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JANUARY 2022
Issue 57

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We are very happy with all the work and the high standard that was attained.

O'Mally - Meols

"Scott and the team certainly gave us best in class service whilst they worked on our extension, kitchen and bathrooms. They kept us informed all the way and worked around our diaries to deliver the programme on time. We highly recommend them to anyone.

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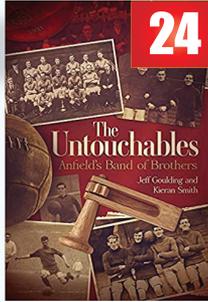
WHAT'S IN THIS MONTHS LOVE CHESTER MAGAZINE



What's happening at our Zoo



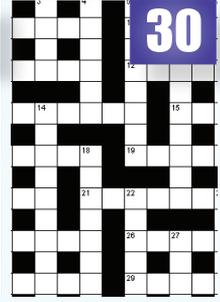
This month in history



Book Review by John Morris



Neuro Therapy Centre



Puzzle page

Love Chester

The Local Magazine for Businesses in and around Cheshire.

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Cover Photo: Winter view along the River Dee from Boughton by Jaxx Carter



Dear Friends,

A New Year start, let us hope it is a year of health and happiness, I am sure you will all agree.

New chapters in life are starting, New Year resolutions are being made, let us hope we can stick to them!

Time spent with family and friends over the Christmas period will have been very special this year, after all the upset with covid last year. Let us all make that extra effort during 2022 to make time for fun and friendship!

I wish you all a very happy and healthy New Year!

Take care and stay safe

Best Wishes

Maxine & Mike

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Charity

Cheshire Wildlife Trust

**welcomes Her Majesty's
Lord-Lieutenant of Cheshire
to Bickley Hall Farm**



Cheshire Wildlife Trust were delighted to welcome Lady Redmond MBE to Bickley Hall Farm recently for a tour around the wildlife friendly farm and welcome her into her new role in Cheshire.

The Trust celebrate their 60th anniversary next year, which also coincides with Her Majesty the Queen's Platinum Jubilee.

Charlotte Harris, Chief Executive of Cheshire Wildlife Trust who showed Lady Redmond around the farm said:

"Lady Redmond is clearly very knowledgeable and enthusiastic about tackling the climate and nature crisis and I was delighted to be able to show the new Lord-Lieutenant around our wildlife friendly farm and discuss with her our ambitions for a Wilder Cheshire."

Lady Redmond also said:

"With the invaluable support of volunteers and members, CWT manages around 30 nature reserves across the county. Their work with other organisations and landowners to protect and connect wildlife sites across the county is impressive. I look forward to and wish them well with the 60th anniversary projects next year, which fall during the Platinum Jubilee and the Queens' Green Canopy initiative."

Keep up to date with the Trust's plans for their 60th anniversary including events, walks and talks by signing up to their e-newsletter -

www.cheshirewildlifetrust.org.uk/e-newsletter

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DO YOU KNOW?

1. In Alaska, there's a pizza place that delivers the by plane.



2. The name "Australia" comes from the Latin "Terra Australis" or "Southern land".

3. Australia has over 10,000 beaches. You could visit a new beach every day for over 27 years.

4. A newly-discovered species of rust-eating bacteria will have consumed the wreck of the Titanic within 20 years.

5. The Berlin Wall was torn down by mistakenly-empowered citizens after an East German spokesman misspoke at a press conference and mentioned immediate border crossing privileges for every citizen.



6. In Ancient Egypt, killing a cat, even accidentally, incurred the death penalty.

7. Google hired a camel to create the Street View of a desert.

8. Square Watermelons are grown by Japanese farmers for easier stacking and storage.



9. There is a tree called Fruit Salad Tree that sprouts 3 to 7 different fruits in the same tree.

10. Carat weight can be 10, 12, 14, 18, 22, or 24. The higher the number, the greater the purity.

11. Excavations throughout Italy revealed a Neanderthal presence dating back to some 200,000 years ago, while modern Humans arrived about 40,000 years ago.

12. During his time as a Congressman and later as U.S. President, John F. Kennedy donated all of his salary to charity.

13. Contact lenses were first proposed by Leonardo Da Vinci in 1508.

14. There are about 3 million first dates every day worldwide.

15. McDonald's restaurants feed 68 million people every day. That's more than the entire population of the U.K.

16. Sign Language is one of three official languages of New Zealand.

17. Spending money on others yields more happiness than spending it on yourself, a study concluded.



18. Astronauts on the International Space Station witness around 15 sunrises and 15 sunsets every day.

19. In the UK, accents change noticeably about every 25 miles.

20. La Tomatina is an annual festival held in Spain where people throw thousands of tomatoes at each other.

21. The Sagrada Familia church in Spain, has been under construction for over 130 years and it's only expected to be complete by 2026.

