



CELEBRATING OUR 20TH ANNIVERSARY



www.frodshamfestivalofwalks.uk

Friday 26th April – Monday 6th May 2024



WELCOME TO FRODSHAM FESTIVAL OF WALKS

Please join us and be part of this special 20th Anniversary Festival of Walks running from Friday 26 April – Monday 6 May.

We have planned over 40 wide-ranging walks - some with special guests, some especially for children and families, dog walks, pub walks, and even a bat walk. There is something for everybody in this celebratory year! Most of our walks explore the countryside around our local towns and villages, and many have an interesting theme about the local townscape, history, geology or wildlife.

New for this year we have a **Family Introduction to Castle Park's Birds**, a **Wildflower Discovery Walk**, a visit to the **River Weaver and the Danny**, and a **Walk on the Wild Side** with poet **Andrew Rudd**.

TV presenter, broadcaster and writer **Julia Bradbury** joins us to commemorate our 20th anniversary, and to officially open our new community woodland space, **Frodsham Woods** with our partners **The Woodland Trust**. Julia will also be at the Community Centre later in the day talking to us about her new book **Walk Yourself Happy**, and signing copies of it afterwards.

Actress and singer **Su Pollard** joins us for a **Frodsham Pilgrimage**, following her own extraordinary 15 day pilgrimage to the Sanctuary of Our Lady of Fátima in Portugal.

Old favourites including a **Family Treasure Trail in Alvanley**, a **Mindfulness Walk on Snidley Moor** and **Weaver Woodlands and Bluebells**, make a welcome return.

All walks are led by experienced leaders, volunteers, or representatives from our sponsoring organisations. As always, we are very grateful to the organisations who have sponsored or supported our walks.

This year we have introduced an online booking system via our new website.

On some walks places are limited, so booking is essential. Please visit your local libraries if you need any help registering for the walks. Library staff will help you if, and when, they can. Please remember that you can also just turn up for any walks and register on arrival if places are still available.

We all look forward to welcoming you to one or more of the many walks and events on offer this year!

Do visit our website (www.frodshamfestivalofwalks.uk) and Facebook page ([frodshamfestivalofwalks](https://www.facebook.com/frodshamfestivalofwalks)) to see further details about registering for walks, and all the important information before attending a walk.

WHAT YOU NEED TO KNOW

Frodsham Festival of Walks thanks you for your interest in our programme. Before you join us there are a few things that we need to tell you, to ensure that you are safe, well-equipped, and have all the information you will need, before you register for one of our walks.

Frodsham Festival of Walks does not accept any responsibility for personal injury or loss of property when attending any of our walks. Individuals must take out their own insurance if they consider it necessary.

The time given in the brochure is the start time. Walks will start punctually so please arrive at the meeting point in good time to enable the register to be checked or completed and a safety briefing given. All sections of the registration sheet must be completed.

Booking via: www.frodshamfestivalofwalks.uk

All walks are circular unless otherwise stated.

Distance and duration of walks are approximate and allow for break / lunch stops.

References are given for each meeting point but please be aware that the postcode is only approximate and some places do not have a postcode. If suggested parking is not at the meeting point allow time to arrive punctually.

If travelling by car do consider car sharing.

Car owners please show consideration for local residents and businesses when parking.

You may be able to use the 'On Demand' Rural Minibus Service. For details please visit: www.cheshirewestandchester.gov.uk/travel.

In the event of adverse weather or unpredicted obstacle, the leader may change the route or distance of the walk in the interests of health and safety.

Please wear suitable clothing and footwear and be prepared for unpredictable weather. On sunny days please consider using a wide brimmed hat and sun protection. An inadequately dressed person could affect the safety and enjoyment of the whole group. We reserve the right not to take a person who is not appropriately equipped or who is thought by the leader unlikely to be able to cope with the pace or length of the walk.

Please ensure you have sufficient food and drink for the duration of the walk.

Remember to bring any medication you may need during the walk.

Dogs are welcome on some walks but must be kept under the close control of the owner. The leader has the right to decide whether dogs must be tethered or otherwise. Where dogs are not allowed it is clearly shown in the walk information. Owners must carry 'poop' bags to use when required, and only dispose in a designated bin.

Walkers under 16 years of age are welcome but they must be accompanied by an adult who accepts responsibility for them.

We ask that walkers refrain from smoking during the walk.

You must notify the leader if you wish to leave the walk. Once you have left, the leader will no longer be responsible for you.

If the walk/event is cancelled (e.g. leader's illness, adverse weather) FFOW will endeavour to contact you. However, please look at our website - www.frodshamfestivalofwalks.uk for information updates. Also check **Frodsham Festival of Walks Facebook page**. In the event of a walk being cancelled, the leader or other organisers will make every effort to be at the meeting point to advise anyone who does turn up.

Most of the images in this brochure were taken by walkers during previous Festivals of Walks. We would love to include your images next year.

