



## New Year Walks January 12, 13, 14, 2018

### Welcome!

Happy New Year! Each year our leaders put together a short new year's programme of walks to get us out and about after Christmas. Don't forget our next walking weekend after this will be March 23, 24, and 25. Walking Weekend dates for 2018 are at the bottom of this programme...Happy walking...

### 12 January

#### Eglwysbach Valley - a circular walk to the WEST

From the "BEE" car park we will walk along the main road through the picturesque village, passing the school and further along to the cross road. From here we will go up the hill towards Maenan and the reservoir. There are lovely views of the Carneddau mountain range! We will carry on over the hills, past Llyn Syberi, through Bodnant Estate and down to Ty Gwyn - this time with a wonderful view over the Conwy Estuary. We will return below Bryn Hir on the back track. Most of the walk will be on tarmac but there will be some muddy bits! Please bring appropriate clothing and refreshments, the winter weather can be very changeable.

Dogs are always welcome.

The BEE is happy to open specially and welcome us after our walk. If you are interested in refreshments/soup after the walk please have a chat with Jutta when booking.

**Duration:** 3-4 hours

**Distance:** 9 km / 5.5 miles

**Meet:** The BEE Inn, Eglwysbach, LL28 5UD, SH 803703

**Start:** Meet 9:45am for a 10am start

**Booking:** Jutta Lorenz-Kubis 01492 650705

**Grading:** Moderate

### 13 January

#### Eglwysbach Valley - a circular walk to the EAST

From the "BEE" car park we will walk along the main road through the picturesque village, passing the school to continue to the cross road. This time we will walk up the lane to Llwyn Du and along a track with nice views over the Eglwysbach Valley and the Conwy Estuary. We will cross the Carrog river and pass Gyffylog Farm to carry on to the north to Topan Fawr. The lane leads us down to Graig Chapel. We will then walk back to the BEE either on a public footpath or via the hamlet of Graig and the back track below Bryn Hir.

Most of the walk will be on tarmac but there will be some muddy bits! Please bring appropriate

clothing and refreshments, the winter weather can be very changeable. Dogs are always welcome. The BEE is happy to open specially and welcome us after our walk. If you are interested in refreshments/soup after the walk please have a chat with Jutta when booking.

**Duration:** 3-4 hours

**Distance:** 10 km /~6 miles

**Meet:** Car park The BEE Inn, Eglwysbach, LL28 5UD; SH 803703

**Start:** Meet 9:45am for a 10am start

**Booking:** Jutta Lorenz-Kubis 01492 650705

**Grading:** **Moderate**

## 13 January

### Count your steps to see the Seals, Little Orme

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 07770964716

**Grading:** **Easy**

## 14 January

### Up the Afon Porth Llwyd and down the Afon Dulyn

We will 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.

**Duration:** half day

**Distance:** Approx 6 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.**

**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](http://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.