

ALTRINCHAM & DISTRICT RAMBLING CLUB

<http://www.altrincham-ramblers.org.uk>

SEPTEMBER CIRCULAR 2026

ADRC Leaders and Members should note the following matters:

Club Leaders. For members advice on all issues for leading walks, including; planning, briefing and post-walk, please refer to the Club's "Guidelines for Leaders of Club Walks" (Issue 1, December 2021), which can be found in the "Members Area/Documentation" section of the Club website. Walk grading can be found on the on-line walk submission form and membership card for members and via the 'Walk Category Descriptions' link at the top of the Forward Walks Programme on the website, for non-members. ADRC offer volunteer (unpaid) led walks.

Insurance. The ADRC Hazard Appraisal Form and the completion of it by the Club Leaders for their organised walks, is not a requirement of the current Club insurers. However, in line with best practice, the Club recommends that this procedure/process is undertaken for all walks.

Club Records. In line with Club policy/procedure, would all Walk Leaders on completion of their organised walk, please compile a list of participants and forward this to Phil Worsley (philworsley25@gmail.com). Any walking accidents are to be reported to Beverly Harrison (beverly_harrison@hotmail.com).

Walker Reminder – our Walk Leaders are volunteers and have put a lot of effort into their walk, for participants to enjoy. We must allow leaders to control their walk and pace, and each walker should ensure they are fit enough to complete the walk and have suitable clothing and food/drinks. Please therefore respect this by walking behind the leader, or if there is need to go ahead, or drop back, inform the leader of your intentions. Equally, we must look out for each other and the safety of each walker.

Please continue to check the Club website and your email inbox/spam for current information and advice.



Featured Walk – One Trig, Two Moors and Three Chambers

This walk is within the beautiful Forest of Bowland (reportedly a deeply cherished place of QEII). Soon after leaving Quernmore, we pass the Ottergear Bridge/Aqueduct, a massive stone structure carrying Manchester's water from the Lakes. The walk continues to the lovely hamlet of Little Dale and on to the walk's headline, the incredible Three Chairs on Grit Fell. The chairs are stone and slate shelter/seat structures, created by local environmental artist Andy Goldsworthy and commissioned by the Duke of Westminster. It will be a fab walk, sign up with Nigel.

WEDNESDAY 2 SEPTEMBER, Chinley Four Peaks, 10.3 Miles, Cat' 3/2, Transport 23 Miles (£5.75)

Time Walk Start Time 09:30

Leader(s) Steven Taylor, Tel: 07810 631566

Meet At Bugsworth Canal Basin (near Buxworth village). Postcode SK23 7NE. What3Words [///amazed.digits.snored](https://www.what3words.com/#!/amazed.digits.snored). On the A6 towards Whaley Bridge, turn left signed to Chinley on the B6062. This turn is a very sharp hairpin. If you overshoot it don't panic, continue a short distance to a roundabout to return back on the A6 to the B6062 turning. Free lane-side parking alongside the canal basin, no toilets. Space could be limited, so car sharing appreciated.

Details A development of last year's "Chinley 3 peaks" walk. The paths, tracks and fields are usually good and take us to: Eccles Pike, South Head, Mount Famine and Chinley Churn. Great views if the weather is good. Ascent approx. 2,200ft. Bookings: steven-taylor@talktalk.net

WEDNESDAY 2 SEPTEMBER, Bowdon to Ashley, 6 Miles, Cat' 4/3, Transport 6 Miles (£1.50)

Time Walk Start Time 10:30

Leader(s) Jenny Rydell, Tel: 07789 191055

Meet At Meet at Bowdon Vale Coop, WA14 3BA. Plenty of parking around the nearby roads.