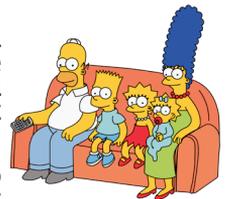


22. The world's biggest family lives together in India: a man with 39 wives and 94 children.

23. Cotton Candy was invented by a dentist.

24. In 2011, a monkey was arrested in Pakistan for crossing the border with India.

25. All characters on The Simpson's are based on, and named after the creator Matt Groening's family.



26. There's a volcano in Indonesia that spews blue flames.

27. Sea otters hold hands when they sleep so they don't drift away from each other.

28. Humans spend a third of their life sleeping. That's about 25 years.

29. If people worldwide switched to energy efficient lightbulbs the world would save US\$120 billion annually.

30. Cold water is heavier than hot water.



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OFFICE OF
Police & Crime
Commissioner
for Cheshire

Commissioner welcomes opportunity for victims to have greater say in criminal justice system



Police and Crime Commissioner for Cheshire, John Dwyer has welcomed the launch of the Ministry of Justice's consultation into The Victims' Bill, which looks at improving victims' experiences of the justice system.

The consultation would see victims' views better represented at regular points during their case enabling the Police, Crown Prosecution Service and courts to be held to account for the service they provide.

Proposals include an explicit requirement for prosecutors to meet the victims of certain crimes before making a charging decision in order to understand the impact the crime has had on the victim.

Increasing the Victim Surcharge, ensuring that criminals contribute more towards crucial victim services is also on the table. It is currently as low as £22 for a conditional discharge, however the proposal is to increase the minimum rate to £100.

John Dwyer, Police and Crime Commissioner for Cheshire, said: *"Delivering justice for victims of crime is at the heart of my Police and Crime Plan and victims should be at the heart of everything we do in the criminal justice system. I welcome the proposals set out and look forward to seeing how they can make a difference for those who have been subjected to crime. Criminals need to take more responsibility for their actions and realise that there are severe consequences that may or may not include a custodial sentence. I'd encourage people to give feedback during this consultation **before it closes on 3 February 2022**. You can help ensure that the best possible service is provided to victims, and help agencies understand where they can make improvements on their service."*

Dominic Raab, Lord Chancellor and Secretary of State for Justice, said: *"No victim should feel unsupported. We have a moral duty to do better for victims, but as a practical matter that support will also help bring more criminals to justice and protect the public. Our plans will give victims a louder voice, a greater role in the criminal justice system, and make criminals pay more to help victims recover."*

Dame Vera Baird QC, The Victims' Commissioner for England & Wales said: *"The criminal justice system has a key role to play in helping victims recover and rebuild their lives. Yet all too often victims are treated as an afterthought, with their needs ignored and neglected. The government's Victims' Law represents a once in a generation opportunity to drive real culture change, requiring agencies to see, hear and help victims – if necessary, with real consequences if this does not happen. I welcome the commitments outlined today and I look forward to working with government to make this a reality. We know that we must drastically improve how this country polices and prosecutes rape. The national rollout of section 28 will mark a huge leap in the right direction, helping to reduce unnecessary stress and trauma for victims. This work has my full support."*

The consultation is open to everyone. But views are particularly sought of victims of crime, organisations representing victims, the police, criminal justice practitioners, service providers, health care professionals, Police and Crime Commissioners, local authorities and community safety partnerships.

It asks questions across five key issues, focusing on: **What victims should expect**
Performance and accountability **The Victim Surcharge** Community-based support services
Improved advocacy support - You can feedback your views here: <https://consult.justice.gov.uk/victim-policy/delivering-justice-for-victims/>



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OUR ZOO

What's happening at Chester Zoo.

Rainforest-saving conservation movement features on major new BBC wildlife documentary series



Chester Zoo's rainforest-saving conservation movement has been highlighted in a major new BBC wildlife series, narrated by Sir David Attenborough and Prince William.

The BBC One documentary, *The Earthshot Prize: Repairing Our Planet*, explores the most innovative and ambitious actions being taken to protect global biodiversity in all four corners of the world, and the brilliant minds working on solutions to save the planet.

