

# LONG WALKS



## LONG WALK on Wednesday 15<sup>th</sup> July

Delamere Forest

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

DISTANCE 6 miles

TOTAL ASCENT 653 feet

LEADER Rosemary Hollingsbee

The walk starts from Barns Bridge car park in Delamere Forest and follows forest and field paths via the village of Hatchmere to Delamere forest visitor centre which has toilets and a café.

It returns via forest tracks, part of which form the Sandstone trail, to the start of the walk.

It is possible to extend the walk by ascending Old Pale Heights near the visitor centre which has lovely views of 8 counties on a clear day.

# 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 another 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.