earlier in the programme.

Map No. is the OS Landranger or Explorer map in which the venue start point is shown.

Map References are prefixed SJ unless otherwise stated.

Date Time	VENUE	Leader
Map Ref (Map No.)	Directions	

JULY

Thu 1st 10:30 **LLANGOLLEN** **Ian Howard**
217421 (LR117, Exp255/256) On A539 CP is on left 200
yds before bridge. 12ml Strenuous. Bring lunch. Tel 01606
48117.

Sat 3rd 06:30 **FRODSHAM** **Rose Chisholm**
517779 (LR117, Exp267) The Sandstone Trail, meeting by
Bear's Paw, Frodsham at 06:30 to catch minibus to Whitchurch
and walk back. Firm bookings to be made with leader in advance.
34ml Strenuous. Bring lunch and tea. Tel 07801 576001.

Sat 3rd 10:30 **RUTHIN** **Duncan & Jean Goodwin**
125585 (LR116, Exp256/264) Craft Centre car park. 9ml
Leisurely. Bring lunch. Tel 01829 760614.

Sun 4th 10:00 **WHITEGATE** **Paul Buksh**
616679 (LR118, Exp267) Clay Lane Old Station CP. Walk
morning, aft or both with lunch (bring it!) at start point.

Sun 4th 14:00 **WHITEGATE** **Paul Buksh**
616679 (LR118, Exp267) Clay Lane Old Station CP. Walk
morning, aft or both with lunch (bring it!) at start point.

Sun 4th	SUNDAY COACHES	
	Halton	Capel Curig (Gwynedd)
	Warrington	Cynwyd (Denbighs)

July

Tue 6th 10:00 **CHADKIRK** **Phil Murray**
937898 (LR109, Exp1/268) CP at jctn Dooley Lane & Vale Rd.
13ml Hard. Bring lunch. Tel 07970 338019.

Tue 6th 10:30 **HALKYN** **Peter Wade & Rita Reiswig**
209698 (LR117, Exp265) 0.5m S of village. Layby on B5123 -
Halkyn mountain common. 9ml Leisurely. Bring lunch. Tel .01928
563100

Thu 8th 09:30 **CHINLEY from Man Picc** **David Stearne**
SK039826 (LR110, Exp1) Chinley Railway Station CP.Linear
train walk, start Chinley, finish Glossop. via Kinder. Dep Picc
08:45. Phone leader night before (01928 735809) to confirm.
Meal/drink celebration on return to M/C. 12ml Strenuous. Bring
lunch. Tel 01928 735809.

Sat 10th 10:00 **LYMM** **John Read**
683872 (LR109, Exp276) Lymm Cross. Pepper St. CP.RA 75
Anniv Baton Walk. FINAL Part 5. (finish Dunham Park by the
Hall) Bus Nos: Out 5 & 6; Ret 5,37,37A & 38. 9ml Leisurely.
Bring lunch.

Sun 11th 10:00 **STRETTON** **Frank Search**
618818 (LR109, Exp267) Old A49 south of M56 by Hollow
Tree Inn.

Sun 11th 14:00 **AGDEN** **Peter & Joyce Davies**
723865 (LR109, Exp276) Lay-by on A56 near 'Ye Old No.3'
Inn. Tel 01925 762991.

Sun 11th	SUNDAY COACHES
	VR&K Baslow (Derbys)

Tue 13th 10:30 **STONETHWAITE** **Dorothy Hemingway**
NY263136 (LR89/90, Exp4) Park by phonebox.Glamara and
optional scramble up Cam Crag. 10ml Strenuous. Bring lunch.

Tue 13th 10:30 **GLAZEBURY** **John Bent**
671978 (LR109, Exp276) Bents' Garden Centre,
Glazebury.Walk with local schoolchildren, history of Chat Moss.
8ml Leisurely. Bring lunch.

July

Thu 15th 10:45 DOLGARROG from Chester David Bratt
SH783670 (LR115, Exp17) 09.25 train from Chester, change LI
jctn. Linear walk Dolgarrog to Llanrwst. 2450 ft asc. Optional pub
meal Llanrwst before return on 18.10 (15.30 will NOT be
attempted). 10ml Hard. Bring lunch. Tel 01925 762472.

Thu 15th 14:30 GAWSWORTH Anne Smith
892698 (LR118, Exp268) Gawsworth Hall CP. 5ml .

Sun 18th 10:00 FRODSHAM Paul Buksh
519779 (LR117, Exp267) CP off Church St, behind station.
Walk morning, aft or both with lunch (bring it!) at start point.

