



Cerdded

Conwy
Walks

Autumn Walks

October 6, 7, 8, & 13, 14, 15, 2017

Welcome!

We have one extra walk to tell you about before the Autumn Walks start.. Sue (Our Chair) is walking the whole of the North Wales Pilgrims Way (in sections). Part three was going to be on September 16th but many of you had other plans and disappointed you couldn't make it. So we have decided to change the date of part three of the walk to September 30th. Part four follows in the program below on October 14th.

September 30th

North Wales Pilgrims' Way – Walk 3 St Asaph to Llansannan

This is the third section of the North Wales Pilgrims' Way from Holywell to Bardsey Island (133.9 miles). This walk starts from St Asaph near the coast and then heads into the rolling hills of rural Conwy, passing through Llanefydd to finish in the beautiful village of Llansannan with its historical pub, The Red Lion. This walk could be very muddy in places.

The plan is to park in Llansannan and to book a bus to take walkers to the start of the walks at St Asaph and walk back to Llansannan. Please note that there will be a charge for this bus of around £8 per person in addition to the normal requested donation of £2. Details can be confirmed when booking.

Distance: 17.3km / 10.8 miles

Duration: 5 hours

Meet: Car park in the centre of Llansannan

Start time: 8:45am to catch the bus as 9:00am. The walk will start at 9:30am.

To book: susan.hibbert@btinternet.com or call 01352 711648. Please leave a message and landline number on the answer machine so I can return your call

Strenuous

October 6

Gwydyr Forest - mines, lakes, nature and views

Starting from the Llyn Sarnau car park we will walk on paths and forestry tracks to the beautiful Cors Bodgynydd Nature Reserve - along the (boggy) lakeside of Llyn Bodgynydd - and further through the forest to reach a disused mine. From there we will follow a disused leat to reach a reservoir and we complete the circular walk on tracks and paths - passing tips and shafts from the "Nant Bwlch y Haearn Mine/Outdoor Education Centre".

Dogs on leads welcome on this walk.

Duration: 4-5 hours (the weather will have a bearing on our time)

Distance: 10 km / 6-7miles

Meet: "Llyn Sarnau" car park in the Gwydyr Forest Grid ref: SH 777592

Start: 9:45am for a 10:00am start

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate



Into the Darkness – Coed y Gopa

A woodland walk crossing the boundary between day and night. Enjoy the autumn colours in the last of the slanting daylight. Then try out a bat detector and listen out as creatures of the day give way to nocturnal species. Please bring a torch and plenty of warm clothing as we WILL be walking in the dark! Under 18s welcome but must be accompanied by a parent or guardian.

Duration: 3 hours

Distance: 4km/ 2 ½ miles

Meet: Tan y Gopa Road LL22 8DS. Follow signs for Abergele Golf Course. Just after the golf course, bear right. The wood entrance is then on the left after about 300m. Grid ref: SH933771

Start: 5:00pm for a 5.30pm start

Booking: Kylie Jones Mattock 0343 770 5785 kyliejonesmattock@woodlandtrust.org.uk

Moderate

October 7

Train Walk: Llanrwst to Betws Y Coed and walk back through the Gwydyr Forest

We will take the train from Llanrwst to Betws Y Coed (payable) and we will walk back from Betws y Coed to Llanrwst through the Gwydyr Forest - the weather will decide which route we take. We will walk past Llyn Parc and if it is nice, we will carry on via Hafna to Trefriw. If the weather isn't so good we will walk a different way up to the lake and take a shorter route back to Llanrwst via Caerdroia Labyrinth.

Dogs on leads are welcome on this walk.

Duration: 5+ hours (if the weather is good)

Distance: 15 km / 9 miles

Meet: Glasdir car park, Llanrwst, LL26 0DF

Start: 10:00am for a 10:15am start to the train station. Train leaves Llanrwst 10:56 am

Booking: Jutta Lorenz-Kubis 01492 650705

Moderate +

October 8

Woods and Views, above Mochdre to Colwyn Bay

We will catch the bus from Mochdre to Colwyn Bay, where we will start our walk up to and through Pwll y Crochan Woods Nature Reserve. We will visit the 'View' at Colwyn Heights and aim have our packed lunch here with wonderful views all around us. We will continue through fields and along lanes back to Mochdre where we can enjoy refreshments at The Mountain View Pub. There are a couple of very steep up and downs on this walk. Boots are essential as there are some very muddy patches.