Please share them on Facebook and tag our page [@frodshamfestivalofwalks](https://www.facebook.com/frodshamfestivalofwalks). Please send them to our email address too at: frodshamfow@gmail.com

Walks may be cancelled or changed in adverse weather. Please check our website (www.frodshamfestivalofwalks.uk) and Facebook page for any changes.



1 Friday 26 April – 10.00

Dog Walk

Josie Evans

Meet at Great Budworth Village Hall car park, Smithy Lane

Grid Ref: **SJ 6640 7767** Post Code: **CW9 6HL**
<https://w3w.co/sleeper.headlines.boarded>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Max – 25 people.**

A leisurely 5.5 mile circular dog walk through Great Budworth and Arley across footpaths, fields, and some minor roads. There are two stiles. Max. two dogs per person please.

2 Friday 26 April – 18.00-19.30

Poetry and Pizza – A Writing Workshop

Julia McGuinness

Meet at Main Street Kitchen, 86, Main Street, Frodsham

Grid Ref: **SJ 5163 7782** Postcode **WA6 7AR**
<https://what3words.com/driver.level.edgy>

Supported by **Main Street Kitchen, Frodsham**

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) for this event. **Max – 16 people.**

Join poet/writer Julia McGuinness as we explore the role and importance of food in our daily lives, especially around celebratory occasions. After the workshop, you are invited to stay for a slice of pizza and a glass of wine for just £5.00 per person. Sorry - no dogs except assistance dogs.



3 Saturday 27 April – 09.30

Weaver, Woodlands, and Bluebells

Susan Kellett

Meet at Stone Bridge, Frodsham. (A56 near Quayside)

Grid Ref: **SJ 5296 7842** Postcode: **WA6 7JY**
<https://w3w.co/gosh.majors.reclining>

Supported by **North and Mid Cheshire Ramblers**

Repeat of a popular walk. An all-day moderate, approximately 12 mile circular walk in the locality of the River Weaver meandering through and close by several ancient woodlands carpeted with bluebells and other wild flowers – hopefully! A haven for wildlife along the route. Mostly flat but some short inclines. Some steps and stiles and narrow riverbank paths. Wear strong boots and appropriate clothing. Bring snacks, lunch, and drinks. Well behaved dogs on a short lead welcome but livestock on the route.



4 Saturday 27 April – 10.45-12.45

Forest School for Families

Tim Kirwin

Meet at Frodsham Woods car park, off Simons Lane, Frodsham

Grid Ref **SJ 5182 7609** Postcode **WA6 6HE**
<https://w3w.co/marathons.commented.embraced>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. This session can accommodate up to 15 children aged 5 and above, accompanied by one or two adults. **Max – 25 people.**

We will have a 10 minute walk onto the site to the area we will be working in. We will be building a fire, cooking bread, and making mini shelters in the woods. Children should wear comfortable outdoor clothing and sturdy footwear. No dogs please.

5 Saturday 27 April – 13.00

The High Part of the Town

Alan Gerrard

Meet at Frodsham Woods car park, off Simons Lane, Frodsham

Grid Ref: **SJ 5182 7609** Postcode: **WA6 6HE**
<https://w3w.co/marathons.commented.embraced>

Supported by: **Frodsham Methodist Church**

A delightful walk of 4 to 5 miles over some of the higher paths in the area with wonderful views over the surrounding countryside. The route includes Woodhouse Hill, Snidley Moor and Crow Mere. Well behaved dogs on short leads welcome. Refreshments and toilet facilities available at Frodsham Methodist Church, Kingsley Road, WA6 6BA, after completion of the walk.

6 Saturday 27 April – 13.45-15.45

Forest School for Families

Tim Kirwin

Meet at Frodsham Woods car park, off Simons Lane, Frodsham

Grid Ref: **SJ 5182 7609** Postcode: **WA6 6HE**
<https://w3w.co/marathons.commented.embraced>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. This session can accommodate up to 15 children aged 5 and above, accompanied by one or two adults. **Please see Walk 4 for walk description. Max 25**

7 Saturday 27 April – 18.00 -18.30

A Walk on the Wild Side (Part One)

Andrew Rudd (Poet) and Chris Godhard (Guitar)

Meet in Castle Park Arts Centre Courtyard

Grid Ref: **SJ 5149 7760** Postcode **WA6 6SE**
<https://w3w.co/heavy.ants.crest>

Booking Essential: Tickets £12.00 for both Part One and Part Two of this event will be available to purchase from Dandelion on Church Street, Frodsham.

Join poet Andrew Rudd and guitarist Chris Godhard, as they stroll through Castle Park and explore the carvings, trees, and architecture of the park and gardens, through music and poetry. A gentle, easy stroll on pathways around the park lasting 30 mins. This will be followed by a one hour interval to enjoy tea/coffee or a glass of wine in the Arts Centre before Part 2 of this event.

8 Saturday 27 April – 19.30 - 20.30

A Walk on the Wild Side (Part Two)

Andrew Rudd (Poet) and Chris Godhard (Guitar) and Chris Karwacinski (Violin)

Meet in Castle Park Arts Centre, Gallery One

Grid Ref: **SJ 5149 7760** Postcode: **WA6 6SE**
<https://w3w.co/heavy.ants.crest>

Booking Essential: Tickets £12.00 for both Part One and Part Two of this event will be available to purchase from Dandelion on Church Street, Frodsham.