Sun 18th 14:00 FRODSHAM Paul Buksh
519779 (LR117, Exp267) CP off Church St, behind station.
Walk morning, aft or both with lunch (bring it!) at start point.

Sun 18th	SUNDAY COACHES
	Halton Ladybower (Derbys)
	Warrington Dufton (Cumbria)

Tue 20th 10:30 LLANTYSILIO Penny Clarke
198433 (LR125, Exp255/256) CP on minor road (just off
B5103). 10ml Moderate. Bring lunch. Tel 01928 787496.

Tue 20th 10:30 KETTLESHULME David Brunt
995768 (LR118, Exp24) Pym's Chair CP nr Jenkin Chapel.
10ml Moderate. Bring lunch.

Thu 22nd 10:30 MINFFORDD Vince Joyce
SH732115 (LR124, Exp23) Minffordd CP and toilets. 7km S
Dolgellau.Nuttall Walk 10.1 Cadair Idris 3400 ft asc. 11ml
Strenuous. Bring lunch. Tel 01942 603626.

Sat 24th 07:30 WARRINGTON Ray & Mary Brown
607885 (LR109, Exp276) Central Station.Rail Ramble -
Whalley to Clitheroe via Pendle Hill. Tel 01925 726466 night
before. 12ml Moderate. Bring lunch.

Sun 25th 10:00 ACTON BRIDGE Keith Doughty
599745 (LR117, Exp267) Station CP.

July/August

Sun 25th 14:00 WILLINGTON Beryl Capper & Marian Ainscough
537662 (LR117, Exp267) Roadside adj Rock Farm/Sandstone
Trail 2ml SSE Kelsall.

Sun 25th	SUNDAY COACHES
	VR&K Beddgelert (Gwynedd)

Tue 27th 10:30 MOEL FAMAU Chris Davies
172612 (LR116, Exp265) Country Park on minor road SW off
A494 1/2ml SW Loggerheads. CP (Pay & Display) on right at
picnic area. 10ml Moderate. Bring lunch. Tel 01829 730723.

Tue 27th 10:30 GUTHERSCALE Maurice Vallois
NY247212 (LR89/90, Exp4) CP nr Gutherscale, 2 mls S A66.A
Graduate Walk (Newlands Horseshoe). 12ml Strenuous. Bring
lunch. Tel 01565 650286.

Tue 27th	TUESDAY COACH
	Bakewell (Derbys)

Thu 29th 09:45 BALTERLEY Bill Minshall
775502 (LR118, Exp257) From A531 Nantwich to Newcastle
(Staffs) turn L onto B5500 twds Audley. The Waggon + Horses 2
mls on R. Pub lunch at Waggon & Horses where walk starts.
Please park at rear of pub. 8ml Leisurely. Pub lunch. Tel 07771
985846.

AUGUST

Sun 1st 10:00 MARTON David Brunt
616679 (LR118, Exp267) Whitegate Way. Clay Lane. Old
Station CP.

Sun 1st 14:00 HIGH LEGH Bill Smith
676846 (LR109, Exp276) Layby on A50 just past Primrose
Nursery.

Sun 1st	SUNDAY COACHES
	Halton Cartmel (Cumbria)
	Warrington Castleton (Derbys)

August

Tue 3rd 10:30 RUNCORN Ivor Williams
524834 (LR108, Exp275) Wigg Island CP off A558 nr swing
bridge. 9ml Moderate. Bring lunch.

Tue 3rd 10:30 MOEL FAMAU Mike Alldred
172612 (LR116, Exp265) Country Park on minor road SW off
A494 1/2ml SW Loggerheads. CP (Pay & Display) on right at
picnic area. Walk includes Moel Dywyll & Moel Famau. 12ml
Strenuous. Bring lunch. Tel 07713258424.

Wed 4th 19:00 FRODSHAM Roger Hendry
519766 (LR117, Exp267) Beacon Hill CP near Mersey View.
Tel 01928 732325.

Thu 5th 10:30 SANDIWAY Eric Povall
605714 (LR118, Exp267) CP next to school on Weaverham
Road. 10ml Leisurely. Bring lunch. Tel 01606 882371.

Sat 7th 10:30 LLANARMON-YN-IAL Duncan & Jean Goodwin
190562 (LR116, Exp256/265) S off A494 4m W of Mold.
Past Raven Inn & park in side streets. 8ml Moderate. Bring lunch.
Tel 01829 760614.

Sun 8th 10:00 PLUMLEY Mark Zakrzewski
722754 (LR118, Exp267) Plumley Station CP. Tel 01606
45317.

