

FRODSHAM

Festival of Walks

Saturday 28 April – Monday 7 May 2018



Frodsham Town Council is happy to present the programme for our fifteenth annual Frodsham Festival of Walks.



Our festival working group has put together our biggest ever selection of walks for 2018, designed to suit walkers of all ages, interests and levels of fitness. If you're not a regular walker, we hope we can tempt you to join us to discover the delights of the beautiful countryside in and around our town.



Many of the walks explore the distinctive landscapes of Cheshire's Sandstone Ridge with occasional forays into neighbouring parts of Cheshire and North Wales.



Our walks are led by experienced leaders (mostly volunteers) and we are very grateful for their support and that of a range of local organisations. We hope that you enjoy the 2018 Frodsham Festival of Walks and will take a couple of minutes to complete the online event survey at www.surveymonkey.co.uk/r/X3MNP3P so that we can continue to improve the festival and the range of walks on offer.

We'd love to include your photos of the 2018 Festival of Walks in next year's programme. Please post them on our Facebook page. facebook.com/FrodshamFestivalOfWalks
There will be a prize for the best picture.

The Frodsham Festival of Walks Working Group members are Caroline Ashton, Kath Gee, Tony Hinkins, Sue Kellett, Anne Shaw and Peter Webley – all volunteers – supported by Frodsham Town Council Administrative Officer Liz Kenny.

Find us on Facebook



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Saturday 28 April - 8:30 am

Baker Way

Tony Hinkins

Meeting at Chester Railway Station

We catch the 8:59 am train to Delamere and walk 13 miles back to Chester along the Baker Way. Stout footwear, packed lunch and train fare (£5.70) required. Alternatively meet at Delamere Station at 9.15am and provide your own return transport.

 Grid Reference SJ413669  Postcode CHI 3NS

2



Saturday 28 April - 1:30 pm

Grappenhall Heyes Walled Garden

Sue & Kevin Fairbanks

Meeting at St Cross Church, Appleton Thorn

A mainly level 4 mile walk through the Lumb Brook Valley, into the Dingle and along the Mersey Way to the Grappenhall Heyes Walled Garden to explore or have a short café stop. Returning through woodland and field edges to St Cross Church. Parking at large lay-by on approach to Appleton Thorn village; limited parking at village hall.

 Grid Reference SJ637838  Postcode WA4 4RT
Supported by *Frodsham Methodist Church Walkers*

3

Sunday 29 April - 11:00 am



Little Barrow, Plemstall, Guilden Sutton Loop

Sue & Steve Smith

Meeting at Foxcote Tea Rooms

Station Lane, Little Barrow

Enjoy the Cheshire countryside in a 4 mile stroll across fields and along quiet roads. We cross the River Gowy and visit the medieval sandstone church of St Peter, taking in St Plegmund's Well. Tea rooms are available halfway along the walk for refreshments.

 Grid Reference SJ469699  Postcode CH3 7JN
Supported by *Helsby Footpath Society*

4

Sunday 29 April - 1:30 pm onwards

Alvanley Family Treasure Trail

Steve & Melanie Allen

Meeting at Alvanley Village Hall, Churchway, Alvanley (off Manley Road)

Be a detective: follow the 2½ mile self-guided route in and around Alvanley solving clues to uncover the village's history, especially concerning the WWI centenary. Then back to the village hall for refreshments (small charge) and to check your investigative skills. Not suitable for buggies.

 Grid Reference SJ497741  Postcode WA6 9BZ
Supported by *Alvanley Parish Council*

5


Monday 30 April - 10:00 am

Frodsham and Helsby Hills

Lesley Mitchell

Meeting at Castle Park car park

Enjoy wonderful views from the tops of Helsby and Frodsham hills. This moderate circular walk of 7 miles includes several short ascents and descents and some steps. Wear stout footwear, may be muddy. Bring a packed lunch. No dogs please.