Details Most of the walk is cat 4 around the Bollin Valley. We will have lunch at the Cricket club and return via Ashley Hall, 'into the wild' and through the woods back to Bowdon. This can be a bit rough underfoot, a bit up and down with plenty of tree roots. A pleasant summer walk. Bookings: jrydell@outlook.com

SUNDAY 6 SEPTEMBER, Coach Trip to Grange-over-Sands. There will be no local walks today

WEDNESDAY 9 SEPTEMBER, Alphin Pike & Pots and Pans, 9 Miles, Cat' 2, Transport 23 Miles (£5.75)

Time Walk Start Time 09:30
Leader(s) John Capel, Tel: 07866 764187
Meet At Dovestone Reservoir P&D Car Park (free for RSPB Members), toilets, ice-creams. GR SE013036, What3Words ///accented.deliver.equivocal. Leave M60 to J23, A635 to Greenfield, then turn down Bank Lane to the car park.
Details After a short warm up, we start a 250m (800ft) steep, but safe, climb to Indian Head (my 11-year grandson did it with me recently), with some scrambling needed near the top! We then enjoy walking along the undulating path to Alphin Pike and then descend into Greenfield village. After a short section along the River Tame, we start our second 250m climb (easier gradient) up to the obelisk and the Pots & Pans rock outcrop. Traversing around Alderman's Hill, we descend to Binn Green car park, then across the dam, finishing under the Great and Little Dove rocks and back for a very earned ice-cream. If we get a clear day, the views will be spectacular. Bookings: john@capels.net.

WEDNESDAY 9 SEPTEMBER, Chester Walls, 4/6 Miles, Cat' 4, Transport 30 Miles (£7.50)

Time Walk Start Time 10:30
Leader(s) Beverly Harrison, Jenny Rydell, Judy Bailey, Tel: 0161 928 1093, or 07401 519951, 07789 191055
Meet At Boughton Heath Park and Ride, 125 Whitchurch Rd. Great Boughton CH3 5QD. Meet by the P+R bus stop, but do not board. If you are doing the 4-mile walk, purchase a bus ticket £2.50 from the driver for the return journey on the PR2 or bring a bus card & return on the 5 or 41 bus.
Details This is the first of 2 Chester walks, to celebrate reaching our 80th year. We take the Shropshire Union Canal into Chester, then into Grosvenor Park, Through the Roman Gardens, River Dee and the Chester walls. We then leave the 4-mile walkers at the bus stops on Foregate Street and return via the canal. Apart from the walls the route is flat. Bookings: beverly_harrison@hotmail.com

SUNDAY 13 SEPTEMBER, Disley & Lyme Park, 9 Miles, Cat' 3/2, Transport 15 Miles (£3.75)

Time Walk Start Time 09:45
Leader(s) Mike Gregory, Tel: 07967 151905
Meet At Disley Station Approach CP. Postcode SK12 2AE. P&D charge by machine, or RingGo. No Toilets.
Details From Disley station, we follow the Gritstone Trail to Bollinhurst Bridge and East Lodge, before climbing to Lantern Wood for a brief coffee break. The route continues to Bowstonegate, Sponds Hill and Dale Top, then descends to Keepers Cottage and a short lunch stop, before arriving at West Parkgate. From there we walk to Green Farm and into Lyme Park to join the celebrations, after which the return to Disley station is via Cage Hill. The walk from Disley to Lyme Park is 7 miles with 1,100ft of ascent. The return to Disley is 2 miles with 250ft of ascent. Bookings: mikegregory814@btinternet.com

SUNDAY 13 SEPTEMBER, Lyme Park, 7.5 Miles, Cat' 4/3, Transport 12 Miles (£3.00)

Time Walk Start Time 10:00
Leader(s) Phil Worsley, Tel: 07971 514369
Meet At Assemble at the picnic benches, adjacent to the toilet block and The Timber Yard Cafe in Lyme Park. Entry into the park is free for NT members, so please bring your membership card.
Details This is the intermediate walk of three on the day, all of which have been arranged as part of the club's 70th anniversary celebrations. The route has two climbs, both of which will be taken steadily, and has a total ascent of approx' 900 feet. The walk will travel anti-clockwise and visit The Cage, Barlow House Farm, Adlington Basin and West Parkgate, before finishing and then joining the celebrations in the park at around 2.15 p.m. Bookings: philworsley25@gmail.com