Sun 8th 14:00 ANTROBUS Peter & Joyce Davies
643796 (LR118, Exp267) Village Shop, Knutsford Road. Tel
01925 762991.

Sun 8th	SUNDAY COACHES
VR&K	Kirkby Lonsdale (Cumbria)

Tue 10th 10:30 LONGNOR Penny Clarke
089649 (LR116, Exp264/265) Take A515 from Buxton &,
after 2.5 mls take B5053 to Longnor. 10ml Moderate. Bring
lunch. Tel 01928 787496.

Tue 10th 10:30 CULCHETH John Bent
648949 (LR109, Exp276) Linear Pk CP, Wigshaw
Lane. Looking for marsh gentians. 8ml Leisurely. Bring lunch.

August

Thu 12th 09:30 HOPE (DERBYS) from Man Picc David Bratt
SK181834 (LR110, Exp1) Station CP. Linear walk Hope to Edale. 2400 ft asc. Man Picc 08:45. Optional evening meal Manchester. 11ml Hard. Bring lunch. Tel 01925 762472.

Sun 15th 10:00 MOULDSWORTH David Brunt
512707 (LR117, Exp267) Station CP.

Sun 15th 14:00 WALTON Syd Robinson
593846 (LR108, Exp276) Underbridge Lane. Off A56, south side of canal.

Sun 15th	SUNDAY COACHES	
	Halton	Settle (N Yorks)
	Warrington	Settle (N Yorks)

Tue 17th 10:30 UPHOLLAND (WIGAN) John Watkin
SD508064 (LR108, Exp285) Beacon Country Park CP on minor road 2 ml NW of village. A577 W off J26/M6.1,000 ft asc. Boats, Bridges & Beacons. 9ml Leisurely. Bring lunch.

Tue 17th 10:30 BROUGHTON IN FURNESS Ian Hilditch
SD212875 (LR96, Exp6) Park in side streets & meet at The Square. 15ml Strenuous. Bring lunch. Tel 01928 735396.

Thu 19th 11:30 MOULDSWORTH Brian Booth & David Richards
512707 (LR117, Exp267) Station CP. Walk to Chester via 4 iconic Cheshire inns. Return by train. Refreshments available at each inn. Optional evening meal in Chester. 9ml Leisurely. Pub lunch.

Sat 21st 07:30 WARRINGTON Ray & Mary Brown
607885 (LR109, Exp276) Central Station. Rail Ramble - Chelmsorton to Bakewell on the Monsal Trail. Tel 01925 726466 night before. Early start. 12ml Moderate. Bring lunch.

Sun 22nd 10:00 ALVANLEY Keith Doughty
508748 (LR117, Exp267) The Ridgeway, the lane which leaves B5393 Tarvin Rd beyond Foxhill Lodge. Park at the top of road.

August

Sun 22nd 14:00 KINGSLEY Sheelagh Warner
549748 (LR117, Exp267) Village Community Centre CP, off
B5153. Tel 01928 787443.

Sun 22nd	SUNDAY COACHES
VR&K	Ashbourne (Derbys)

Tue 24th 10:30 EDGWORTH (BOLTON) from Entwistle Geoff Hill
SD722172 (LR109, Exp287) Turton & Entwistle Reservoir CP, off
B6391 2mils W of village. Train from Entwistle to Bromley Cross.
Start venue is Batridge Rd P&D CP (NOT the nearby Batridge
CP). 7ml Leisurely. Bring lunch. Tel 01925 763512.

Tue 24th 10:30 HARTSOP Roger Hendry
NY410131 (LR90, Exp5) A592 over Kirkstone Pass, 1st R
after Brotherswater. High Street & Angletarn Pikes, 9
Wainwrights, 3750 ft asc. 12ml Strenuous. Bring lunch. Tel 01928
732325.

Tue 24th	TUESDAY COACH
	Staveley (Cumbria)

Wed 25th 19:00 FRODSHAM Frank Search
519766 (LR117, Exp267) Beacon Hill CP near Mersey View.

Thu 26th 10:30 TREFRIW Jess & Alan Milligan
SH781630 (LR115, Exp17) CP in centre of village on L opp old mill
building. Gleision Ridge & Llyn Crafnant, 3300ft asc. Please call
leader day before. 11ml Strenuous. Bring lunch. Tel 01606
851783.

Sat 28th 10:00 RUNCORN Ralph Green
538814 (LR108, Exp267/275) Halton Lea Shopping Ctr
entrance (sign for Trident shop centre). 36 bus to Ince at 10:15,
walk to Frodsham via Frodsham Marshes and return on 21 or 30
bus. 6ml Leisurely. Bring lunch or pub lunch. Tel 01928 714805.