 Grid Reference SJ514775  Postcode WA6 6SB

6



Monday 30 April - 10:00 am

Buggy Push

Pat Hinkins

Meeting at Bradley Lane (Kingsley Road end)

Our popular buggy push is back! This gentle 2 mile (2 hour) stroll along country lanes is for mums, dads, grandparents and carers with children who enjoy their buggies. Wild flowers, ponds, a spring and - yes - llamas! No dogs please.

 Grid Reference SJ525770  Postcode WA6 6PX

For town centre starting points, please see map on back page.

For further details of any of the walks please contact Liz at Frodsham Town Council 01928 735150

Out of hours 07707 363715 Email council@frodsham.gov.uk

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Monday 30 April - 6:30 pm

More Snickets of Frodsham

Kathleen Povall

Meeting at St Laurence Church car park, Church Road

Explore more delightful pathways in our town on this pleasant 1½ hour walk. This year we concentrate on the Overton area so there are some slightly steep sections.

 Grid Reference SJ521773  Postcode WA6 6AD

8



Tuesday 1 May - 10:00 am

Walking for Health in Castle Park

Cheryl Lockley

Meeting at back entrance to Castle Park House in Castle Park

Join our gentle walk around Frodsham's Castle Park, with optional tea and chat in the café afterwards. This is a short, steady walk lasting around 30 minutes.

 Grid Reference SJ514775  Postcode WA6 6SB

Supported by Walking for Health, Macmillan Cancer Support, Brio Leisure

9



Tuesday 1 May - 10:00 am

Paws & Claws Dog Walk

Caroline Ashton

Meeting at Paws & Claws pet shop, Frodsham Station

A gentle 2 hour stroll for dogs and owners (no more than 2 dogs per owner please) around Frodsham, passing through Castle Park for a water break, returning to Paws & Claws for treats and light refreshments.

 Grid Reference SJ518779  Postcode WA6 7DJ

Supported by Paws & Claws pet shop

10



Tuesday 1 May - 10:00 am

Esclusham Mountain and Minera Quarry

Paul Day

Meeting at Minera Lead Mines Country Park car park off B5426, Minera, Wrexham

This 10 mile circular walk explores the natural history of the millstone grit uplands of Esclusham Mountain and the limestone grasslands, quarries and lead mines in and around Minera Quarry. The walk includes 1500 ft of ascent. Be prepared for all weathers and wear stout footwear. Bring lunch and drinks.

 Grid Reference SJ276509  Postcode LLI 1 3DU

Supported by North and Mid Cheshire Ramblers

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Tuesday 1 May - 2:00 pm

Four Seats Walk

Neil Oxley

Meeting at far end of the track past Shepherds Houses, off Manley Road

A 2½ mile circular walk over Woodhouse Hill and Snidley Moor with mixed terrain including some moderate slopes. Takes in young and old woodland with views of the Mersey estuary and beyond, with a chance to see a veteran birch tree. Parking is down a farm access track so take care not to block the track.

 Grid Reference SJ516755  Postcode WA6 6HW

Supported by Woodland Trust

12



Wednesday 2 May - 10.00 am

Willington Wanders

Joyce Porter

Meeting at Gresty's Waste car park, Chester Road (A54), Kelsall

An all day 11 mile moderately paced circular walk on field paths and country lanes through the Cheshire countryside. Two trails, a dale, a hollow and a special garden around the village of Willington. The walk includes 1200 ft of ascent. Bring lunch and drinks. Wear stout footwear and bring waterproofs.

 Grid Reference SJ540686  Postcode CW6 0SP

Supported by North and Mid Cheshire Ramblers



13

Wednesday 2 May - 10.30 am

Wednesday Health Walks**Alan Gerrard & Kathleen Povall****Meeting at back entrance to Castle Park House in Castle Park**

A gentle 1½ hour, 3 mile guided walk for anyone wishing to improve their fitness. Ideal for all: including families, the young and the young at heart.

A progression walk of up to two hours and 4 miles will also be available for those who want a more challenging experience. It will be over more strenuous terrain possibly including stiles. No dogs please.

 Grid Reference SJ514775  Postcode WA6 6SB



Supported by Walking for Health, Age UK Cheshire

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Wednesday 2 May - 6:30 pm

Evening Marshes Bird Walk**Bill Morton****Meeting at motorway bridge, Brook Furlong Lane (off Marsh Lane)**

A 3-4 mile evening walk with relaxed observation of summer migrant birds. Bring binoculars if you have them. No dogs please.



