

THE MANOR GATEHOUSE CLUB
Rambling Group Programme April 2014 to September 2014
Secretary: Margaret Smyth 0151 327 7280

W = car park in Wales, by Hawarden Castle. E = car park in England at the Toby Carvery, Mickle Trafford. The map reference is for the start of the walk. Phone the leader if there is any doubt about the walk. Members making their own way to the start should advise the leader. A fuel contribution is payable by passengers to drivers.

Date	Day	Meet	Time	Start	Gd	Walk	Leader
Mar 31	Mon	W	8.30	17/732663	A	Foel Grach fm Cwm Eigiau, 9 m, 2400 ft	Tony Hinkins
Apr 2	Wed	E	9.30	126/400348	C	Around Ellesmere fm Ellesmere cp (£1) 8 m, undulating	Gwyneth & Will Harrison
Apr 7-9	Mon	tba	tba	Contact John	A	Southern Lakes, based at the Robertson Lamb Hut in Langdale	Contact John Braithwaite
Apr 9	Wed	W	8.30	256/189561	B	Llandegla fm Llanarmon-Yn-Lal, 10½ m	Eve & Brian Miller
Apr 17	Thur	W	8.30	17/720582	B	Craigiau Gleison fm Capel Curig, 6 m, 2000 ft	Pete Knight
Apr 22	Tues	W	8.30	17/736571	A	Moel Siabod from Pont Cyfyng, 6 m, 2500 ft	Joe Rae
Apr 24	Thur	E	9.30		C	Mersey estuary fm Hale	John McNay
Apr 28	Mon	W	8.30	SH 916579	B	Three Lakes Trail, Llyn Aled, Llyn Alwen & Alwen reservoir fm Llyn Aled, 10½ m	Margaret Smyth
May 6	Tues	E	8.30	24/963655	B	The Roaches fm Danebridge, 10 m, 1200 ft	Hazel Lyon
May 10 1 week	Sat				A,B & C	Tramuntana mountain range, Mallorca with HF Holidays	Contact Tony Hinkins
May 15	Thur	W	9.30	265/085578	C	Bontuchel, 7 m	Hazel Lyon
May 22	Thur	E			B	Darwen, Jubilee Tower	Sue and Dave Turner
May 27	Tues	Start	10.00	266/239835	C	Wirral coastline from Thurston c.p., 6 m, 250 ft	Bob Bird
May 29	Thur	E	8.00	7/413027	A	The Troutbeck round, 3590 ft, 12.8 m	Roger Kimpton
June 2	Mon	E	8.30	SK 196865	B	From Ladybower reservoir, 9 m, 1000 ft	Bob Worboys
June 11	Wed	Hooton Station c.p.	8.00	Settle c.p.	C B	To pre-book coach, contact Peter or Hazel Catrigg Force, 6½ m, 700 ft Malham Cove, 10 m, 1800 ft	John McNay Jim Pratt
June 16	Mon	W	9.30	SJ319547	C	Caergrwle Castle fm Alyn Waters, 7½ m, 1000 ft (est!)	Dave Green
June 19	Thur	W	8.30	23/853188	A	Glasgwm & Pen y Brynfforchog fm Cwm Cywarch, 8m, 2700 ft	John Dernie
June 24	Tues	W	8.30		B	Conwy to Penmaenawr round Myndd Dref (Conway Mountain), linear, train (£), 10 m, 1200 ft	Barbara & Les
June 30	Mon	W	8.30		B	Walk fm Llanfair Talhaiarn, 10 m	John Baxendale, Keith Evans
July 7	Mon	E	9.30	118/888696	C	Gawsworth, nr Macclesfield, 7 m	Hazel Lyon
July 9	Wed	W	8.30	SH 680232	A	Southern Rhinogs fm Cwm Mynach, 10 m, 3450 ft	John Braithwaite
July 17	Thur	E	8.30	24/950713	B	White Nancy fm Teggs Nose Visitor Centre, 9½ m, 1600 ft	John Lyth
July 22	Tues	W	8.30	SH 974527	B	Craig Bron-Banog fm Pentre-Lly Cymmer, 8 m	Margaret Smyth
July 28	Mon	W	8.00	17/668606	A	Carnedd traverse from Glan Dena. Pen-yr-Ole Wen, C.Dafydd, C. Llewelyn & Pen yr Helgi Du, etc, 10m, 3300ft	Mike Curtis
July 31	Thur	W	9.30	265/173613	C	Alyn valley / Moel Fammau foothills, 6 m, 800 ft	Shirley and Dave Cross
Aug 6	Wed				B	The River Dee, linear	Sue and Dave Turner
Aug 14	Thur	W	8.30		B	Llyn Crafnant / Gerionidd area	Alan Jupp
Aug 19	Tues	W	8.30	17/662603	A	Tryfan via Heather Terrace, 6 m, 2300 ft	Tony Hinkins
Aug 21	Thur	W	9.30	SH 738522	C	Ty Mawr (NT) fm Dolwyddelan (opt. visit NT/£3), 7 m	Pete Knight
Aug 28	Thur				B	tba	Keith Moores
Sept 2	Tues	W	8.30	SJ157328	B	Llanarmon Dyffryn Ceiriog, 7.7 m, 1558 ft	Dave Green
Sept 8	Mon	W	8.30	17/631447	A	Cnicht from Croesor, 7.5 m, 2600 ft	Joe Rae
Sept 10	Wed		9.30		C	tba	Margaret Boulton
Sept 17	Wed	E	8.30	265/199434	B	Llantysillio Green / Moel Y Faen fm Llangollen, 9½ m	Margaret & Jimmy Burns
Sept 25	Thur	E	8.30	24/150666	B	Limestone trail / Bradford & Lathkill Dales, 11 m, 1000 ft	Dave Cross
Sept 30	Tues	E	9.30	108/508518	C	Town Park fm Runcorn Hill, 8 m, 500 ft	Pete Knight
Oct 1	Wed	W	8.30	23/733115	A	Cadair Idris & Mynydd Moel fm Minffordd. 5½ m, 3200 ft	Geoff Beard
Oct 6	Mon	E	8.30	SO 455935	B	Cardington, 10m, 1200ft.	Bob Worboys
Oct 15	Wed	E	8.30	217/49936	B	Long Myndd fm Church Stretton, 10 m, 1400 ft	John Dernie

The club cannot accept liability for injury to or loss or damage to clothing or belongings of any member or visitor during a meeting of the Club or Group thereof.

Suggested fuel contribution:

15 – 25 m £3
25 – 40 m £5
40 – 60 m £8
60 – 80 m £10
80 – 100m £13

Walk grading

A 15 to 20+ points
B 10 to 15 points
C 5 to 10 points

Points scoring

1 point per mile
1 point per 500 feet of ascent
0 to 5 (or more!) points for terrain / conditions