August/September

Sun 29th 10:00 LOWER PEOVER Tony Lavin
743742 (LR118, Exp267/268) Bells of Peover CP. Tel
01928 788529.

Sun 29th 14:00 ARLEY David Brunt
670810 (LR109, Exp267) Walkers' CP, Arley Hall.

Sun 29th	SUNDAY COACHES
	Halton Conwy (Gwynedd)
	Warrington Minsterley (Shrops)

Tue 31st 10:30 ERDDIG Ivor Williams
325493 (LR117, Exp256) Felin Puleston CP, off A4830 off
A5152. 9ml Moderate. Bring lunch.

Tue 31st 10:30 ARENIG Vince Joyce
SH857411 (LR124/125, Exp18) Layby on N side of Llyn
Celyn on A4212 Bala to Trawsfynydd rd. Nuttall Walk 6.2, 2550 ft
asc. 12ml Strenuous. Bring lunch. Tel 01942 603626.

SEPTEMBER

Thu 2nd 10:45 DARWEN from Man Vic David Stearne
SD694226 (LR103, Exp287) Darwen Station. Linear train walk,
start Darwen end Bromley Cross. 10:00 train from M/C Vic. Only
just 1500 ft asc! Wayfarer tickets apply. Phone leader night
before (01928 735809) to confirm. 11ml Hard. Bring lunch. Tel
01928 735809.

Sat 4th 10:30 LLANFIHANGEL GLYN MYFYR Duncan & Jean Goodwin
SH987496 (LR116, Exp18/264) Picnic site by river N of
B5105. 10ml Leisurely. Bring lunch. Tel 01829 760614.

Sun 5th 14:00 DUDDON Harold Bennetton
516649 (LR117, Exp267) Willington Rd. Grass verge near
village hall. Tel 01925 268871.

Sun 5th	SUNDAY COACHES
	VR&K Knighton (Powys)

September

Tue 7th 10:00 **CRAIG FAWR** **Ann Walker**
063800 (LR116, Exp264/265) A55 twd Prestatyn, then
A5151, 2nd R turn after Trelawnyd, signed Bryniau, Craig Fawr
CP. 9ml Moderate. Bring lunch.

Tue 7th 10:30 **MACCLESFIELD** **Mike Alldred**
951732 (LR118, Exp24/268) Tegg's Nose Country Park CP (Pay
& Display).2490 ft asc. 11ml Hard. Bring lunch. Tel
07713258424.

Thu 9th 10:30 **TAL-Y-BONT** **Jess & Alan Milligan**
SH732663 (LR115, Exp17) CP 3mls SW on minor road off
B5106, take first narrow lane after pub in village.Cwm Eigiau
Horseshoe anticlockwise, via Foel Grach, Carnedd Llewelyn, Pen
yr Helgi Du, Pen Llithrig y Wrach & back to Llyn Eigiau dam.
Please phone leader day before walk. 11ml Strenuous. Bring
lunch. Tel 01606 851783.

Sun 12th 10:00 **MARSTON** **Mark Zakrzewski**
670755 (LR118, Exp267) Salt Barge Inn on B5075. Tel 01606
45317.

Sun 12th 14:00 **STRETTON** **Celia Adamson**
618823 (LR109, Exp276) Fir Tree Close by Spire (formerly
BUPA) Hospital.

Sun 12th	SUNDAY COACHES
	Halton Hathersage (Derbys)
	Warrington Glenridding (Cumbria)

Tue 14th 10:30 **WHITE COPPICE** **John Watkin**
SD618190 (LR109, Exp285/287) Jctn 8 M61/E A674/R
Chapel Lne/L Coppice Lane/cricket gd.1400 ft asc. 9ml Leisurely.
Bring lunch.

Tue 14th 10:30 **HIGHER POYNTON** **Dirk Broad**
945833 (LR109, Exp1/268) Nelson Pit CP adjacent Macclesfield
Canal. 11ml Moderate. Bring lunch.

September

Thu 16th 10:00 YORTON from Crewe Eric Povall
505238 (LR126, Exp241) Station.Linear walk from Yorton to Wem on Marches Way & Shropshire Way. Train dep Crewe 09:26. Book return to Yorton. Return fr Wem dep 16:42 arr Crewe 17:17. 12ml Moderate. Bring lunch. Tel 01606 882371.

Sun 19th 10:00 HIGH LEGH Carol Goodwin
704842 (LR109, Exp276) Wrenshot Lane. Pass school, keep L at fork. Tel 01925 755640.

Sun 19th 14:00 FRODSHAM Beryl Capper & Marian Ainscough
521772 (LR117, Exp267) St Lawrence Church CP, Church Rd, by Ring o Bells PH.

