

2018 Walking Group Programme V7

New Walkers are always welcome

Please note that the walks may be subject to change. Group members will be updated by e-mail and non members may contact the Secretary **Arnie Hicklin** at arnieh794@gmail.com to be added to the distribution list.

| Date | Name | Walk |
|--|------------|---|
| January 7 | Arnie | Brassington-9.5 miles- level 2-3 Cancelled-sorry! |
| February 4 | Arnie | Brassington 9.5 miles level 2-3 |
| March 4 | Marion | Cancelled due to snow |
| April Sun 8 | Jen & Dave | Kinder Plateau and Downfall-13 miles, level 4. 10 mile option available |
| May 13 | Julie | Ashover skyline 10.7 miles |
| June 10 | | |
| Weekend 1 Fri 22-Mon 25 June | Jen & Dave | Keswick, Lake District |
| July 1 | Heather | Chelmorton Five Dales Round. 9.5 miles. Level 2-3 |
| July 29 or August 12 (TBA) | Roy & Sue | TBA |
| Walking Holiday Sat 1st to Sat 8 th September | Group | Chamonix |
| September 16 | Tracey | Ladybower/Hope Valley |
| Weekend 2 Fri 21-Mon 24 th September | Heather | North Yorkshire |
| October 7 | Jen & Dave | Goyt Valley |
| November 11 | Les | TBA |
| December 1 | | Christmas walk and/or meal |
| | | |






Summer Evening Walks All Level 1

Evening walks are a great way to get into/back into walking. We generally start walking at 18:30 and walks last approximately 2-2.5 hours and we usually 'debrief' in a pub. Usually a Wednesday, but this is flexible. The walk length is usually around 5 miles and takes a 'leisurely' pace.

| Date | Name | Walk |
|------------------------|-----------------|------------------------|
| 25 April Wednesday | Karen Bilbie | Riddings, 4.5 miles |
| 9 May Wednesday | Jenny Ainsworth | Bluebell Heaven |
| 23 May Wednesday | Les | Wirksworth 5 miles |
| 6 June Wednesday | Les | Cromford 5 miles |
| 20 June Wednesday | Roy | Shottle 4 miles |
| 4 July Wednesday | Tracey | Cromford 5 miles |
| 18 July Wednesday | Marion | Wirksworth/Black Rocks |
| 1 August Wednesday | | |
| 15 August Wednesday | Jen & Dave | Osmaston? |
| 29 August Wednesday | Arnie | Crich- 5 miles |

Guide to walk rating

Note: All weekend away walks are level 3-4

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|--|--|---|
|  Easy - 1 6-8m, 4-5hrs Mainly flat, several hills, easy incline, good footing |  Easy/Moderate - 2 8-10m, 5-6hrs Days provide a combination of easy and moderate terrains |  Moderate - 3 8-12m, 5-6hrs Moderate hills each day, variety of surfaces, no long difficult descents |
|  Moderate/Energetic - 4 8-16m, 5-6hrs Days provide a combination of Moderate and Energetic Terrains |  Energetic - 5 10-16m, 6-7hrs Higher frequency of hills or steps, generally longer ascents and descents | |

Arnie Hicklin, Secretary, 12.06.2018