This walk is not suitable for Dogs due to the number of livestock in some of the fields.



Duration: 4 - 4.5 hrs to include a lunch stop.

Distance: 5.5km / 3.5 miles

Meet: Outside the Post Office in Mochdre. There is a free car park behind the shops on the main road, sign posted **P** and Llangwstenin. Please note there are no toilets available in the village. There will be an opportunity for us to have refreshments at the end of the walk at The Mountain View Pub.

Please bring a packed lunch and plenty of water with you.

Start: 10.50am to catch Bus no13 to Colwyn Bay (payable)

Booking: Ann Allen 07580545601 or email ann.e.allen@btopenworld.com

Moderate

October 13

Fungus Foray, Trefriw

A circular walk, in the Gwydir Forest with good views of Snowdonia from Llyn Sarnau, near to Trefriw, hunting for the fungi which abound in the area. Identify your findings and learn more about their fascinating life-cycles. Dogs on leads welcome on this walk.

Duration: 3 hours

Distance: 5 km / 3 miles

Meet: Trefriw Gower Road car park (opposite Trefriw Woollen Mill) for short car share to start of walk.

Start: 1:00pm for 1:15pm start

Booking: Dave & Joan Prime 01492 642605 or 07889 851300 joandavetytop@btinternet.com

Easy/Moderate

October 14

North Wales Pilgrims' Way – Walk 4 Llansannan to Llangernyw

This is the fourth section of the North Wales Pilgrims' Route from Holywell to Bardsey Island (133.9 miles). The first three sections have been very popular. The remaining sections of the walk will be offered sequentially throughout forthcoming programmes.

We will meet at Llangernyw to catch a minibus (payable) to Llansannan, where the walk will start. We will pass through: Gwytherin and Pandy Tudur before finishing at Llangernyw – home to the famous Llangernyw Yew dated to between 4,000 and 5,000 years old. The walk is in the main along defined public footpaths but can be very muddy in places. Please note that there will be a charge to cover the cost of the bus of around £8.00 per person in addition to the normal requested donation of approx. £2.00.

Duration: 6 hours

Distance: 20.8km/12.9 miles



Meet: At the entrance to Llangernyw school/community centre

Start: 8:45am to catch 9:00am bus from Llangernyw to Llansannan, walk start time: 9:30am

Booking: Sue Hibbert 01352 711648 If leaving a message, please leave a **landline** number on which you can be reached.

Strenuous

From Birds to Battlements, a walk from RSPB Conwy to Deganwy Castle

Join us on this easy walk from RSPB Conwy as we follow the Wales Coast Path along the estuary to Deganwy. We will then make our way up onto the Vardre and to the site (hill) where Deganwy Castle once stood. There is a rough narrow (reasonably steep) track to the top of the hill where we will see panoramic views of Conwy Castle, Snowdonia, the coast, Anglesey, Llandudno and the Great Orme, Nant y Gamar, Conwy Valley...a good spot for a castle! If you don't wish to go to the top of the hill there are information boards that can be viewed around the bottom. Depending on the weather we can stop to have our refreshments on the Vardre. We will return to RSPB Conwy the same way but the views on the back will be different. If you wish to please join us for refreshments at the RSPB café at the end of the walk. Families welcome. Please bring refreshments and suitable clothing and footwear. The Vardre can get muddy.

Duration: 2-3 hours (depending on what we see, stop and look at, lunch stop, weather)

Distance: 6.8km / 4.5miles

Start: 10:45am for 11:00am start

Booking: Colin Devine 07770 964716

Easy with one steep slope

October 15

Crimpiau, Crafnant

We'll walk up through the woods along the beautiful Crafnant valley to the end of Llyn Geirionydd and on to Crimpiau via forestry roads and old tracks. If we're lucky with the weather we'll be treated to wonderful views of the Snowdon range, the Ogwen valley, and the Carneddau.

