



Walking Weekend March 23, 24, 25, 2018

Welcome!

Hello! Welcome to our weekend of walks in March. The New Year Walks proved to be popular with 78 walkers on 4 walks. Let's hope we feel a touch of spring in the air for this next programme of walks. Don't forget our next walking weekend after this will be April 20, 21, and 22. Walking Weekend dates for 2018 are at the bottom of this programme...Happy walking...

23 March

The Magnificent Great Orme

Who can say no to a walk on the Orme...Towering above Llandudno this beautiful headland offers a place of calm and discovery. We will meet at West Shore and explore the slopes of the Great Orme by following some of the lesser known paths. Weather permitting we will get some spectacular views over the Estuary, Snowdonia and the coast of North Wales.

Although the Orme is right by Llandudno the weather can be very changeable and the ground steep and uneven in places so come well prepared.

Duration: 4 hours

Distance: 10km / 7miles

Meet: West shore, Llandudno, near the boating lake. There is plenty of free roadside parking. There are toilets (payable) near the park.

Start: 9.45am for 10.00am start

Booking: Margaret Norwood 01492 584738

Grading: Moderate with some steep slopes

23 March

Crafnant and Geirionydd Circular

A lovely walk from Crafnant to Geirionydd and around both lakes. This circular walk follows woodland paths and tracks with wonderful views of the surrounding area.

You will have the opportunity to walk through a mine tunnel, and have a go at a Welsh version of 'Pooh Sticks'!

Dogs on leads welcome on this walk.

Duration: 3 hours

Distance: 8km / 5miles

Meet: Car park half a mile from Lake Crafnant Grid Ref: SH756 618



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

Booking: Clive Noble – E-mail - Clivesccw@outlook.com

Grading: Moderate

24 March

Up with the Lark, Henryd

Experience the wonder of the dawn chorus and see the sunrise as we step into spring in style!

One for the early birds, we will set out at dawn for a woodland walk and enjoy some hopefully spectacular views to the east as the sun rises over the Conwy Valley. A flask of much needed tea and some seasonal treats will await us on the return to our start point!

Duration: 2 hours

Distance: 4.5km / 3 miles

Meet: Parc Mawr Woods, Henryd. SH760744. LL32 8EZ.

Start: 5.30am

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

Grading: Moderate

24 March

Llanrwst - Betws Y Coed Train Walk

This walk was popular last year so this year we will do the same but different!

We will take the train from Llanrwst to Betws y Coed and walk back to Llanrwst a different way to last year. We will still walk through the Gwydyr Forest but head to Llyn Sarnau, further on above Hafna Mine and via Trefriw back to our cars. If the weather isn't nice enough, we can take a short cut to Llanrwst via Caerdroia Labyrinth.

Dogs are welcome on this walk.

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

Distance: 15 km / 9 miles

Meet: Free Car park Glasdir Llanrwst (LL26 0DF) by the Library

Start: 10:15am for 10:30am start to the train station. The Train leaves 10:56am

You can use your bus pass or there will be a small charge of £2.30 for the train ticket.

Booking: Jutta Lorenz-Kubis 01492 650705

Grading: Moderate +



24 March

Up the Afon Porth Llwyd and down the Afon Dulyn

We will visit the dam disaster memorial then walk up the zig zag path which rises behind Dolgarrog. We then continue through the beautiful Coed Dolgarrog to Afon Porth Llwyd and along the leat to pick up the Afon Dulyn on its way down to Tal y Bont. If the weather's kind to us we should enjoy some nice views of the Conwy Valley. We included this walk in the New Year programme and following feedback we are repeating it in this programme to give more walkers the opportunity to come along.

Duration: half day

Distance: Approx 4 miles

Meet: Meet and park on roadside outside the site of Dolgarrog School (currently being demolished).

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

Booking: Colin Devine on 07770964716

Grading: strenuous at first, then moderate.

25 March

Ty Mawr Wybrnant Circular, Nr Penmachno

From the meeting point we will walk through the southern Gwydyr Forest up to Ty Mawr Wybrnant. Ty Mawr Wybrnant is the birth place of Bishop William Morgan who was the first to translate the whole of the Bible into Welsh. Here we will have the opportunity to get some information about this special place (National Trust) and take a break, before we walk down hill and back on the lower level of the Lledr Valley to our cars.

Dogs on leads welcome on this walk. They have to be under close control on National Trust land.

Duration: 3 – 3.5 hours plus stop at Ty Mawr Wybrnant (Bishop Morgan's House)

Distance: 10km / 5.5miles

Meet: Forestry road, Grid Reference SH 799 539. I will explain the way to you, when you are booking.

Start: 10:15am for start at 10:30am start

Booking: Jutta Lorenz-Kubis 01492 650705

Grading: Moderate (depending on the weather)



25 March

Count your steps to see the Seals, Little Orme

In January we saw the seals at Angel Bay as they prepared to moult.

Today we'll go back to see how they are getting on!

If you've not seen the seals at Angel Bay then this could be the walk for you. We'll walk on the level (there are a few steps) all the way, so it's suitable for all the family. Please bring warm clothing and binoculars if you have them.

Duration: 2-3 hours

Distance: Approx 10,000 steps / about 2-3 miles.

Meet: At the junction of Penrhyn Avenue and Rhos Promenade

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

Booking: Colin Devine 07770 964716

Grading: Easy

[Walking Weekend Dates for 2018 are noted on the next page/below...](#)

Dates for the Diary 2018

We're listening to your feedback that you would like more regular walks, so....for 2018 we will have more regular weekends of walks through the year.

January 12,13,14

March 23, 24, 25

April 20, 21, 22

May 18, 19, 20 Trefriw Walking Festival

June 22, 23, 24

September 28, 29, 30

October 12, 13, 14

In addition to the above leaders can put on additional walks outside our programme dates and those walks will be promoted on our Facebook likes page (cerddedconwywalks). We look forward to seeing you on the walks.



****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.

Please see **BOOKING CONDITIONS** on next page/below...

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.