Hailed by TV critics as a landmark series, episode one put a spotlight on conservation initiatives in Yellowstone Park in America, the Kenyan Maasai lands and in Chester, where a major initiative led by Chester Zoo has seen the city become the world's first 'Sustainable Palm Oil Community.'

Unsustainable production of palm oil is wiping out huge areas of rainforest - in order to

provide the ingredient for food and household products consumed in the UK and around the world.

Cat Barton, Chester Zoo's Field Conservation Manager who appeared on the programme to explain how Chester became the first to achieve the status, said:

"What we've done here in Chester, and are now helping to roll out around the UK, is vitally important to the future of the rainforests in South East Asia, and therefore vitally important to the future of incredible species such as the Bornean orangutan.

"To have our movement featured as one of the world's most ambitious ideas to repair our planet, alongside so many other ground-breaking projects, all led by so many incredible people, really is a huge boost to the difference we're trying to make, and another step in the right direction in breaking the link between palm oil and deforestation.

"What really matters is that we show global audiences how elements of our approach to modern life is causing a global decline in biodiversity and how damaging this decline will be to our own lives, but that we do know how to halt and reverse the loss of wildlife. Together, we can do it."



To save Chester Zoo head to: www.chesterzoo.org/saveourzoo



Leading conservationists, conservation organisations, wildlife charities and NGOs around the world, backed by detailed scientific research, say the best solution to preventing further habitat destruction, protect biodiversity and the livelihoods of people living locally to rainforests, is to use and support deforestation-free sustainable palm oil. Driving industry change in this direction is vital in preventing further harmful environmental and social impacts.

Dr Marc Ancrenaz, a globally respected forest conservationist and Co-director of the NGO, Hutan (one of the nominees for an Earthshot Prize), Chester Zoo's field partners in Malaysian Borneo, said:

"Northern Borneo has been my home for almost 25 years, where we've been taking action against the decline of biodiversity,

through habitat protection, reforestation programmes and carefully planned community outreach and engagement. The areas where we work provide a livelihood for countless people. Removing demand for certain crops by boycotting them, only drives people into poverty and regresses the situation. We must therefore work with land owners, big and small, to make their landscape more resilient for nature.

"Our experiences show us that deforestation-free sustainable palm oil is the way forward. The greater the consumer demand, the stronger the case for producers to join the movement, and the greater the pressure to carefully regulate and punish cheats."

Hamisah Elahan, another conservationist at Hutan and who also starred in the BBC's Earthshot Prize documentary series to explain how a sustainable approach to palm oil is the best available solution to the issue, added:

"We need to take better care of our environment. There is no more time to lose and everyone can do their bit to make a difference for wildlife and forests. Our future starts today, not tomorrow."

Global audiences can stream The Earthshot Prize: Repairing Our Planet now on Discovery Plus. UK audiences can watch the full series now on BBC iPlayer.

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THIS MONTH'S HISTORY

This feature each month will give interesting facts from years gone by. See what you remember that happened in your lifetime.

THIS DAY IN HISTORY FOR THE MONTH OF JANUARY

1st January 1947

Britain's coal industry was nationalised. The nationalisation of the coal industry represented a major shift in industrial policy. It allowed for the rationalisation of the coal industry, with the closure of many small pits, although the nationalised industry soon came to need state subsidies in order to delay further restructuring and closures.



1st January 1999

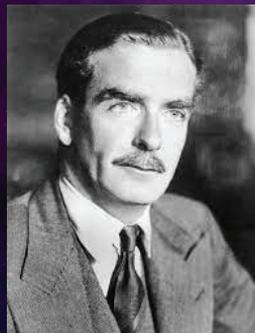
Britain decided not to join the European Single Currency. Widespread British unease about the European single currency obliged Prime Minister Tony Blair, who was keen on the project, to stay out.



The 'euro' was launched as an electronic currency used by banks, foreign exchange dealers, big firms and stock markets in 1999. Euro coins first hit the streets of the 12 'eurozone' countries on 1 January 2002.

