

LONG WALKS



LONG WALK on Wednesday 16th July

Llanarmon-yn-lal and Offa's Dyke

MEET 9.30 Station Road car park

DISTANCE 6 miles

Total ascent 342 metres (1125 feet)

LEADER Rosemary Hollingsbee

The walk starts from the pretty village of Llanarmon-yn-Lal (postcode of pub CH7 4QE) and follows footpaths through the valley gradually ascending to Offa's Dyke footpath with spectacular views over the valley and eventually the Vale of Clywyd. We then follow this for 2-3 miles with more ascent until descending from the ridge back into the village. There are several options for the descent, some steeper than others, so we can make a choice on the day, depending on our levels of fitness and the weather. The village shop is open during the week serving hot drinks and cake. It has a toilet which we may be able to use with permission.

At the time of the recce some of the fields were waiting for harvesting but this should have been done by the 16th. However, some of the stiles are a bit rickety and there are likely to be cattle in at least one field.

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.