Andrew and Chris are joined by violinist Chris Karwacinski, to continue their exploration of how words have inspired music, and vice versa, through the prism of the natural world.



9 Sunday 28 April - 09.00

Frodsham Marsh Spring Migration

Bill Morton

Meet at Brook Furlong Lane via Marsh Lane Frodsham

Please park on the motorway bridge at the end of Marsh Lane itself.

Grid Ref: **SJ 5113 7796** Postcode: **WA6 7BT**
<https://w3w.co/dads.bids.chase>

A walk of 3 miles taking in the spectacle of bird migration, with the possibilities of seeing hundreds of Icelandic bound Black-Tailed Godwits, Warblers arriving from their African winter vacations, Marsh Harriers and other wonders of the avian world. Plenty of sudden stops to observe birds, and an opportunity to have a late breakfast at our viewpoint. Please wear suitable clothing and footwear. Please bring snacks and drinks. No dogs please.

For more information, please visit our website: frodshamfestivalofwalks.uk or email: frodshamfow@gmail.com



SU POLLARD

Su Pollard is an English actress and singer. Her career has spanned over 45 years. She is most famous for her role in the sitcom *Hi-de-Hi*. She also appeared in *You Rang M'Lord?* and *Oh, Doctor Beeching!*

Su has appeared in over 35 stage plays and musicals, as well as over 40 pantomimes. As a singer, she scored a UK number two hit with the song *Starting Together* in 1986 and also released an album. She continues to appear on our screens in a variety of TV shows including: *Gimme, Gimme, Gimme*; *Hacker Time (CBBC)*; *Doctors*; *Celebrity Masterchef*; *Pilgrimage – the Road to Portugal*, and more recently, *House of Games* and *Would I Lie to You*.

In 2023 Su agreed to take on the challenge of walking over 200 miles in 15 days for BBC2's *Pilgrimage – The Road through Portugal* with six other well-known TV personalities. Their destination was the Sanctuary of Our Lady of Fátima, where in 1917 three local shepherd children experienced several apparitions of the Virgin Mary. What was once a small village, became one of the biggest Catholic pilgrimage destinations in the world.

Tackling this 364km pilgrimage over 15 days, the celebrity pilgrims travelled through the heart of northern Portugal's stunning landscapes. Carrying their own backpacks, they slept in rough and ready pilgrim hostels, a basic campsite, as well as a working fire station.

Along the route, the pilgrims visited many places of significant interest including Bom Jesus do Monte, a UNESCO world heritage site, and a medieval synagogue, which became a prison and a hayloft, before being preserved as a museum, recapturing its former history. In Coimbra, the

capital of Portugal in the early Middle Ages, they visited a closed order of nuns and met Sister Ana Sofia, who served alongside Sister Lucia, one of the shepherd children, before she died. The pilgrims were able to hear first-hand how Sister Lucia's life changed after the seemingly miraculous events that put a small Portuguese village on the global stage.

Revealing why they chose to join this pilgrimage, Su Pollard commented:

"I'm not deeply religious but I do like to think that God is my friend and when you're on a journey like this, without your usual comforting things around you, you've got more time to talk to yourself and ask yourself certain questions."

10 (A) Sunday 28 April – 10.00 (Interview and walk)

10 (B) Sunday 28 April – 14.30 (Walk only)

A Frodsham Pilgrimage

Sue Lorimer and Kath Gee accompanied by Su Pollard

Meet at the Parish Hall, Church Street, Frodsham

Grid Ref: **SJ 5179 7779** Postcode: **WA6 6PN**
<https://w3w.co/seat.snake.spine>

Booking Essential: Visit our website [frodshamfestivalofwalks.uk](https://www.frodshamfestivalofwalks.uk) for booking instructions, and to book your place(s) on this walk. **Max. 25 (per walk)**

If both walks are fully booked when you try to register, you are always welcome to attend the Presentation only, at the Parish Hall from 10.00-10.45. (Max. 80)

Supported by: **Frodsham & District History Society**

Welcome to actress/singer Su Pollard in Frodsham Parish Hall. Su will be interviewed about her 15 day pilgrimage to the Sanctuary of Our Lady of Fátima, in Portugal, which was part of the BBC2 series *Pilgrimage*. There will be an opportunity to ask Su questions before she joins us for an introduction to a Frodsham Pilgrimage. The walk route of about 2 miles on hard surfaces, earth paths and some steps includes seven properties that once were, or now are, places of worship in the town. There will be a short meeting with Paul, the Pastor at Main Street Community Church, and Reverend Elaine at the Parish Church of St Laurence, before returning to the Parish Hall. No dogs please. Free 4-hour parking in the Leisure Centre Car Park SJ 516 777. Take the pedestrian exit via Alvanley Terrace & Kydd's Wynt to the Parish Hall