9th January 1957

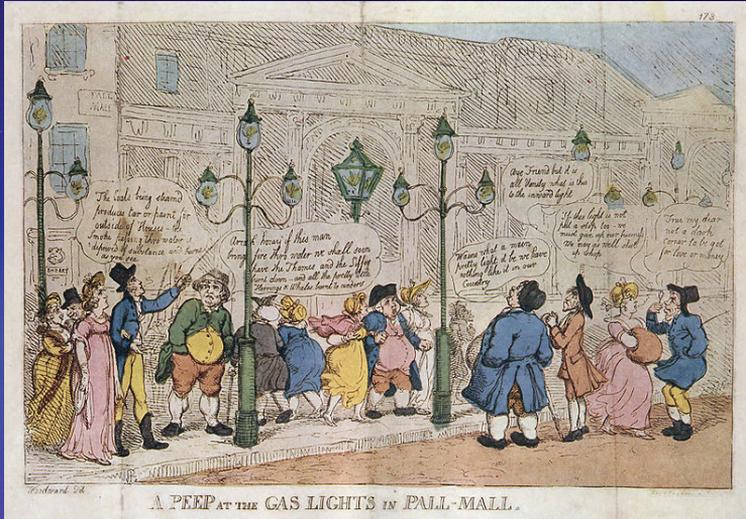
Prime Minister Sir Anthony Eden resigned and was replaced by Harold Macmillan. The Suez Crisis of 1956 ruined Anthony Eden's reputation and fatally compromised his political career. His health seriously diminished as a result. His successor, Harold Macmillan, had been chancellor of the exchequer under Eden. Macmillan was the third Conservative prime minister in as many years:



28th January 1807

London becomes the first city in the world to be lit by gas lights. Pall Mall was the first street to get gaslight while Paris got them in 1820. Gas was transported through pipes to the gas lamps and lamps were placed on the posts. Lamplighters were workers who looked after them, lit them in the evening and put them out in the morning.

After Europe gas lamps spread to America.



30th January 1969

The Beatles' last public performance took place on the roof of Apple Records, 3 Savile Row, London. Joined by keyboardist Billy Preston, the band played a 42-minute set before the Metropolitan Police asked them to reduce the volume. It was the final public performance of their career.

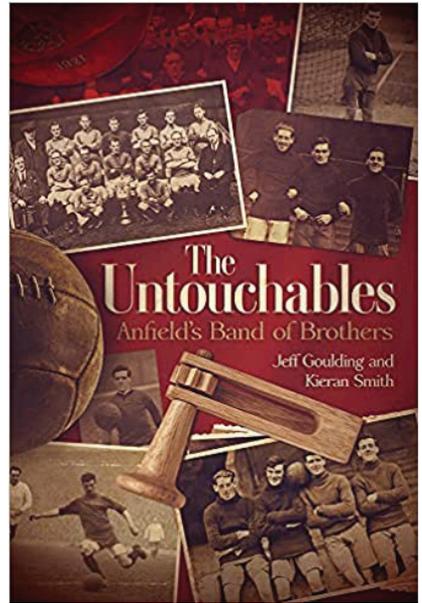
Although the concert was conceived just days before, the Beatles were planning a return to live performances throughout the early sessions for their album *Let It Be* (1970). They performed nine takes of five songs as crowds of onlookers, many of whom were on their lunch break, congregated in the streets and on the roofs of local buildings. The concert ended with the conclusion of "Get Back"; with John Lennon joking, "I'd like to say thank you on behalf of the group and ourselves and I hope we've passed the audition."



Images courtesy of Wikimedia Commons

BOOK REVIEW : 'THE UNTOUCHABLES' Anfield's Band of Brothers

Professional football teams on Merseyside, in particular Liverpool and Everton, have in the past century achieved considerable success within British, European and World wide competitions. **Many readers may well reflect on individual players and managers who have contributed to the success** including Dalglish, Hansen, Kennedy, Rush, Jones, Toshack, Shankley, Paisley Kendall, Harvey, Ball, Catterick, Royle, and others too numerous to mention. Supporters of these two great “giants” of Merseyside football will be aware of **the rivalry and “friendly banter” that permeates conversations on which is the “best team”**



In a brilliantly researched and absorbing text, enriched by thought provoking anecdotes and a wide range of photographic evidence, **Jeff Goulding and Kieran Smith “The Untouchables” (Pitch Publishing)** engage the reader in “unearthing”, within a challenging social context, the **Rise and Fall of one of the greatest Liverpool teams ever**. The period of their success in 1921-23, following the turmoil of the Great War (1914-18) and the “Spanish flu” pandemic, has been dubbed by many commentators as “a glorious age” of English football. However, **“this glorious age for football” must be seen within the wider social impact of unemployment, poverty, and additional social, economic and personal difficulties** which many families, particularly the poor, endured. The authors discuss these issues in sections on the “home front”, “the untouchables at war”, etc which vividly illustrate in an absorbing manner, how **football was seen as a welcome release from the tensions associated with war and its woeful work” and post war economic depression**.