Sun 19th	SUNDAY COACHES
VR&K	Glenridding (Cumbria)

Tue 21st 10:30 FRODSHAM Chris Weller
519766 (LR117, Exp267) Beacon Hill CP near Mersey View.Less than 1500 ft asc but with one very steep climb. 11ml Moderate. Bring lunch.

Tue 21st 10:30 SYGUN David Richards
SH606490 (LR115, Exp17) Layby (loop of old road) on S side of A498, 1 ml E of Beddgelert. Cnicht, the pretty way. 11ml Strenuous. Bring lunch. Tel 01606 889939.

Tue 21st	TUESDAY COACH
	Rushton Spencer (Staffs)

Thu 23rd 10:30 LLANARMON-YN-IAL John Burn
186565 (LR116, Exp256/265) Go past L of Raven Inn & park at jctn on roadside opp Methodist Chapel.Approx 1300 ft asc, 3 hills. 8ml Moderate. Bring lunch. Tel 01928 722115.

Thu 23rd 10:30 LLANGOLLEN Sheelagh Warner
214421 (LR117, Exp255/256) Town centre CP (Pay & Display) off Bridge St. Advise park elsewhere.Steam train to Glydyfrdwy and walk back. 11ml Hard. Bring lunch. Tel 01928 787443.

September/October

Sun 26th 10:00 KINGSLEY Sheelagh Warner
549748 (LR117, Exp267) Village Community Centre CP, off
B5153. Tel 01928 787443.

Sun 26th 14:00 GRAPPENHALL Bill Smith
647863 (LR109, Exp276) Cliff Lane, off Knutsford Road.

Sun 26th	SUNDAY COACHES
	Halton Darwen (Lancs)
	Warrington Blaenau Ffestiniog (Gwynedd)

Tue 28th 10:30 CROWTON David Braine
572756 (LR117, Exp267) Junction of Crewood Common Road
and Ainsworth Lane. Opportunity to leave/join at lunch at start
point at 1300. 9ml Leisurely. Bring lunch. Tel 01925 571203.

Tue 28th 10:30 LITTLEBOROUGH Keith Doughty
SD939152 (LR109, Exp21) Hollingworth Lake information point.
M62/J21, A663 and B6225. 12ml Moderate. Bring lunch.

Thu 30th 10:45 HEBDEN BRIDGE from Man Vic David Bratt
SD995268 (LR103, Exp21) 09:48 train from Man Vic. Circular
walk, 2400 ft asc. 2 Trigs. Optional evening meal in Manchester.
10ml Hard. Bring lunch. Tel 01925 762472.

OCTOBER

Sat 2nd 10:30 DENBIGH Duncan & Jean Goodwin
053661 (LR116, Exp264/265) Park town centre. Meet
library main street. 9ml Leisurely. Bring lunch. Tel 01829 760614.

Sun 3rd 14:00 LOWTON Celia Adamson
620965 (LR109, Exp276) Heath Lane (off A572), next to Lime
House. M6 J22/A579 to A572 then left & first right.

Sun 3rd	SUNDAY COACHES
	VR&K Holmfirth (W Yorks)

Tue 5th 10:30 CONGLETON David Brunt
846627 (LR118, Exp268) Astbury Mere Country Park. Sandy
Lane off A34. 10ml Moderate. Bring lunch.

October

Tue 5th 10:30 GREENWAY BANK COUNTRY PARK Bill Minshall
895550 (LR118, Exp258/268) Take the Bemersley Rd off the A527 S of Knypersley/Biddulph. Turn L onto lane by recycling site. 2nd CP next to reservoir. Make sure to go to CP by resvr. 12ml Moderate. Bring lunch. Tel 07771 985846.

Thu 7th 10:00 BROXTON Eric Povall
781630 (LR118, Exp268) Picnic area CP, ent 100m W from rdabt jctn A41/A534. 'Cheshire Circuit' penultimate leg. Linear walk. Bus dep 10:17 to Grindley Brook & walk back. 12ml Moderate. Bring lunch. Tel 01606 882371.

Sun 10th 10:00 BEESTON Harold Bennetton
540590 (LR117, Exp257) Beeston Castle Visitors' CP (payment required). Tel 01925 268871.

Sun 10th 14:00 CHRISTLETON Syd Robinson
443659 (LR117, Exp266) CP south-east corner of lake (The Pit), opposite playing field.