11 Sunday 28 April – 11.00-13.00

Foraging for Families

David Winnard

Meet at Netherton Hall car park

Grid Ref: **SJ 5123 7703** Postcode: **WA6 6UL**
<https://w3w.co/asterisk.bouncing.distract>

Booking Essential: Visit our website [frodshamfestivalofwalks.uk](https://www.frodshamfestivalofwalks.uk) for booking instructions, and to book your place(s) for this walk. **Max – 40 people.**

A unique opportunity for families to try some seasonal foraging with David Winnard. Through family-based searches and tasks, David will help you to safely find and identify the plants and fungi 'on your doorstep' and establish if they are edible, medicinal, or poisonous, and how they fit into the larger eco-system. He likes you to get hands-on with the items you find, so expect to be nibbling on the tastier wild food you collect as we walk around. David is one of the most respected foragers and naturalists in the north of England and North Wales and will guide you into the world of wild food and natural history. The walk will last for two hours. No dogs please.

12 Sunday 28 April – 13.30

Alvanley Walking Family Treasure Hunt

Steve and Melanie Allen

Meet at Alvanley Village Hall, Churchway, Alvanley. (off Frodsham Road, B5393) from 13.30 onwards.

Grid Ref: **SJ 4971 7409** Postcode: **WA6 9BZ**
<https://w3w.co/energy.lows.dusters>

Supported by **Alvanley Parish Council and Village Hall Committee.**

Return of the hugely popular Family Treasure Hunt. A new, approximately 2 hour, 2.7 miles family walk starting and finishing at Alvanley Village Hall using given directions and solving clues en-route. It will involve some writing, with clipboards and pens provided. Mobile phone photos may be used as evidence. Moderate walking on undulating paths/tracks with kissing gates. No stiles. Short country road sections, but with grass verges to walk on. Please wear stout footwear (may be muddy in places) and appropriate clothing. Well behaved dogs on short leads welcome. Not suitable for buggies. Return to the Village Hall for refreshments (with a small charge) and to check your detective skills. Small prizes for winners.

13 Sun 28 April – 14.00-16.00

Foraging for Adults

David Winnard

Meet at Netherton Hall car park

Grid Ref: **SJ 5123 7703** Postcode: **WA6 6UL**
<https://w3w.co/asterisk.bouncing.distract>

Booking Essential: Visit our website [frodshamfestivalofwalks.uk](https://www.frodshamfestivalofwalks.uk) for booking instructions, and to book your place(s) for this walk. **Max – 40 people.**

A unique opportunity for adults to try some seasonal foraging with David Winnard. David will help you to safely find and identify the plants and fungi 'on your doorstep' and establish if they are edible, medicinal, or poisonous, and how they fit into the larger eco-system. He likes you to get hands-on with the items you find, so expect to be nibbling on the tastier wild food you collect as we walk around. David is one of the most respected foragers and naturalists in the north of England and North Wales and will guide you into the world of wild food and natural history. The walk will last for two hours. No Dogs please. .



For more information, please visit our website: [frodshamfestivalofwalks.uk](https://www.frodshamfestivalofwalks.uk) or email: frodshamfow@gmail.com



15 Monday 29 April – 14.00

Frodsham Woods Walk

Neil Oxley

Meet at Frodsham Woods Woodland Trust car park, off Simons Lane, Frodsham

Grid Ref: **SJ 5182 7609** Postcode: **WA6 6HE**
<https://w3w.co/marathons.commented.embraced>

Supported by **The Woodland Trust**

A circular walk of 4 miles, taking in the Woodland Trust woodlands at Frodsham. Starting from the new community woodland, Frodsham Woods at the former Golf Course and going to Woodhouse Hill and Snidley Moor. The walk will be an opportunity to find out more about the management of these woods. The walk is mostly flat, but there are some short sections with steep climbs and descents. Dogs are welcome. No toilets. Please bring your own refreshments.



16 Tuesday 30 April – 9.30

Family introduction to Castle Park's Bird Life

John Davies

Meet on the grass next to Castle Park's main car park.

Grid Ref: **SJ 5137 7747** Postcode: **WA6 6SB**
<https://w3w.co/intervals.timing.bunch>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Max – 25 people.**

An introduction to some of the common birds that can be seen and heard in Castle Park. We shall try to identify some of the bird songs and calls that we hear as well as those birds we see. A gentle stroll that will involve some slopes. Binoculars would be useful but not essential. No dogs please.

17 Tuesday 30 April – 10.00

Three Canals, River Mersey, and Wigg Island

Eamon Kilduff

Meet in the first section of the Brindley Theatre car park. Parking is free. Refreshments and toilets are available at the Theatre. Cafes are also available in Runcorn Town Centre.