The book brings to life not only the personal and physical attributes and achievements of “Anfield’s Band of Brothers”, but also opens up awareness of lifestyles, friendships, and other key issues. **The main focus is upon the lives of three “lads”, Walter Wadsworth, Tom Bromilow and Danny Shone, who played with distinction in the team that “conquered English football” in the season 1921/ 22.** During the 1980’s when they were born, Liverpool was a city of “economic and social” contrasts. There were developing areas of great wealth based on the economic viability of the port and financial markets whilst the working class living in areas such as Bootle, Kirkdale and Edge Hill endured unrelenting poverty and health issues. Bootle became a prominent centre of commerce but “alongside the vestiges of prosperity, were the contrasting poor housing, squalor and misery.

With long hours of work, much of it physical toiling, it is surprising that there was time or energy for the “workers” to involve themselves in recreation such as football, which was viewed as a “game for the better off”.

Significantly the movement for “football teams” was enthusiastically driven by churches and chapels of many denominations, with the emphasis on exercise as a “healthy outlet” for “unemployed lads” and promoted friendship, reliance and courage (Readers should refer to the formation of clubs such as Everton, Aston Villa, Liverpool, Tottenham, Bolton, QPR and others to the work of church and chapel leaders)

The review of the players’ engagement in the First World war paints an extremely harrowing, yet authentic picture of the experiences and suffering endured by so many young men. It is significant that **the government’s “War Cabinet” saw football grounds as “fertile territory” for raising funds for the war effort and encouraging players and supporters to enlist.** At this time, Liverpool had grown to become the “maritime capital” of Britain and vast numbers of men, estimated at over twelve thousand, enlisted in the army to fight for “King and Empire”

The end of the war in 1918 heralded the return of professional football, the “sport of the masses”, both men and women. However, **“as the battlefields fell silent and broken men and crumpled souls trudged home”, the country faced another major battle, the pandemic “Spanish Flu”.** This led to the worst pandemic in terms of mortality in world history. Liverpool as a major port was very vulnerable and was hit by several waves of the virus between March 1918 and April 1919.

The success of Liverpool in 1921 to 1922 must be viewed in terms of the enthusiasm and enjoyment of playing in dire conditions for very little money. After the first World War players received a maximum weekly wage of £10 per week, . In 1920, the Football League Management Committee proposed a reduction to £9 per week. **In 1922 the weekly wage was £8 per week and £6 per week in the summer when the season had ended.** Contrast that with the life of a professional footballer, in 2021, with high wages and a short working week which enables many of them to live a glamorous lifestyle with the glitz of expensive cars, large homes and large amounts of “disposable income”. Adding additional “spice” to the text, **many readers will be amazed at the stories of the exploits by players in match fixing, large crowds and low wages, playing conditions, etc,** Additional key features in Liverpool’s success were the skills of backroom administrators such as George Patterson and coaches and managers such as David Ashworth Tom Watson, Charlie Wilson and others in the 1920’s boot room.

The authors are to be congratulated on an expertly presented book. It is an outstanding account of the remarkable achievements of Liverpool’s championship winning team of 1922, “The Untouchables” within a period of political, economic, social and “health” turmoil and strife. **Significantly, it provides a contrasting view on the development of professional football over the past 100 years.**

About the reviewer John T Morris BA(Hons), MEd, MPhil, DipPsych, CertEd. John is an FA coach. He has worked with young players at Fulham, Chelsea, QPR and Wrexham to promote resilience, determination, tenacity and self discipline linked to realistic aspirations. He is currently a consultant in addressing growth mindsets to promote performance levels in sport, education and business.



Local Charity Reflects on Kadeena Cox's Journey

The team at the Neuro Therapy Centre have been cheering on Paralympian Kadeena Cox during her time in 'I'm A Celebrity Get Me Out of Here' – where she has been an inspiration for many facing life with a neurological condition.

Centre Director of the Neuro Therapy Centre, Jane Johnston-Cree, has been reflecting on what it might be like to be a participant in the show, particularly in Kadeena's shoes.

"It got me thinking what it would be like to be a participant, and undergo some of the hardships they encounter – no phone, no TV, very little contact with the outside world, sleeping on a hard floor, and that's before we even get to the lack of food, hydration, warmth and the added burden of physical tasks and their associated unpleasantness which all drain physical and emotional resilience. I am full of admiration for Kadeena Cox for taking on this challenge when she is living with the additional challenges of having had a stroke at the age of 23 and being diagnosed with MS later the same year," said Jane Johnston-Cree.