 Grid Reference SJ511779  Postcode WA6 7BT

15

Thursday 3 May - 6.00 am

Early Morning Birdsong**John Davies****Meeting at Townfield Allotments car park at the top of Langdale Way**

Get up before work or school and join us on a 2½ hour birdsong stroll by canal and through woods and fields. Bring binoculars if you have them. All abilities welcome. No dogs please.

 Grid Reference SJ526778  Postcode WA6 7LX



Supported by Frodsham Natural History Society

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Thursday 3 May - 10:00 am

Ruabon Mountain**Peter Webley****Meeting at Pontcysyllte short stay free car park**

A moderate to hard 10-11 mile walk with 1700 feet of ascent around Ruabon Mountain. Excellent views. Some steep and rocky exposed sections, so stout footwear and appropriate clothing essential. Bring lunch and drinks. No dogs, please.



 Grid Reference SJ272423  Postcode LL20 7TP

17

Thursday 3 May - 1:30 pm

Frodsham Rocks**Hilary Davies & Kath Gee****Meeting at St Laurence Church car park**

Learn about the geology that shapes our local landscape. We explore 5 contrasting geological sites on this 3 mile walk, taking about 2½ hours. The route uses footpaths, snickets and some main and minor roads. Wear stout footwear. No dogs please.



 Grid Reference SJ521773  Postcode WA6 6AD

18

Thursday 3 May - 6:30 pm

Helsby Dog Walk**Caroline Ashton & Sophie Rigby****Meeting at Sophie's Groom Room and Hydrotherapy Centre, 245 Chester Road, Helsby**

A 3-4 mile 2 hour flat walk for dogs and owners (no more than 2 dogs per owner please) on footpaths around Helsby. Treats and light refreshments at the end of the walk.

 Grid Reference SJ488756  Postcode WA6 0AQ

Supported by Sophie's Groom Room and Hydrotherapy Centre

For town centre starting points, please see map on back page.

For further details of any of the walks please contact Liz at Frodsham Town Council 01928 735150

Out of hours 07707 363715 Email council@frodsham.gov.uk

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Friday 4 May - 10:00 am

Pub Lunch at The Red Bull

Anne Shaw

Meeting at Bradley Lane (Kingsley Road end)

An easy 4 mile walk along the river through fields and woods to the Red Bull in Kingsley and 2½ miles back across the fields. Stout shoes and no dogs please.

 Grid Reference SJ525770  Postcode WA6 6PX

20



Friday 4 May - 10.00 am

The Bridgewater Canal

Caroline Ashton

Meeting at The Brindley car park, Leira Way, Runcorn

A gentle 5 mile stroll along the Bridgewater Canal stopping at the Mersey Gateway bridge to learn about the environmental considerations during the construction of the bridge. We continue to Norton Priory where there will be a short talk about the Priory before our return to The Brindley. Opportunities to purchase hot drinks and food at Norton Priory or The Brindley.

 Grid Reference SJ514828  Postcode WA7 1BG
Supported by Mersey Gateway Environmental Trust and Norton Priory Museum & Gardens

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Friday 4 May - 1.00 pm

Gowy Meadows Living Landscape

Chris Meredith

Meeting at Holly Bank House, Poole Lane, Thornton-le-Moors

A ramble around Cheshire Wildlife Trust's 400 acre Gowy Meadows Nature Reserve: one of the best examples of floodplain grazing marsh in Cheshire. We will look at the various habitats found on the reserve and the species associated with them. No stiles but may be muddy in parts so stout footwear essential. Parking behind Holly Bank House. Refreshments will be available after the walk. Cost: adults £5, children £2 – all proceeds to support conservation work in Cheshire. Places are limited - prebooking via CWT website is essential.