SUNDAY 13 SEPTEMBER, Lyme Park, 6 Miles, Cat' 4/3, Transport 12 Miles (£3.00)

Time Walk Start Time 10:30
Leader(s) Les & Chris Stockton, Tel: 0161 980 1600, or 07815 293161
Meet At Lyme park CP, near the cafe shack. Remember N/T cards.
Details Circular walk in and out of the park, arriving for celebrations at approx 2.15 in the park. Bookings: les200@sky.com

WEDNESDAY 16 SEPTEMBER, North of Hartington, 10 Miles, Cat' 3/2, Transport 36 Miles (£9.00)

Time Walk Start Time 10:00
Leader(s) John & Jill Jagger, Tel: 07444 813545, or 07850 580966
Meet At Parsley Hay Visitor Centre CP (P&D £6.60 per day), Toilets & Café. SK17 0DG, GR SK147637, What3Words ///craftsman.bakers.capers. The Visitor Centre is just off A515 (Buxton to Ashbourne Rd). After a brown road sign for Parsley Hay (partially broken) on LHS, turn right, then right again into CP.
Details Head south, along the course of the old Cromford and High Peak railway, shortly joining the Tissington Trail towards Ashbourne. Where Hartington station once stood, we emerge onto fields and tracks for Heathcote and Hartington village. Leaving the village, we cross the infant river Dove and ascend to the hamlet of Sheen. Continuing onwards to circle below Sheen Hill and descend to Pilsbury and the earthwork remains of the Motte and Bailey (Norman). Returning across farmland to the VC café. Mainly dry conditions on limestone with 1000ft total ascent. Bookings: johncgjagger@aol.com

WEDNESDAY 16 SEPTEMBER, Plumley, 6 Miles, Cat' 4, Transport 11 Miles (£2.75)

Time Walk Start Time 10:30
Leader(s) Frank Dockry, Tel: 07599 557690
Meet At Car park Golden Pheasant Pub, Plumley Moor Rd, Plumley. GR SJ 721753, Postcode WA16 9RX. Take the A556 going south, turn off left at the Smoker Pub (traffic signals) sign posted Plumley. Go down Plumley Moor Rd. When you pass the Railway Station on the left, turn next right into the Golden Pheasant car park. Park at the far end.
Details A nice country walk, if wet it could be muddy. Will do a variation on a popular walk to avoid a closed bridge. Bookings: frankdockry@googlemail.com

SUNDAY 20 SEPTEMBER, East & North of Fernilee, 9.5 Miles, Cat' 3/2, Transport 22 Miles (£5.50)

Time Walk Start Time 09:45
Leader(s) Peter & Susan Darby, Tel: 0161 980 3908, or 07837 345297
Meet At The Street, Car Park, at the bottom of the hill, near the dam, Errwood Reservoir. GR SK013757. Postcode for reservoir SK17 6GJ (approx). Map OL24 White Peak. What3Words ///rang.downcast.dive.
Details From the car park we visit White Hall Centre, Allstone Lee, Combs Village, Horwich End, Taxal Church, Fernilee Reservoir. Undulating walk along quiet country lanes, moorland and fields, with several steady climbs. Total ascent approx 1500 feet. Bookings: psjd117@gmail.com

SUNDAY 20 SEPTEMBER, High Lane & Lyme Park, 6 Miles, Cat' 3, Transport 14 Miles (£3.50)

Time Walk Start Time 10:30
Leader(s) Alan Key, Tel: 07761 624521
Meet At High lane park car park SK6 8AB off Windlehurst road, just off the A6. On approaching High lane, turn left at the traffic lights by the Horseshoe Inn, onto Windlehurst Road and the car park is the first turning on the right.
Details Middlewood way to Poynton, then a genital climb up to Lyme Park, with the return via the cage. Mostly good paths with only a couple of styles and a few gates. Bookings: alankey0455@gmail.com

WEDNESDAY 23 SEPTEMBER, 1 Trig, 2 Moors & 3 Chambers, 8.8 Miles, Cat' 3/2, Transport 60 Miles (£10)