Sun 10th	SUNDAY COACHES
	Halton Shap (Cumbria)
	Warrington Grassington (N Yorks)

Tue 12th 10:00 CAT AND FIDDLE Ian Howard
SK001719 (LR119, Exp24) Lay-by opposite Cat and Fiddle Inn (A537 Buxton road). 7ml Moderate. Pub lunch. Tel 01606 48117.

Tue 12th 10:30 CALDY Douglas Burton
222851 (LR108, Exp266) Wirral Country Park CP, off B5140. 9ml Leisurely. Bring lunch.

Thu 14th 10:30 GLYN CEIRIOG Brian Holmes
204379 (LR126, Exp240/255) Community Ctre CP on R approaching village. 13ml Hard. Bring lunch. Tel 01948 770577.

Sat 16th 07:30 WARRINGTON Ray & Mary Brown
607885 (LR109, Exp276) Central Station. Rail Ramble - Glossop to Hadfield via Doctors gate Bleaklow. Tel 01925 726466 night before. 10ml Moderate. Bring lunch.

October

NOW IS THE TIME

To be planning your walks for the Spring 2011 Programme.
Contributions required by 15th November

Sun 17th 10:00 **STAMFORD BRIDGE** **Peter Young**
470673 (LR117, Exp266) Lansdowne Road (old A51), avoid
bus lay-by and garden centre.

Sun 17th **SUNDAY COACHES**
VR&K **Capel Curig (Conwy)**

Tue 19th 10:30 **TY'N-Y-GROES** **David Richards**
SH730234 (LR124, Exp18) Turn R off A470, 4 mls N of
Dolgellau. CP & WCs over bridge. Mawddach's secret waterfalls.
11ml Hard. Bring lunch. Tel 01606 889939.

Tue 19th 10:30 **HIGHER WINCHAM** **Bill Smith**
686764 (LR118, Exp267) CP junction Pheasant Drive and
Church St. Adj to school. 10ml Leisurely. Bring lunch.

Tue 19th **TUESDAY COACH**
Tockholes (Lancs)

Thu 21st 10:00 **RUNCORN** **Ralph Green**
538814 (LR108, Exp267/275) Halton Lea Shopping Ctre
entrance (sign for Trident shop ctre). 10:15 36 bus to Cheshire
Oaks, walk along canal to Chester, where return on 21 or 30 bus.
7ml Leisurely. Bring lunch or pub lunch. Tel 01928 714805.

Thu 21st 10:30 **AUDLEM** **Bill Minshall**
659437 (LR118, Exp257) CP Cheshire St. A529. 7ml
Moderate. Pub lunch. Tel 07771 985846.

Sun 24th 10:00 **CRANAGE** **David Brunt**
765687 (LR118, Exp268) Junction Hermitage La and
Twemlow La, off A50 1 mile east of Cranage.

October/November

Sun 24th	SUNDAY COACHES
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Halton	Much Wenlock (Shrops)
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Warrington	Rushton Spencer (Staffs)
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Tue 26th 10:30	ABER	Peter Wade
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SH664719 (LR115, Exp17) Forestry Commission CP (Pay & Display), 1ml SE village.N Wales Path, Moel Wnion, Gyrn, Llefn, 3000 ft asc. 10ml Strenuous. Bring lunch. Tel 01928 563100.

Tue 26th 10:30	PARBOLD	John Bent
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SD517109 (LR108, Exp285) Dangerous Corner lay-by A5209 2ml West of M6/J27. Visiting ancient hamlet of Douglas in Parbold. 8ml Leisurely. Bring lunch.

Thu 28th 10:30	TREVOR	Roger Hendry
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272423 (LR117, Exp255/256) CP Trevor Marina, 200yds SE off A539. Pen-y-coed, Llangollen & Castel Dinas Bran, 2400 ft asc. 11ml Hard. Bring lunch. Tel 01928 732325.

Sun 31st 10:00	FRODSHAM	Harold Bennetton
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519766 (LR117, Exp267) Beacon Hill CP near Mersey View. Tel 01925 268871.

Sun 31st 14:00	CROFT	Celia Adamson
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631935 (LR109, Exp276) CP opposite Horseshoe Inn.

Sun 31st	SUNDAY COACHES
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VR&K	Slaidburn (Lancs)
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NOVEMBER

Tue 2nd 10:00	BICKERTON	David Richards
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503531 (LR117, Exp257) NT CP, Goldford Lane. The Queen's Parlour (bring a torch). 9ml Leisurely. Bring lunch.

Tue 2nd 10:15	STRINES (NEW MILLS) from Man Picc	Pete Dunne
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978864 (LR109, Exp1) Railway Station. Linear rail walk to East Didsbury. Wayfarer tickets apply. 12ml Hard. Bring lunch. Tel 01614283863.