 Grid Reference SJ442747  Postcode CH2 4JF
Supported by Cheshire Wildlife Trust

22

Saturday 5 May - 9.30 am



Walk on the Waterside

Sue Kellett

Meeting at Stone Bridge, Frodsham

A leisurely all day 11 miles walk mainly by river and canal side from Frodsham to the Anderton Boat Lift. Return by coach or organise your own transport. Spring flowers and water birds to admire on the route. Mostly level but short inclines, some stiles and steps especially in Warburton's Wood. There are options to avoid woods with steps. Time available at end of walk to visit café and visitor centre at Anderton Boat Lift. Stout footwear, suitable clothing, packed lunch needed.

Coach fare £6.50 - advance booking and payment for coach essential - via www.frodsham.gov.uk or Town Council office. Coach leaves Anderton at 4.30 pm. Sorry - no dogs on coach.

 Grid Reference SJ529784  Postcode WA6 7JY

23



Saturday 5 May - 10.00 am

Navigation: An Introduction to Orienteering

John Padgett

Meeting at Castle Park Arts Centre

Spend a morning improving your map reading and navigation skills. We will start with a short classroom session in the Arts Centre followed by navigation exercises using a detailed orienteering map of Castle Park. Maps will be supplied but please bring your own compass.

 Grid Reference SJ514775  Postcode WA6 6SE
Supported by Deeside Orienteering Club

24

Saturday 5 May - 9.30 am



Nordic Walking Taster

Elizabeth Kerley

Meeting at Castle Park car park

A 45 minute session that will help you understand just how beneficial Nordic Walking can be - it's far more than just walking with poles! Get a taste of how light you will feel on your feet, how the whole body is mobilised and why you need to take the time to learn the technique. Poles are provided. Flexible soled trainers or walking boots are ideal, avoid solid heavy walking boots. No dogs please.

Places limited to 12 so it's essential to book at www.kerleynordicwalking.co.uk

 Grid Reference SJ514775  Postcode WA6 6SB

Supported by Kerley's Nordic Woodland Walking

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Saturday 5 May - 11.00 am

Nordic Binerflon

Elizabeth Kerley

Meeting at Castle Park car park

Did you see the biathlon at the Winter Olympics? We can't offer you cross-country skiing and rifles with live ammunition, but we can offer you a fun family activity. You will learn the basics of Nordic Walking and shoot at targets with Nerf guns in a session lasting one hour. This is a family activity - children aged 8 and over can take part if a parent or carer is present. Wear trainers - no flip flops or open toe sandals. Booking is essential and places are limited - email kerleynw@gmail.com.

 Grid Reference SJ514775  Postcode WA6 6SB

Supported by Kerley's Nordic Woodland Walking

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Sunday 6 May - 10:00 am

Morning Marshes Bird Walk

Bill Morton

Meeting at motorway bridge, Brook Furlong Lane (off Marsh Lane)

A 3-4 mile walk with relaxed observation of summer migrant birds. Bring binoculars if you have them. No dogs please.

 Grid Reference SJ511779  Postcode WA6 7BT

27


Sunday 6 May - 2.00 pm

Castle Park's Trees

Kath Gee & Tom Blundell

Meeting at main entrance of Castle Park House in Castle Park

A short meandering walk lasting up to 1½ hours. There will be regular pauses to focus on some of the Park's interesting and exotic trees of diverse age and provenance.

 Grid Reference SJ514775  Postcode WA6 6SB

28



Sunday 6 May - 2:00 pm

Stroll around Chester and along the River Dee

Judith Cross

Meeting at Chester Railway Station

A mainly flat 5 mile walk with two flights of steps. The walk follows the Shropshire Union Canal, the River Dee and crosses Grosvenor Park. There will be stops at points of interest. We will stop outside the Bus Interchange about 10 minutes after the start to collect walkers who are using the Park and Ride.

 Grid Reference SJ413669  Postcode CH1 3NS

Supported by North and Mid Cheshire Ramblers

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Monday 7 May - 10:00 am

Highlights of Frodsham

Alan Gerrard

Meeting at Frodsham Methodist Church, Kingsley Road

See some of the best scenery around our town. We end this year's Festival of Walks with a visit to Frodsham Hill, Frodsham Caves, Crowmere and Hob Hey Wood. There are some steep ascents on this delightful 5 mile walk. Wear stout footwear.