Grid Ref: **SJ 5133 8291** Postcode: **WA7 1BG**
<https://w3w.co/entire.herb.bath>

Frodsham Probus Walking Group

A 5.5 mile walk taking you along a section of the Bridgewater Canal through the remains of the old locks, to the Manchester Ship Canal; passing Bridgewater House, where James Brindley lived whilst constructing the Bridgewater Canal. The walk continues along the side of the Manchester Ship Canal, passing under Aethelflaed's and Silver Jubilee Bridges to Runcorn Promenade. We then walk onto Wigg Island Nature Reserve, where it follows a circular path passing under the Mersey Gateway Bridge, and a small section of the Runcorn - Latchford canal, before returning to the Brindley car park via the Bridgewater Canal. No dogs please.



18 Tuesday 30 April – 10.30

Wellbeing Walk

Lesley Mitchell

Meet at Castle Park Arts Centre, Fountain Lane, Frodsham. Park at Castle Park main car park

Grid Ref: **SJ 5149 7760** Postcode: **WA6 6SB**
<https://w3w.co/heavy.ants.crest>

Supported by **The Ramblers CWAC**

Join us on one of our Wellbeing walks to improve fitness and mental wellbeing with the option of refreshments and a chat in the café afterwards. Two walks are available. One lasts about 30 minutes and is along paths in Frodsham's beautiful Castle Park. The second walk is a leisurely 60 minute walk along the paths in Castle Park and along the lower paths on Frodsham Hill. Wear suitable clothing and footwear. Bring snacks and drinks. No dogs except assistance dogs.

19 Tuesday 30 April – 11.00

Nordic Walking

Elizabeth Kerley

Meet at Castle Park car park

Grid Ref: **SJ 5137 7747** Postcode: **WA6 6SB**
<https://w3w.co/intervals.timing.bunch>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Please arrive early if you wish to discuss with the Walk Leader, any medical conditions or issues you have, that might limit your ability to participate in all aspects of Nordic Walking. Max – 12 people.**

A 90 minute Total Body Walk session that will give you the chance to connect with nature and see for yourself just how powerful walking-based exercise can be when it's at the right level for you. There will be a 60 minute session on how to get the best out of your walking technique (how to walk well) and an optional 20-30 minute discovery walk at the end of the hour with or without poles or other equipment. Learn how to walk well, harnessing the power of good posture, your core muscles and the perfect stride. Experience how pace and hills can be empowering and how working on balance, flexibility and strength can make walking twice as effective, whatever you are aiming to achieve. Try out some 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. Try other ways to boost strength, help with weight loss, and make walking work for you. Poles and other equipment are provided. Flexible soled trainers or trail shoes are ideal. Avoid solid heavy walking boots please. No dogs please.



14 Monday 29 April – 09.30

One Path, Two Hills

Glyn Morris

Meet at Beacon Hill car park, off Simons Lane, Frodsham (sometimes labelled as Sandstone Trail car park.)

Grid Ref: **SJ 5187 7656** Postcode: **WA6 6HQ**
<https://w3w.co/proud.requested.spinners>

This is a moderately arduous walk rising up and down the Sandstone Ridge several times, exploring the multitude of long-distance and local paths, 'trails' and 'ways' that find their way near to Frodsham. Approximately 10 miles. Please bring a packed lunch and enough drinks to last throughout the day. No dogs please.

For more information, please visit our website: frodshamfestivalofwalks.uk or email: frodshamfow@gmail.com

20 Tuesday 30 April – 14.00

Features in Frodsham: Walk and Quiz

Kath Gee

Meet at Frodsham Library

Grid Ref: **SJ 5167 7766** Postcode: **WA6 6RX**
<https://w3w.co/bind.august.lamps>

Supported by: **Frodsham and District History Society and CWAC Library Services.**

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Max – 20 people.**

Meet in Frodsham Library for a brief introduction. Stroll down Fountain Lane and along both sides of Main Street and lower Church Street. This is less than a mile in total. There will be a Picture Quiz over tea and biscuits on our return to the library. No dogs please.



21 Tuesday 30 April – 18.00

Snickets of Kingsley

Kathleen Povall

Meet in the car park of playing field opposite Community Primary School, Middle Lane, Kingsley. There are no toilets or refreshment facilities on this walk.

Grid Ref: **SJ 5403 7488** Postcode: **WA6 6TZ**
<https://w3w.co/dusts.screaming.elects>

An early evening walk of about 3.6 miles discovering ways through the peaceful village of Kingsley. We use snickets, a path by a stream, some steps, and quiet side lanes. It may be muddy; please dress appropriately. Well behaved dogs on short leads welcome.

22 Wednesday 1 May - 10.00

Highs and Lows of Frodsham

Stuart Gardiner

Meet in Frodsham Station car park (South Side). £1.80 for all-day parking. Take the ticket at entry and pay at machine before exit. There are no toilets in the car park or on the walk.

Grid Ref: **SJ 5186 7783** Postcode: **WA6 6PN**
<https://w3w.co/grin.chose.exile>

A day walk aiming to visit the highest and lowest points in Frodsham. We will visit the top of Frodsham Hill, Woodhouse Hill and Harrol Edge. We will then drop down to the River Weaver and take a short excursion onto Frodsham Marsh. Approximately 8 miles and 1100ft ascent. Please wear suitable clothing and sturdy footwear. Well-behaved dogs are welcome, on leads near highways or livestock, and at lunchtime. Please bring a packed lunch and sufficient to drink to last the day.

