**Essential Information**

All walks start at 10:15am unless otherwise stated. It is **£3.00 per walk** – includes tea, coffee and biscuits at the end of the walk.

The Wednesday walks vary in difficulty & length each week and so we have a ratings system to provide information on the difficulty of each one which is detailed in the key at the bottom of this sheet. If you are unsure of your level, try a short and easy walk first. You can also have a chat beforehand with any of the Bridgend staff to get information on what the terrain may be like. Please bear in mind that the conditions underfoot will vary depending on the weather. Please wear suitable footwear, clothing and equipment. It is also advisable to bring a drink on the walks as we normally have one five minute stop.

We also have a longer walk on the first Saturday of most months (marked in blue). Please bring a packed lunch with you on these walks as they are expected to finish at approximately mid-afternoon.

Dogs are welcome to join us on most walks, but should always be kept on a lead. If dogs are not allowed on any of the walks, it will be indicated on the walk information (for example if we go on a path where they are not allowed). All those talking part do so at their own risk.

**Key**

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|  | Easy: No steep climbs and taken at a gentle pace |
|  | Moderate: May have steep climbs, but if they do they will be taken at a gentle pace |
|  | Energetic: Generally will involve steep climbs and descents, will cover a moderate distance at a steady pace |
|  | Strenuous: Requires fitness and stamina to cope with several steep climbs and will cover a long distance at a faster pace |

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| *Date* | *Description* | *Length* | *Boot rating* |
| Wednesday 4th January | Rainowlow and the Harrop Valley | 5 miles |  |
| Saturday 7th January | White Nancy, Kerridge Ridge, Calrofold Lane, Back Eddisbury Road, Teggs Nose, (cafe & toilets), back via Gritstone Trail and Waulkmill | 8.5 Miles |  |
| Wednesday 11th January | Canal, Higher Hurdsfield and Kerridge (Nostalgia Trail 6) | 6 miles |  |
| Wednesday 18th January | Butley Town, Dumbah Hollow and Middlewood Way (Nostalgia Trail 8) | 6 miles |  |
| Wednesday 25th January | Pott Shrigley, Harrop Wood, Ingersley Vale (Tree Trail 4) | 5.5 miles |  |
|  |  |  |  |
| Wednesday 1st February | Around Nancy | 5 miles |  |
| Saturday 4th February | White Nancy, Kerridge Ridge, Rainow, Cliff Hill, Swanscoe Farm and return via the canal | 7.5 miles |  |
| Wednesday 8th February | Middlewood Way, Tinkers Clough, Canal and Rally Road | 5 miles |  |
| Wednesday 15th February | Rainow – Highways and secret byways | 5 miles |  |
| Wednesday 22nd February | Along Kerridge Ridge (Nostalgia Trail 3) | 5 miles |  |
|  |  |  |  |
| Wednesday 1st March | Secret Cottage – canal, ‘The Hole’ and the Middlewood Way | 5 miles |  |
| Saturday 4th March | Kerridge, Tinker’s Clough, Butley Town, Whiteley Green, Adlington, Pott Shrigley | 8.5 miles |  |
| Wednesday 8th March | Harrop Valley, Blaze Hill, Rainowlow, Savio House | 6 miles |  |
| Wednesday 15th March | Green Lane, Long Lane, the Windmill Pub and the Middlewood Way (Nostalgia Trail 1) | 4 miles |  |
| Wednesday 22nd March | Canal, Styperson Pool, Long Lane and Shrigley Road | 5 miles |  |
| Wednesday 29th March | Water and Steam via Adlington (Nostalgia Trail 7) | 6 miles |  |
|  |  |  |  |
| Saturday 1st April | Windgather Rocks via Charles Head and return via Saltersford Hall and Rainow | 11 miles |  |
| Wednesday 5th April | Hedgerow, Harrop Wood and Further Harrop | 5 miles |  |
| Wednesday 12th April | Kerridge, Swanscoe Hall, Macclesfield Canal | 5 miles |  |
| Wednesday 19th April | Nature Ramble with Cheshire East Rangers. This is a slower walk than our usual, with regular stops to look at our natural history (2 hours) | 2-3 miles |  |
| Wednesday 26th April | White Nancy, Rainow and Waukmill Wood | 5 miles |  |
|  |  |  |  |
| Wednesday 3rd May | Lowerhouse, Butley Town, Dumbah Hollow, Tinkers Clough, Macclesfield Canal | 5 miles |  |
| Saturday 6th May | Walk to Lyme Park via Sponds Hill and the Bowstones. Return cross country and the canal. | 10 miles |  |
| Wednesday 10th May | Bluebell walk to Harrop Valley | 4.5 miles |  |
| Wednesday 17th May | Green Lane, Long Lane, the Windmill Pub and the Middlewood Way (Nostalgia Trail 1) | 4 miles |  |
| Wednesday 24th May | Nature Ramble with Cheshire East Rangers. This is a slower walk than our usual, with regular stops to look at our natural history (3 hours). Bring binoculars if you have them. | 3-4 miles |  |
| Wednesday 31st May | Up the Nab | 4 miles |  |
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| Saturday 3rd June | Teggs Nose Country Park via Oakenbank, Ginclough, Lamaload, Walker Barn, returning partly via Gritstone Trail and below Kerridge Ridge | 10 Miles |  |
| Wednesday 7th June | Ramble up the Ridge (Kerridge) | 5miles |  |
| Wednesday 14th June | Canal, Higher Hurdsfield and Kerridge (Nostalgia Trail 6) | 6 miles |  |
| Wednesday 21th June | Ingersley Vale, Rainow, Oakenbank (Nostalgia Trail 4) | 4.5 miles |  |
| Wednesday 28th June | Middlewood Way, Tinkers Clough, Swanscoe Farm & Kerridge | 3.5 miles |  |