November

Sun 14th	SUNDAY COACHES
VR&K	Youlgreave (Derbys)

Tue 16th 10:00 **HAIGH** **John Watkin**
SD597087 (LR108, Exp276) Haigh Hall, 1 ml W of Haigh on School Lane. 650 ft asc. Start at Haigh Hall & visit Top Lock and windmill. 9ml Leisurely. Bring lunch.

DEADLINE FOR WALKS SUBMISSION
By 15th NOVEMBER, PLEASE!

Tue 16th 10:00 **DELAMERE** **Peter Wade**
542716 (LR117, Exp267) Barns Bridge CP, west of Hatchmere. 12ml Hard. Bring lunch. Tel 01928 563100.

Thu 18th 10:00 **THE ROACHES** **Ian Howard**
SK004621 (LR119, Exp24) 3/4ml NNW Upper Hulme (A53) on minor road. 11ml Hard. Bring lunch. Tel 01606 48117.

Sun 21st 10:00 **KELSALL** **Peter Young**
533693 (LR117, Exp267) The Yeld CP.

Sun 21st	SUNDAY COACHES
Halton	Hollingworth Lake (Gtr Manc)
Warrington	Ashford in the Water (Derbys)

Tue 23rd 10:00 **BLACKBROOK** **Ivor Williams**
534966 (LR108, Exp275) Sankey Valley Ranger CP. Parking off A58 behind pub. 9ml Moderate. Bring lunch.

Tue 23rd 10:00 **TODMORDEN** **Ron Baughan**
SD928248 (LR103, Exp21) Leisure Centre CP. 1 ml NW of town centre on A646. Walk to Mytholmroyd and train back. 11ml Hard. Bring lunch.

November/December

Thu 25th 10:00 HANBURY Rose Chisholm
SK174283 (LR128, Exp245) Parking at Hanbury Hill, on rd to L of
A515 S of Sudbury. Visiting the crater at Hanbury. 13ml
Moderate. Bring lunch. Tel 07801 576001.

Sat 27th 07:30 WARRINGTON Ray & Mary Brown
607885 (LR109, Exp276) Central Station. Rail Ramble -
Marsden to Littleborough on the Pennine Way. Tel 01925 726466
night before. 10ml Moderate. Bring lunch.

Sun 28th 10:00 ACTON BRIDGE Frank Search
601761 (LR118, Exp267) Verge near Leigh Arms, Acton
Bridge.

Sun 28th 13:30 ALDERLEY EDGE Harold Bennetton
860772 (LR118, Exp268) Wizard National Trust CP.P&D CP.
Tel 01925 268871.

Sun 28th	SUNDAY COACHES
VR&K	Loggerheads (Denbighs)

Tue 30th 10:00 EYAM David Brunt
SK216767 (LR119, Exp24) Village CP. (Pay & Display). 13ml
Moderate. Bring lunch.

Tue 30th 10:15 BROADBOTTOM from Man Picc Pete Dunne
990938 (LR109, Exp1) Railway Station. 09:48 from Man
Picc. Linear rail walk to Marple. Wayfarer tickets apply. 11ml
Hard. Bring lunch. Tel 01614283863.

DECEMBER

Thu 2nd 10:00 STRETTON Keith Doughty
618823 (LR109, Exp276) Fir Tree Close by Spire (formerly
BUPA) Hospital. 12ml Leisurely. Bring lunch.

Sun 5th 10:00 WHITEGATE Penny Clarke
629693 (LR118, Exp267) Park in school CP off village green.
Tel 01928 787496.

December

Sun 5th 13:30 WILMSLOW John & Judith Barnard
833814 (LR109, Exp268) Lindow Moss CP, off Racecourse
Rd A538. Walking through Quarry Bank Mill.

Sun 5th	SUNDAY COACHES
Halton	Barrowford (Lancs)
Warrington	Ramsbottom (Gtr Manchester)

Tue 7th 10:00 HELSBY Ivor Williams
491749 (LR117, Exp267) Quarry Car Park, Hill Road South.
9ml Moderate. Bring lunch.

Tue 7th 10:00 HORSESHOE PASS Brian Holmes
193481 (LR116, Exp256) CP adjacent Ponderosa Cafe on
A542. 2 ml S. of junc. A5104/A542. Llantysilio Mountain. 10ml
Hard. Bring lunch. Tel 01948 770577.

Thu 9th 09:30 ARNSIDE from Carnforth Peter Wade
SD461788 (LR97, Exp7) Station. 09:49 train from Carnforth to
Arnside, then walk back. Check train time with leader. 10ml Hard.
Bring lunch. Tel 01928 563100.