23 Wednesday 1 May – 10.00

Parkgate-Port and Resort

Anthony Annakin-Smith

Meet on the sea wall by the Old Quay Pub on The Parade, Parkgate

Grid Ref: **SJ 2803 7783** Postcode: **CH64 6QJ**
<https://w3w.co/nearly.trap.robots>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Max – 20 people.**

A 3.5 mile circular walk in and around the popular former seaside village of Parkgate. We look at its varied history, i.e. deer park, seaport for Ireland and beyond, sea-bathing resort for centuries, and industrial site (shipbuilding and more). Anthony is a well-known expert on the area's history and will point out signs of the village's past which still survive today. No dogs please. Nearest public parking: Ropewalk Car Park, Station Road, on the left just before you enter the village. Limited parking on The Parade. Fee-paying car park at the Old Quay Pub (with reduced charge for pub users).

For more information, please visit our website: frodshamfestivalofwalks.uk
or email: frodshamfow@gmail.com

24 Wednesday 1 May – 10.00-13.00

Pub Walk

Neville Bester

The walk will start and end at The Carriers Inn, Delamere Road, Hatchmere Lake, Norley. (Tel. 01928 371109). If you would like to stay for lunch after the walk, please phone The Carriers Inn to make a reservation. There is plenty of free parking in their car park.

Grid Red: **SJ 5545 7210** Postcode: **WA6 6NL**
<https://w3w.co/worry.clenching.snowboard>

This walk goes through the northern edge of Delamere Forest, passing the Beaver Reserve and Barnsbridge Gate, and then on through Delamere Forest to the new Visitors Centre (where there are toilet facilities). We then skirt Blakemere Moss, and join the Delamere Way, heading to Norley. We go along Post Office Lane, cross School Lane, and return to the Carriers Inn. The walk is approximately 5.5 miles. The terrain is footpaths, forest floors and a short distance on minor roads. Please wear suitable clothing and sturdy footwear.

25 Wednesday 1 May – 10.30

Wellbeing Walk

Lesley Mitchell

Meet at Castle Park Arts Centre, Fountain Lane, Frodsham. Parking available at Castle Park main car park

Grid Ref: **SJ 5149 7760** Postcode: **WA6 6SB**
<https://w3w.co/heavy.ants.crest>

Supported by **The Ramblers CWaC**

Join us on one of our Wellbeing walks to improve fitness and mental wellbeing with the option of refreshments and a chat in the café afterwards. Two walks are available. Both walks start and finish in Frodsham's beautiful Castle Park. One walk lasts about 60 minutes and is a leisurely walk exploring the paths close to Castle Park and the lower paths on Frodsham Hill. The second walk is a more demanding 90 minute walk and may include the paths that lead to the top of Frodsham Hill and the old Golf Course. Wear suitable clothing and footwear. Both walks may be muddy. Please bring snacks and drinks. No dogs please.



26 Wednesday 1 May – 18.00-19.30

Helsby Dog Walk

Sophie Rigby

Meet at Sophie's Groom Room and Hydrotherapy Centre, 245 Chester Road Helsby

Grid Ref: **SJ 4889 7564** Postcode: **WA6 OAQ**
<https://w3w.co/violinist.sapping.struts>

Supported by: **Sophie's Groom Room and Hydrotherapy Centre**

A 90 minute flat walk for dogs and their owners, on footpaths around Helsby. Max. two dogs per person please.

27 Wednesday 1 May – 18.30

Where have all the flowers gone?

Dr Peter Llewellyn

Meet at Moor Lane, Frodsham by 'old' Nat West Bank building and Swetenhams Estate Agent on A56. Four hours free parking at Princeway Extension car park, Princeway, Frodsham. Behind the Medical Centre/Leisure Centre/Library.

Grid Ref: **SJ 5167 7789** Postcode: **WA6 7AB**
<https://w3w.co/prep.wiring.mobile>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Max. 20 people.**

A short come-and-find walk (approximately 1 hour, ½ mile) looking for spring wildflowers in a semi-rural/urban environment. Wild flowers prefer poor soil, so we will look for plants at the sides of the lane and paths. Assuming reasonable weather we could find twenty flowering plants. List of plant names available. Suitable for children. Dogs on short leads are welcome. Dr Peter Llewellyn is chair of **The Wildflower Society** which organises plant hunting walks every year in the countryside of England, Wales, Scotland, and Ireland.
www.thewildflowersociety.org.uk



28 Thursday 2 May – 10.00

Ashton Grange Woods and Wildflowers

Martin & Kate Slack

Meet and close park at the front of Ashton Grange house please.