Talking to the information and advice charity the MS Trust and on the show itself, Kadeena has explained the symptoms she experiences. She said: *"I get a lot of muscle spasms, mainly through my right arm and in my right leg, and then when I'm quite fatigued I get them in both legs and arms and that's when I spend time in my wheelchair."*

The Paralympic athlete also said she experiences "pins and needles and burning" sensations as well as "problems in terms of memory and thinking". This is her reality, something she lives with every day, something her love of sport and her natural ability and tenacity have given her a small amount of control over.

"We know at the Neuro Therapy Centre, the positive link between being active and emotional wellbeing, but what there would have been so many things that were out of her control too," said Jane Johnston-Cree.

Cold weather - If you have a condition like multiple sclerosis (MS), cold temperatures can make symptoms worse. People might find that it's harder to move their limbs, they get more muscle spasms than normal, or their muscles feel tighter. Doctors aren't sure why cold temperatures make MS symptoms worse, but there are some things people with the condition can do to help:

- Try to get moving - walking or stretching to burn energy and warm up.
- Dress in layers, and wear a hat to stop heat escaping through the head.
- Keep your hands and feet warm – they may be more susceptible to Raynaud's phenomenon where fingers or toes lose heat and can turn white.
- Having hot drinks and food.
- Get some sunshine – even on winter days wrapping up and enjoying the feel of sunshine is encouraged. It also helps the body make Vitamin D.

Dehydration - Staying hydrated helps control bladder and bowel symptoms, and may help decrease injection site reactions and medication side effects. Dehydration can contribute to fatigue and cognitive impairment. Clearly, good hydration matters. The recommended amount of water to be taken in per day is between 1.5 and 2 litres; more if you're exercising or if the weather is particularly warm. Little and often helps, and clear fluids such as tea count towards the total too.

Diet - Certain food will impact on how well hydrated the body is, such as salt, sugar, caffeine and alcohol, which in turn will impact on symptoms.

Maintaining a healthy weight and diet has been found to be beneficial for a number of health conditions such as Type 2 diabetes and coronary heart disease, and it makes sense that a good diet will have a positive effect on MS, although there hasn't been a lot of research in this area.

Sleep - Poor sleep is common in people with MS and other neurological conditions, and may be a symptom itself, or a side effect of other symptoms such as spasms, pain, anxiety or depression.

These are just some of the additional issues that Kadeena Cox would have faced during her time in 'I'm A Celebrity'.

"I believe Kadeena is a fantastic representative for anyone living with a neurological condition and the challenges they face on a daily basis just to do the ordinary things. That is why I love my job so much; if we at the Neuro Therapy Centre can help even a little bit, then it makes our job worthwhile, and we take as much pleasure in all the little gains we can make with our services users as they do. Their determination constantly humbles me and their ability to cope with adversity is an inspiration" said Jane Johnston-Cree.

The Neuro Therapy Centre supports people with neurological conditions including MS, Parkinson's, ME and MND, and their Carers from across Cheshire, North Wales and the Wirral. They offer a range of exercise, physiotherapy and support services which are delivered face-to-face at their Centre in Saltney and online accessible from wherever people are based.

If people would like to find out more about the services of the Neuro Therapy Centre

visit:

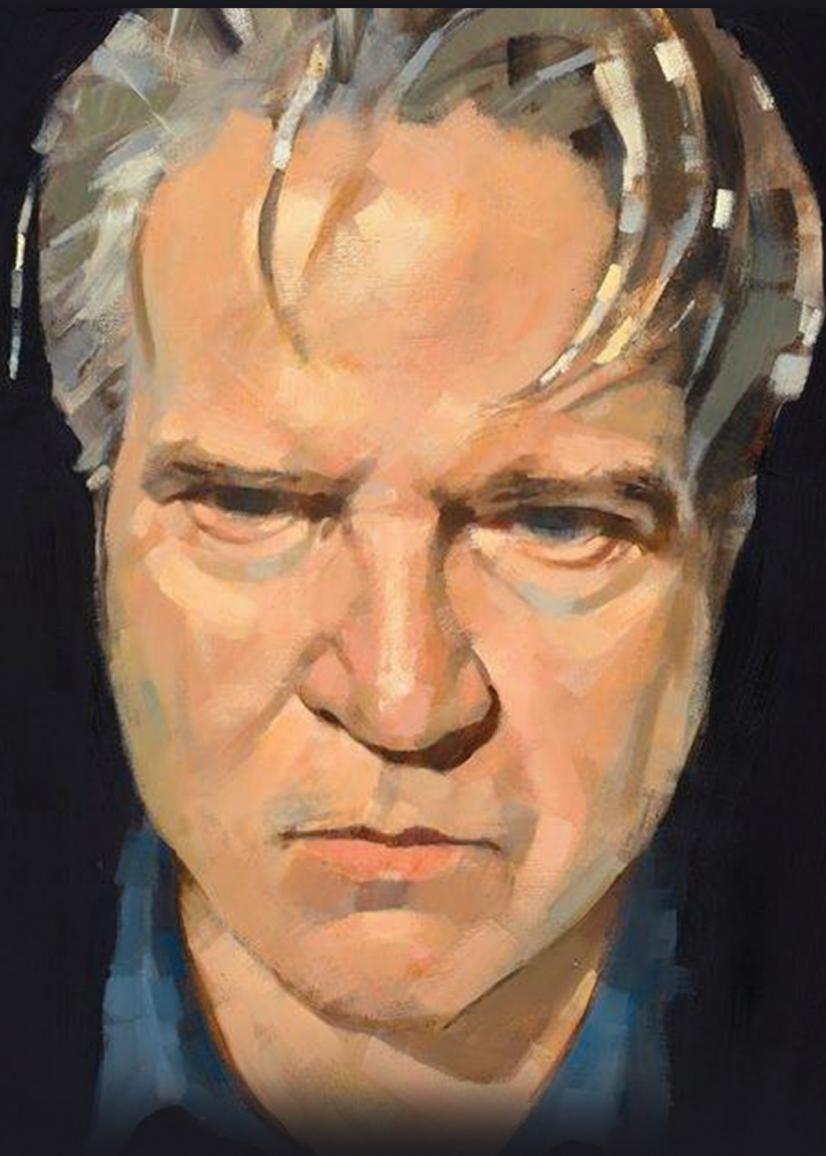
www.neurotherapycentre.org/



About the Neuro Therapy Centre

The Neuro Therapy Centre supports people with neurological conditions including MS, Parkinson's, ME and MND, and their Carers from across Cheshire, North Wales and the Wirral.

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PLAY DOUGH RECIPE

You will need:

- 2 cups plain flour
- 2 tablespoons vegetable oil
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water
- food colouring

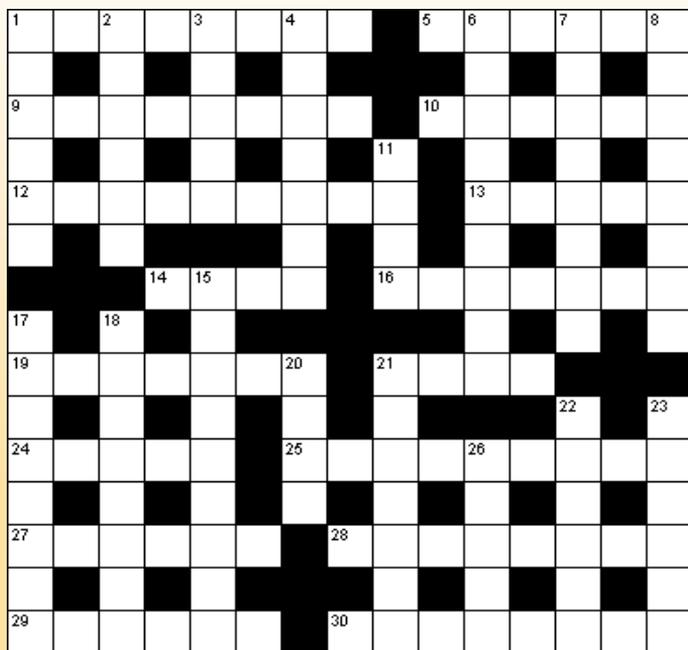
To make it:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl. Add about 10 drops of food colouring to the boiling water, then add it in stages into the dry ingredients. Stir continuously until it becomes a sticky, combined dough.



Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part* If it remains a little sticky then add a touch more flour until just right. Store in cling film after play and it will last for a few weeks.