Sat 11th 07:30 WARRINGTON Ray & Mary Brown
607885 (LR109, Exp276) Central Station. Rail Ramble - Edale
to Hope via Castleton. Tel 01925 726466 night before. 10ml
Moderate. Bring lunch.

Sun 12th 10:00 STAMFORD MILL Peter Young
464668 (LR117, Exp266) Lane to Cotton Edmunds off A51,
verge parking.

Sun 12th	SUNDAY COACHES
VR&K	Buxton (Derbys)

Tue 14th 10:00 LOWER WITHINGTON David Brunt
813713 (LR118, Exp268) Catchpenny Pool, off A535, 2 miles
SW of Chelford. 11ml Moderate. Bring lunch.

Tue 14th 10:00 MONYASH Emma Dearman
SK150667 (LR119, Exp24) Village CP sharp left by Bull's Head.
12ml Moderate. Bring lunch. Tel 01565621095.

December

Thu 16th 09:45 RUNCORN Ralph Green
538814 (LR108, Exp267/275) Halton Lea Shopping Ctre
entrance (sign for Trident shop ctre). 21 bus to Chester and then
1 to Grosvenor Garden Ctre, walk back to Chester along Dee
and return to Runcorn on 21 or 30 bus. 6ml Leisurely. Bring lunch
or pub lunch. Tel 01928 714805.

Thu 16th 10:00 ALSAGERS BANK Bill Minshall
823478 (LR118, Exp258) Apedale Country Park off B5367
between village and Knutton 2mls NW of Newcastle under Lyme.
10ml Moderate. Bring lunch. Tel 07771 985846.

Sat 18th 10:00 MOEL FAMAU Duncan & Jean Goodwin
162606 (LR116, Exp265) Country Park on minor road SW off
A494 1/2ml SW Loggerheads. Bwlch Penbarra CP (Pay &
Display) on left at top of pass. 6ml Leisurely. Bring lunch. Tel
01829 760614.

Sun 19th 10:00 FRODSHAM Penny Clarke
519766 (LR117, Exp267) Beacon Hill CP near Mersey View.
Tel 01928 787496.

Sun 19th 10:00 APPLETON David Braine
631834 (LR109, Exp276) Lay-by on B5356, west of Walnut
Tree Lane (prev.Cann Lane.). Tel 01925 571203.

Sun 19th	SUNDAY COACHES
	Halton Haworth (W Yorks)
	Warrington Tewitfield (Lancs)

Tue 21st 10:00 CRIGGION Ron Baughan
295149 (LR126, Exp240) W off B4393 at Crewgreen, 10 ml S
Oswestry, onto minor road. CP on track into wood between
phone box and quarry entrance. 10ml Hard. Bring lunch.

Tue 21st 10:00 MALPAS David Brunt
488473 (LR117, Exp257) CP in lane off High Street, opp old
fire station. 11ml Moderate. Bring lunch.

December

Thu 23rd 10:00 **LITTLE BUDWORTH** **Sheelagh Warner**
590655 (LR117, Exp267) Little Budworth Country Park CP.
South end Coach Road. Walking north. 10ml Leisurely. Bring
lunch. Tel 01928 787443.

Sun 26th 13:30 **ACTON BRIDGE** **Harold Bennetton**
601761 (LR118, Exp267) Verge near Leigh Arms, Acton
Bridge. 'Festival of Winter Walks'. Tel 01925 268871.

Tue 28th 10:00 **KELSALL** **David Stearne**
533693 (LR117, Exp267) The Yeld CP, Yeld Lane, 0.3 km N
of A54. 1200 ft asc. 11ml Moderate. Bring lunch. 'Festival of
Winter Walks'. Tel 01928 735809.

Tue 28th 10:00 **WILMSLOW** **John & Judith Barnard**
833814 (LR109, Exp268) Lindow Moss CP, off Racecourse
Rd A538. Walking through Quarry Bank Mill. 8ml Leisurely. Bring
lunch. 'Festival of Winter Walks'.

Thu 30th 10:00 **CULCHETH** **Geoff Hill**
661949 (LR109, Exp276) Pack Horse Inn. 5ml Easy. 'Festival
of Winter Walks'. Tel 01925 763512.

Thu 30th 10:00 **CULCHETH** **David Bratt**
661949 (LR109, Exp276) Pack Horse Inn. Please use rear
pub CP & gather in front CP for mince pies & hot punch. 10ml
Leisurely. Bring lunch. 'Festival of Winter Walks'. Tel 01925
762472.

SPRING PROGRAMME STARTS 1st JANUARY 2010