 Grid Reference SJ524769  Postcode WA6 6BA

For town centre starting points, please see map on back page.

For further details of any of the walks please contact Liz at Frodsham Town Council 01928 735150

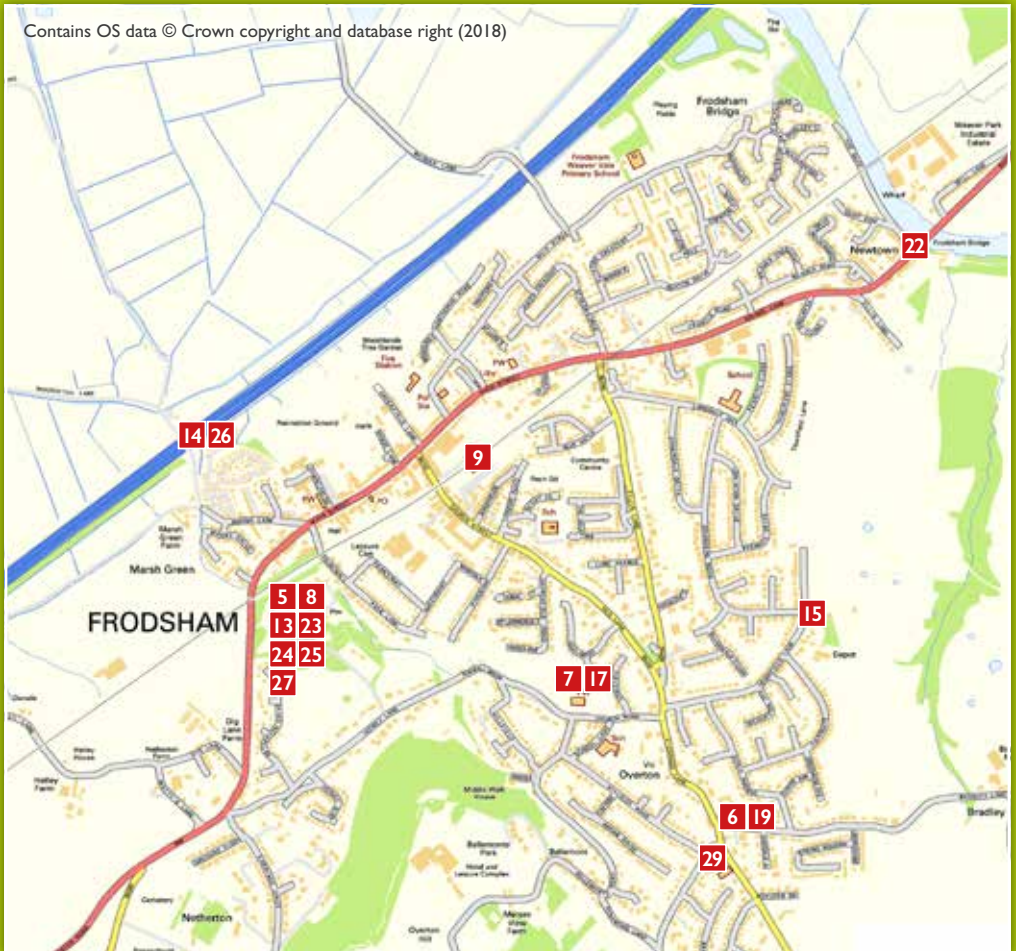
Out of hours 07707 363715

Email council@frodsham.gov.uk

Festival of Walks

 Town Centre Starting Points 

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INJURIES / LOSS OF PROPERTY

Please note that Frodsham Town Council does not accept any responsibility for personal injury or loss of property when attending any of our walks or functions. Individuals must take out their own insurance if they consider it necessary.

Correct footwear should be worn and dogs should be kept on a short lead.

Guide dogs - please check for suitability.

Further information on bus and rail services is available from **Cheshire Traveline** online (free) or on **0871 200 22 33** (calls cost 10p per minute plus network extras).



Car sharing may be available – contact us to offer or request a lift