Time Walk Start Time 10.15
Leader(s) Nigel Gatside, Tel: 0161 969 2407, or 07553 540282
Meet At Rigg Lane free car park, Quernmore GR SD526604 What3Words ///abode.glow.holdings LA2 9HD. Car park is quite small, but lane side parking is available, as close to the wall as possible please.
Details Heading north to Ottergear viaduct and on to Udale Bridge, then on good tracks to Little Dale hamlet, before commencing a steepish ascent over Black Fell to explore William Goldsworthy's 'Three Chambers' on Grit Fell. We then head West to Clougha Pike Trig Point [1,375ft] with great views of Morecambe Bay and Ingleborough, before our descent [bouldery & rocky – care required] back to cars. No dogs please. Bookings: nigel.gartside@uwclub.net

WEDNESDAY 23 SEPTEMBER, Anglezark, 7 Miles, Cat' 3/4, Transport 27 Miles (£6.75)

Time Walk Start Time 10:30
Leader(s) Wally Walpeter, Tel: 07767 146888
Meet At Anglezarke Car Park (free), off Moor Rd. Nearest Postcode PR6 9HA (Yew Tree Inn) What3Words ///toads.ghost.register. Drive over the dam and take the first left down a gravel track, which leads to the CP. If you end up at the viewing area, you have missed the car park turn off, come back down the hill and take the first right, it looks like a dead end, but it turns sharply to the right. The car park can be tricky to find, I can provide a map with details if needed.
Details From the car park, we will head north through woodland following the east side of the reservoir. Beyond the reservoir, we will carry on going north through the lower side of Stronstrey Bank, into White Coppice where we will have lunch at the cricket ground. From here, we will start heading south with some lane walking, before picking up the footpath by Cliffs Farm. We will pass the Memorial Forest at Healey Nab and continue until we reach the dam and head park to the CP. Bookings: mike.walpeter@gmail.com

FRIDAY 25 SEPTEMBER (Ambler Walk), Lymm, 2/3 Miles, Cat' 4, Transport 7 Miles (£1.75)

Time Walk Start Time 10:30
Leader(s) Celia Betney, Tel: 0161 928 9110
Meet At From Bowdon roundabout, take Lymm sign (A56). Do not deviate from this road. Turn left at Crouchley Lane, and immediately on the right you see an oldish Scout Hut. Walkers often start the walk here.
Details This is a circular walk round the Dam. Eventually we walk to the canal and enjoy the bustle and scenery here. We continue to a modest cafe situated at the left of Lymm Library. Simple refreshments served here by volunteers. Our eventual return to the cars, is through Dingle Dell. At close of walk all of us happy and content! Bookings: celiabetney49@gmail.com

SUNDAY 27 SEPTEMBER, Todmorden to Charlestown, 9.5 Miles, Cat' 3/2, Transport 35 Miles (£8.75)

Time Walk Start Time 09:45
Leader(s) Suzzane Caulfield, Tel: 07546 044417
Meet At Lobb Mill Picnic Area. GR SD955246. From Todmorden town centre, follow A646 Hebden Bridge Road for about 1.4 miles. Car park on the left, at the end of a row of railway arches. If full, additional parking on the road, 200 yards further on the right.
Details Lumbutts, Gaddings Dam, Langfield Edge, 'coffin route' to Withins Clough reservoir, Stoodley Pike, Pennine Way, Callis Wood, Charlestown. Return to cars along the Rochdale canal path through Eastwood. Bookings: hsc1922@gmail.com

SUNDAY 27 SEPTEMBER, Chelford, 6 Miles, Cat' 4, Transport 12 Miles (£3.00)

Time Walk Start Time 10:45
Leader(s) Heather Wykes, Tel: 01625 618782, or 07543 657837
Meet At Oak Road Chelford SK11 9AY, or any nearby road
Details Field paths and quiet roads around Chelford and Astley. Visiting the new Tatton Perks tea-room afterwards. Bookings: nannywykes@gmail.com

WEDNESDAY 30 SEPTEMBER, Froggatt Edge from Calver, 9 Miles, Cat' 3/2, Transport 38 Miles (£9.50)