Grid Ref: **SJ 5140 7030** Postcode: **CH3 8AE**
<https://w3w.co/robe.twice.waistcoat>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Max 25 people.**

This 2 mile walk on private land begins with a brief history of the house before going through the garden to the wildflower meadow. We continue through the Bluebell Wood, to Centenary Wood and finally the recently planted Dene Field Wood, which has natural wildflower banks. Some of the ground is uneven on woodland tracks and grassy paths, with more rutted areas in places. The walk also crosses meltwater channels that may be wet and muddy in the dips and with steep slopes on the valley sides. Stout footwear and walking sticks recommended. No dogs please. Refreshments available afterwards at the Goshawk Pub.



For more information, please visit our website: frodshamfestivalofwalks.uk or email: frodshamfow@gmail.com

29 Thursday 2 May – 10.00

Alvanley Pub Walk

Christine Martin

Meet at The White Lion Pub, Manley Road, Alvanley, B5393. Use rear car park. Please arrive early to allow sufficient time to pre-order food if you are joining us for lunch.

Grid Ref: **SJ 4972 7402** Postcode: **WA6 9DD**
<https://w3w.co/pasting.deliver.barbarian>

Supported by **North and Mid Cheshire Ramblers**

A leisurely 5 mile walk across fields and along footpaths, followed by a steady climb to the top of Helsby Hill where we will take a short break before we make our descent. A short stretch of road walking takes us back to the start. No stiles. No dogs please. Please wear strong boots (may be muddy in places) and suitable clothing.

30 Thursday 2 May – 10.30

Wirral Wander

Sue Griffiths

Meeting at Thurstaston Country Park, Station Road, Wirral. Parking costs around £5.00. The walk will start from the paved area where the noticeboard and ticket machine face you as you drive into the main car parking area. Toilets available at the Visitors Centre/Whistle Stop Cafe on the opposite side of the Wirral Way to the car park.

Grid Ref: **SJ 2380 8350** Postcode: **CH61 0HN**
<https://w3w.co/inhaler.trickles.hazy>

A 7-8 mile varied day walk including the Wirral Way, the Dungeon and Thurstaston Hill with stunning views across the estuary towards North Wales (weather permitting). The walk may include a beach walk (depending on the tides) which involves a steep descent of steps and a short, steep ascent from the beach. A few stiles and a couple of steep, rocky ascents, one up an incised valley called The Dungeon, and the other up to the top of Thurstaston Hill. We descend through Thurstaston Common with a lunch stop at Royden Country Park, where there are toilets, picnic tables and a lovely walled garden (dogs are not allowed in here). The cafe may be open, but it is recommended you bring drinks and a packed lunch. We return through the residential area of Caldy, and then along the Wirral Way. Please wear suitable clothing and sturdy footwear. Well behaved dogs on a short lead are welcome.

31 Thursday 2 May – 18.30

Nordic Walking

Elizabeth Kerley

Meet at Castle Park car park

Grid Ref: **SJ 5137 7747** Postcode: **WA6 6SB**
<https://w3w.co/fruit.claim.loans>

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. **Please arrive early if you wish to discuss with the Walk Leader, any medical conditions or issues you have, that might limit your ability to participate in all aspects of Nordic Walking. Max – 12 people.**

A 90 minute Total Body Walk session that will give you the chance to connect with nature and see for yourself just how wonderful walking-based exercise can be when it's at the right level for you. There will be a 60 minute session on how to get the best out of your walking technique (how to walk well), and an optional 20-30 minute discovery walk at the end of the hour, with or without poles, or other equipment. Learn how to walk well, harnessing the power of good posture, your core muscles, and the perfect stride. Experience how pace and hills can be empowering, and how working on balance, flexibility and strength, can make walking twice as effective, whatever you are aiming to achieve. Try out some 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. Try other ways to boost strength, help with weight loss, and make walking work for you. Poles and other equipment are provided. Flexible soled trainers or trail shoes are ideal, but please avoid solid heavy walking boots. No dogs please.



32 Thursday 2 May – 19.00

Mindfulness Walk at Woodhouse Hill (This is a meditation walking session)

John Kirby

Parking available at the 'pull-in' on The Ridgeway near Spirit of the Herd/ Sandstone Trail track/ bridleway. Meet at the bottom of the track. Please arrive early to ensure the walk starts on time.

Grid Ref: **SJ 5080 7478** Postcode: **WA6 6XQ**
<https://w3w.co/classmate.speeches.peroxide>

A 90 minute gentle meditation walk with ample time to be still and appreciate the energy of the woodland. Using the five senses we will explore what it means to go deeper into nature and how we are all connected with it. It is a joy to be fully present with the wonders of nature whether it be trees, plants, animals, birds, or insects. Participants will receive short, guided meditations at various places along the route – no prior experience necessary. Some fairly steep, single earth tracks and paths. Some steps. Please wear appropriate footwear and clothing, while taking the weather into consideration. No dogs please.





