

LONG WALKS



LONG WALK on Wednesday 21st May

Loggerheads, Cilcain and Frith Mountain

MEET at **9.30** in the Station Road Car Park, Neston

DISTANCE 8.8 miles

TOTAL ASCENT 476 metres

LEADER Rosemary Hollingsbee

The walk starts from Loggerheads country park and sets off along the Leete Path reaching the pretty village of Cilcain after about 3 miles.

We will stop here for an early lunch. There are excellent facilities-village shop, toilets and even a pub. The village church with its beautiful roof should also be open. We then continue along the slopes of Moel Famau (Frith Mountain) to eventually return to Loggerheads with its café and toilets.

Although there are a couple of climbs, the walk isn't strenuous and the views are excellent, weather permitting.

**PLEASE CONTACT ROSEMARY IF YOU
WOULD LIKE TO COME**

Rosemary Hollingsbee
walking@nestonu3a.org.uk

Please note all walks are undertaken at your own risk.

- 1. You are responsible for your own safety and for your personal possessions.**
- 2. Please remember to bring your Membership card with you with the In Case of Emergency information completed.**
- 3. Please bring masks in case there is opportunity to stop for a break where the venue might require them.**
- 4. The walk leader reserves the right to cancel the walk due to severe weather or other emergency.**
- 5. Please remember to check your emails before you leave home in case the walk is cancelled at short notice.**

YOUR PERSONAL RISK ASSESSMENT

Whilst there are now no Government restrictions in place please use common sense when deciding whether attend a walk. If you have a cough, cold or feel unwell then please consider the safety and wellbeing of other members of the group.