PUZZLE CORNER



Down

- 1 Rut (6)
- 2 A speech sound (6)
- 3 A trademarked nickel-iron alloy (5)
- 4 Otalgia (7)
- 6 City in British Columbia (9)
- 7 Diagrammed outlines (8)
- 8 Head restraint (8)
- 11 Snake-like fishes (4)
- 15 Conspicuous (9)
- 17 Event (8)
- 18 Extolling (8)
- 20 Placed on a tee (4)
- 21 Scorn (7)
- 22 Resists (6)
- 23 Request forcefully (6)
- 26 Gyrate (5)

Across

- 1 Chatted (8)
- 5 Complain (6)
- 9 Eats plants and animals (8)
- 10 City in Turkey (6)
- 12 Heart chamber (9)
- 13 Willow (5)
- 14 Sword (4)
- 16 Barbarians (7)
- 19 Garage (7)
- 21 Dinghy (4)
- 24 Proof of innocence (5)
- 25 Not here (9)
- 27 In the same place (6)

- 28 Cathedral (8)
- 29 Nullify (6)
- 30 Within (8)

Sudoku Puzzle

How to play:

The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone.

There are 9 such zones in each sudoku grid.

There is only one correct solution to each sudoku. Good luck!

Difficulty level: Medium.

Solutions can be found on our website

								5
3				4				
	1	6	3	9	2			
1				6				
7			2					9
2		3					1	4
				3				
			4		6	2		
	8				5		7	

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A great walk on the Orme

North Wales has resorts galore along its coastline – not conducive to a day’s countryside walking, you may think. But, head inland from Llandudno and footpaths head off in several directions, into lush undulating fields, leafy woodlands, and higher up onto limestone crags and grassy plateaus. It’s a stone’s throw from here up to the Great Orme, the rocky headland that dominates the western end of North Shore beach. Whilst there are elements of tourism on the Orme, like cable cars, and the tramway up to the summit cafe, it’s easy to avoid these and escape the crowds, even in summer. One walk that crops up every couple of years in Chester Rambling & Hill Walking Club’s programme is this very route.

There are two main walking trails up the Orme from the town. The gentlest ascent is accessed via Happy Valley Gardens, following the footpath alongside the toboggan run. A more precipitous route, known for obvious reasons as the Zig-Zag Trail, starts from the Toll House on the West Shore. This is the one favoured by our club leaders, as plentiful roadside parking is available nearby. This is my preferred way up too, despite the steep climb. At the top of the stone steps, we paused to admire the view across the Conwy estuary and Snowdonia, and to catch our breath! However, those of us who’d done this walk before remembered that the undulations would continue for some distance yet. In places, the footpath becomes very narrow, with the hillside dropping sharply down to meet Marine Drive many metres below us to our

left. This is 'single-file terrain' and not recommended for hikers with no head for heights! It's a beautiful route, offering panoramic vistas, not only of the estuary and mountains, but across the Menai Strait to Anglesey. As we started to circle round the headland, the landscape became flatter, and this is where areas of limestone pavement can be spotted. On any walk on the Orme, you're also likely to observe the white Kashmir goats that live up here! A gravelly track took us down towards the 12th century St Tudno's church, standing alone on the hillside, isolated from the town that takes its name.

From here, we joined a footpath leading back up above the cliffs and over towards the Half-Way Tram Station and the Bronze Age Copper Mine. Our leader didn't loiter here, preferring to rejoin the grassy track past the long-disused Bishops Quarry, before retracing our steps down towards the West Shore. This 8-mile walk was graded as C+ due to the rolling terrain and the steepness of that first ascent. Well worth the effort though, for those gorgeous coastal and inland views!

The Great Orme has much to offer fans of geology, industrial archaeology, birds, wild flowers and history. Since the Stone Ages, the promontory has been occupied by settlers who have exploited the land for farming, mining, quarrying, and more recently, tourism. And walking, of course!

Incidentally, the name 'Orme' is thought to originate from the Viking term '*horma heva*' meaning 'dragon' or 'sea monster', though this is not down to the viciousness of the indigenous species! Apparently sailors of yore approaching the promontory by sea thought it looked rather like a giant snake's head.....

You'll need to carry OS Explorer Map OL17 with you on any exploration of this area. Alternatively, if you fancy discovering new walks in North Wales and Cheshire, but don't know the area well enough to go it alone, joining a local hiking group could be for you.

To find out more about Chester Rambling & Hill Walking Club, head over to our website: www.chesterwalkingclub.com Joining details can also be obtained by emailing chesramclub@yahoo.com

Maria Owen, Press Officer, Chester Rambling and Hill Walking Club

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