

## WALKING GROUP

### June 2018/July 2018 Walks

Wed June 6 <sup>th</sup>	Rainow/Teggs Nose	5m	Moderate	Jean Mitchell
Tues June 12 <sup>th</sup>	Glossop	5-6m	Moderate	Irene Riley
Wed June 20 <sup>th</sup>	Buxton	5m	Moderate	Sheila Stafford
Tues June 26 <sup>th</sup>	Styal Woods	5m	Easy+	Val and Roy Bradshaw
Wed July 4 <sup>th</sup>	Tittesworth Reservoir <b>(D)</b>	5m	Moderate	Judith Lynch
Tues July 10 <sup>th</sup>	Whitehough/Eccles Pike	4m	Moderate	Judy Rhodes
Wed July 18 <sup>th</sup>	Park Bridge/Daisy Nook	5m	Moderate	John Bloor
Tues July 24 <sup>th</sup>	Bollington	5.5m	Moderate	Sue Ward

### Walk Grading

**Very Easy:** More or less flat, good surface, few stiles

**Moderate:** Typical of local terrain

**Easy:** Small sections of hill, not too rough, limited stiles

**Moderate +:** More climbing and/or more stiles

**All walks meet IN Brabyns Park for prompt departure at 9.45 am.** Car passengers are asked to contribute 10p per mile to petrol cost.

**Walking safety:** Footwear (walking boots), clothing and equipment needs to be suitable for the conditions likely to be encountered. This area is famous for changeable weather so come prepared for all eventualities. Bring your mobile phone and inform the leader of your phone number and that of an emergency contact. Provide your own first aid kit.

**Refreshments:** Bring more than adequate food and drink for the length of walk and weather conditions. Remember delays sometimes occur.

**(D)** Indicates that the walk is some distance away and will therefore take longer. All walks are subject to change.

Please stay with the group unless you have arranged with the leader to do otherwise.

Walking group co-ordinators are Jean Mitchell (0161 221 2304) and Judith Lynch (0161 449 7507).