Duration: 6-7 hours

Distance: Approx 12km / 8 miles

Meet: Meet at Trefriw car park opposite woollen mill. There are loos, a cafe and a shop near to our meeting point.

Start: 10:00am for a 10:15am start

Booking: Colin Devine 07770 964716

Strenuous

*****Don't forget to read the booking conditions at the end of this programme*****



**** The Important Stuff ****

How easy or hard are the walks?

Easy: Mainly flat, under 4.8km/3miles.

Moderate: Some steep slopes and uneven ground 4.8-11km/3-8miles.

Strenuous: May be very steep, over 11km/7miles.

Cerdded Conwy Walks is supported by Conwy County Borough Council. However all walks are led by volunteers. With limited funding available we therefore ask for a donation (**suggested £2**) from walkers. All donations go towards supporting the work of Cerdded Conwy Walks to continue to put on led walks for you to enjoy.

For your safety.... You must read a copy of the booking conditions and agree to them before attending any walks.

Booking All walkers are asked to pre book onto walks unless otherwise stated in the programme. This is for the following reasons: For the participant to enjoy the walk; Health and Safety: to have the correct ratio of leaders to walkers. This can vary from walk to walk depending on the terrain, type of walk and the leader; For leaders to have the details that are required of each walker. If a walk is fully booked, your name can be held in reserve. If a participant turns up at the start of the walk who has not booked the leader reserves the right not to accept the person on the walk.

Health It is the responsibility of all walkers to ensure that they are physically fit enough to take part in the walks that they have chosen. Leaders will ask walkers to disclose any medical information that may affect them at any time of the walk. This information is for the walker's safety and well being.

Clothing, Footwear, Food and Drink It is the responsibility of all walkers to ensure that they wear appropriate clothing and footwear for the conditions likely to be encountered i.e. sturdy footwear and waterproof clothing. It is recommended that walkers bring food and drink adequate for their needs and the duration of the walk. Please bring sun cream if required. The leader has a right to turn away walkers who are not adequately equipped.

Young People All children under the age of 18 are welcome but must be accompanied by a parent or guardian over the age of 18. Some of the walks may be unsuitable for children, if you would like to bring children on the walk please contact the walk leader to check that this will be appropriate.

Starting Time As noted in the programme, please arrive at least 15 minutes prior to the start of each walk in order to register. Walks will commence at the quoted start time whether all participants have arrived or not.

Weather The walk leaders will be at the starting point whatever the weather. However, in exceptional weather conditions, the walk may be re-routed or cancelled to ensure walkers safety. **Cont.....**

Alteration The organisers reserve the right to alter the programme without prior notice. The details in the programme are believed to be correct at the time of going to print. The walk leader reserves the right to change the route of the walk during the walk if necessary for safety purposes.



Photographs During the walks leaders may take photographs of walkers that may be used for promotional material in future years. Anyone who does not wish themselves or their child to be photographed for promotional material should notify leaders and staff at the start of the walk.

Dogs Dogs are welcome on all walks unless otherwise noted in the programme. Dogs must be kept on a lead at all times.

Ticks When you are in the countryside you are at risk of being bitten by a tick. Ticks can carry a variety of diseases so it is important that you know what to do if you are bitten, or how to avoid being bitten in the first place. For more information go to www.bada-uk.org.

Smoking All walks are non smoking.

Liability The organisers have endeavoured to ensure so far as is reasonably practicable the safety of all participants during the walks. However, the organisers cannot be held liable, for any injury to, loss of or damage to, personal or any other property, however caused except to the extent to which it results from the direct negligence of the organisers and where the organisers owed a duty of care. We advise you to take out insurance against accident and personal injury. It is the responsibility of those taking part in the walks to satisfy themselves that they are sufficiently fit and adequately attired for the walk. The walk leaders reserve the right to refuse any ill-equipped walkers.