Time Walk Start Time 09:45
Leader(s) Alec Morrow, Tel: 07745 808072
Meet At Postcode S32 3XA, GR SK247744. Leave Manchester on the A6 heading south. Turn left at roundabout onto the A623 and continue to the Calver. Leave the A623 after "The Eating House" café on your left, onto "Calver Bridge" road, where there should be parking between the Bridge Inn and All Saints Church.
Details Walk details: North along the banks of the river Goyt to Froggatt then along the river Derwent to the bridge at Grindleford. Climb East through Hay Wood to the A625. South along Froggatt and Curbar edges for beautiful views to Curbar gap. South via the Eagle stone to Wellington's monument. Enjoy the panoramic views, return under Baslow edge then along the road via Bar lane and Curbar lane to start. Good paths along river, through woods and along escarpments. Approx 1000ft / 320m of ascent. Café at start/finish (opens at 10-00). No toilets on route. Bookings: alecmorrow1@gmail.com

WEDNESDAY 30 SEPTEMBER, Carrbrook, 6 Miles, Cat' 3/4, Transport 23 Miles (£5.75)

Time Walk Start Time 10:30
Leader(s) David & Liz White, Tel: 0161 980 8605, or 07721 422762
Meet At Castle Clough car park, at the end of Buckton Vale Road, off the B6175 to Mossley. GR SJ 987 010. Take the M60 East to Junction 24, then take M67 (signed Sheffield). Continue to the end and straight on to A57. Left on A6018 towards Stalybridge. After descending, take the B6175 (to Mossley). At mini roundabout turn right into Buckton Vale Road and continue to end. CP on LHS.
Details Carr Rise to Castle Farm. Along Moor Edge Road, skirting the site of Buckton Castle, Roman Road towards Noonsun Hill to pass Stalybridge Estate gamekeeper's cottage. We then descend through Roaches Wood to reach the restored Huddersfield Narrow Canal (lunch), which is followed to the River Tame. At Scout Tunnel we climb gently and return with views across the golf course of Buckton Moor and Harridge Pike. Lovely walk with good paths & open views. Bookings: eldestbruv@gmail.com

Submission for Club Walks

Walk Leaders. Please check the 'Forward Walks Programme' on the Club's website <https://www.altrincham-ramblers.org.uk/forward-walks-programme-2/> and consider offering to lead a walk on a date where no leader has been identified. Involve Walk Organisers in your walk, whose details can be found on Club membership cards.

Please use the on-line 'Walk Submission Form' <https://www.altrincham-ramblers.org.uk/members-area/walks/on-line-walk-submission-form/>, for all submissions, so that they will be included in the relevant Monthly Circular.

Walking Conditions. Walkers are responsible for any personal injury and/or loss during a Club walk. Other stipulations, such as with regard to; guests, dogs on walks etc., are contained within the Club's "Guidelines for Members Taking Part in Club Walks" (Issue 5, November 2021) document, which can be found in the "Members Area/Documentation" section of the Club website. ADRC offer volunteer (unpaid) led walks.

Sunday Walk Leaders, Your Club need support from 'new' walk leaders for our Sunday programme. Bluntly, the pressure on the current leaders is getting to an unacceptable level and this is not a good situation for them, or our Club. Could new and old leaders within the club, please see if they can help out, by volunteering to lead a Sunday walk in the near and hopefully longer term. Thank you.

Cancelled Walks, should a leader feel it is necessary to cancel a walk, for whatever reason, the leader should inform all participants directly of their decision, as the Club would not be in a position to do this.

Walk Details & Club Inputs for the **October** circular must be submitted by **10 September** to john@capels.net.

COACH TRIP NEWS

The 2026 season of coach trips is nearly over, with just the trip to Grange-over-Sands to come on Sunday 6th September. There are a few seats still available, booking and payment (£25.00 per person) details follow.

