

Over Peover Ladies continue to scale the heights

Last month the walking group climbed Bosley Cloud, this month they decided to enjoy a walk in Delamere Forest and include a climb to the top of Pale Heights.

Always keen to understand the terrain and timings, a small group did a recce the week before. The weather was dreadful for the recce, so fingers were crossed tightly for the day of the main walk. Road works and closures meant a last minute change to the meeting point but in true WI style the ladies were determined that nothing was going to spoil the day.

Rain was forecast at lunchtime but as they set off, the sun was shining, and the sky was bright – perfect! The group decided to climb Pale Heights first and take advantage of the clear skies. The climb was well worth it and as they reached the summit, the panoramic views were breath taking. Jodrell Bank, the spires of Liverpool Cathedral, the Pennines right through to the rolling Welsh hills. This was time for a few photographs.



The approach along to the summit



Time to catch our breath, enjoy the views and a group photo.



Marking the summit, this stone had some stirring words inscribed.

“About 220 million years ago, right on this spot, sand drifted on the wind and danced in streams,’ says the plaque. ‘Red marl was deposited from rising tides and, after the earth’s crust split and rose up, Old Pale, the highest point of the sandstone ridge, was formed”

Photos complete and one last look around to admire the views, the group set off downhill past the Visitor and Go Ape Center and onto a walk around the lake.



Go Ape offers a treetop rope course to explore the forest canopy for the more active

Tempted to climb but we decided to stick to the planned walk on terra firma!



The rest of the walk was relatively flat and the odd opening in the trees gave super views over the lake. As we neared the end of the walk and approached the car park one member announced she had brought along a home made apple cake. So we tucked into delicious cake and everyone agreed it had been a great start to the week. As we drove out of the carpark the rain started, talk about lucky!

Interested in joining the walks? Check out the WI Over Peover village website. Our walks are fully inclusive and we work hard to ensure that the walk is suitable for all levels of fitness. Our walk leaders always do a recce so we understand the timings and terrain.