Please note that the Altrincham 10k race takes place on this day, starting at 9:30 in the town centre! This may affect the normal coach pickup arrangements, which the club is currently checking with the coach company. Watch out for future club statements that may affect your arrangements. We don't want you to miss the trip:-)

Please book with the CTO Pauline Glover. Email: psglo2017@gmail.com, Tel: 07742 613309, Address: 4 Littlemere Court, 42 Ashley Road, Altrincham WA14 2LZ.

Bank Transfer: Faster Payments (same day) is the preferred method of payment. Bank payment details are Altrincham Rambling Club (Virgin Money Bank), Sort Code 05 02 13, Account number: 42484432. Please state your **surname** and **GS** in the bank reference box. Then email Pauline and say: **who has paid, names of any others, the amount paid and your pick-up point(s)**. Only then will Pauline send a confirmation email for booked seat(s).

We have 3 great walks lined up for you:

Longer walk: John & Jill Jagger, woodland, limestone ridges, sea views & the Promenade, 8.5 miles 1300 ft.

Intermediate walk: Judith & Dave Burns, Flookburgh via Cark, Cartmel and Hampsfell, good views 7,5 miles

Shorter walk: Colin Tierman, Grange-over-Sands and Eggerslack Wood circular walk, 6 miles"

CLUB HOLIDAY NEWS

There is a waiting list for the Club holiday is at the George 1V Hotel, Criccieth. Please contact Beryl if you would like to be put on the list. The full payment for the holiday is due on or before the 1st January 2027, after which I will set up a group e-mail to keep everyone informed. I am working on finding walks suitable for the possible weather conditions at the start of April. Should you know of, or want to lead, a walk please contact me. I am keeping my fingers crossed that we do not have snow, as we did in 2015 - see the 2015 holiday photos on the Club website. Beverly

OTHER NEWS

ADRC 70th ANNIVERSARY, 70th anniversary party in the (Lyme) park on **Sunday 13th September**. Everyone welcome, walking or not, for refreshments at approx 2.15-2.30 pm opposite the toilets. Cakes welcome for the table please.

ADRC 70th ANNIVERSARY, 70th anniversary lunch at Ringway golf club on **Thursday 5th November** at noon. Please select your menu details and forward to Zoe zoespark@hotmail.co.uk. Menu on the last page of this circular. After confirmation from Zoe, transfer the correct amount to ADRC a/c, adding name and 70th lunch. Please contact Zoe for info regarding dietary requirements. Bookings close on **Monday 5th October**.

Club Clothing, badged T-Shirts and other similar clothing, are now available to buy from Plan A & Petites Modes Ltd in Unit 33, The Mall, Stanley Square, Sale. Full details are on the club mass-mail email dated **29th June 2026**.

SAVE THE DATE, Thursday 10th December, Christmas Lunch at the Vinery, Bruntwood Park, Cheadle. 12 noon for 12.30 p.m. Two courses £18.95. Booking details & menu choices will follow in future circulars. Organisers: Jean Hibbert Tel. 0161 718 0590, Mob. 07941 298547 and Jeanne Gregory Mob. 07962 141613.

Congratulations, We have a number of new octogenarians this and recent month(s), congratulations to you all and keep walking.

Thanks, Chris and Les Stockton would like to thank all members who sent cards, presented gifts and gave their best wishes on the recent occasion of their Golden Wedding Anniversary.

Thanks, Pam and Phil Grundy would like to thank the club members who sent good wishes and cards for their recent special wedding anniversary.

ADRC, 2026. - Programme Secretary 07866 764187 - Programme Distribution 07401 519951

Lunch Menu



STARTERS

Red Pepper & Tomato Soup



Cheshire Cheese Glazed Mushrooms on
toasted Ciabatta

MAIN

Chicken, Leek & Tarragon Pie, Buttered Mash &
Greens



Grilled Pork Chop, Grilled Apple, Buttered Mash
& Greens



Smoked Haddock Rarebit, Wilted Spinach,
Crushed New Potatoes, Mustard Sauce



Polenta Stack, Roasted Tomato, Goats Cheese,
Spinach

DESSERT

Homemade Treacle Tart, Vanilla Ice Cream



Raspberry Cheesecake, Baileys White Chocolate
Sauce



2-course £23.95 3-course £27.95