33 Friday 3 May – 10.00

Moore Circular Walk

Iris Keating

This walk starts from the Red Lion car park at 119, Runcorn Road

Grid Ref: **SJ 5774 8423** Postcode: **WA4 6UD**
<https://w3w.co/lies.frosted.stack>

This walk encompasses two railway lines and two canals, plus a walk through Pitt Heath Wood and down to the side of the Manchester Ship Canal, almost to the Moore Nature Reserve. There is a short amount of road walking, on minor roads. There are no stiles. The walk is just over 4 miles with a total ascent of 111 ft and a total descent of 113 ft. Please wear suitable clothing and sturdy footwear. Dogs are welcome.



For more information, please visit our website:
frodshamfestivalofwalks.uk
 or email: frodshamfow@gmail.com



34 Friday 3 May – 10.30

Walking to Little Switzerland

Tony and Kay Hall

Meet at Barnsbridge Gate car park on Ashton Road, off B5152

Grid Ref: **SJ 5420 7153**
<https://what3words.com/data.celebrate.respect>

Supported by **North and Mid Cheshire Ramblers**

An all-day, moderate, circular 9.5 mile undulating walk with approximately 1300 feet ascent. Heading south on the Sandstone Trail via Summertrees and Little Switzerland to Kelsall – hoping for lovely views. Our return follows the Eddisbury Way before re-joining the Sandstone Trail through Delamere Forest. A mix of forest tracks, short road sections and fields. A few stiles. Well behaved dogs welcome – tethered at leader's discretion. Bring snacks, lunch, and drinks. Small food store adjacent to lunch stop. Strong footwear recommended in case of mud. Waterproofs advised.

35 Friday 3 May – 13.30

Runcorn Hill and Weston Village

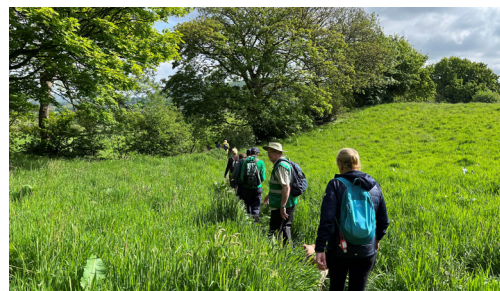
Eamon Kilduff

Meet in front of Esposito's Café, Highlands Road, Runcorn. Limited free parking next to the café, with an additional free public car park approximately 200 yards further on Highlands Road.

Grid Ref: **SJ 5086 8161** Postcode: **WA7 4PT**
<https://what3words.com/films.atom.brass>

Frodsham Probus Walking Group

A relatively easy 5-mile figure of eight, visiting the old quarries on Runcorn Hill and the memorial to Runcorn's war hero Todger Jones VC. Then on to Frog's Gob, the highest point of the walk, and back via Weston Road with extensive views over the Manchester Ship Canal and across to Liverpool. No dogs please.



36 Saturday 4 May – 10.00

Vistas around Kingsley

Stuart Leyland

Meet at Kingsley Community Centre, Smithy Lane (off Hollow Lane B5153)

Grid Ref: **SJ 5500 7483** Postcode: **WA6 8ED**
<https://what3words.com/draining.downhill.bookshelf>

A leisurely 6 mile walk around Kingsley. We pass Catton Hall and then join the Eddisbury Way at Bradley and steadily climb to Newton taking in some fabulous views over the Cheshire plain. We then head back to Kingsley on a path seldom walked. Mostly field and track walking with quiet road sections. A few stiles. Please bring snacks, lunch and drinks. (shop available close to start of walk). Wear strong boots (may be muddy in places) and appropriate clothing. Dogs not permitted due to possible livestock on route.

37 Saturday 4 May – 10.00-16.00

Frodsham Art Trail

Martin Maris

Meet at Frodsham Community Centre car park.

Grid Ref: **SJ 5221 7796** Postcode: **WA6 7QN**
<https://what3words.com/bonus.other.film>

A unique opportunity to meet local Frodsham artists in their own studios and workshops. A chance to see demonstrations of how they work, plus small displays of recent work, and to ask questions about their working styles and any specific techniques that they use. This whole day experience will involve walking (approximately 3.5 miles) to each of the studios of the five artists we will meet, plus a closer look at Castle Park Arts Centre, where you can also buy lunch if required. Please wear suitable clothing and footwear. No dogs please.

38 Saturday 4 May – 14.30-16.30

Frodsham Community Orchards Walk

Christine Webber

Meet at Ship Street Community Orchard – near the Fire Station.

Grid Ref: **SJ 5176 7805** Postcode: **WA6 7NW**
<https://what3words.com/slate.bolt.impact>

Supported by **Climate Action Frodsham**

This three mile walk will include the community orchards off Ship Street, Hob Hey Wood, and Churchfields playing fields. As we walk, we will talk about orchards, fruit trees, types of fruit and how to use them, and how the orchards are managed. Dogs on leads are welcome.



39 Sunday 5 May – 10.00-12.00

Frodsham Dog Walk

Iris Keating

Meet at the main car park in Castle Park

Grid Ref: **SJ 5137 7747** Postcode: **WA6 6SA**
<https://w3w.co/intervals.timing.bunch>

Supported by **Tail Mates Shop and Dory's Cafe**

A short 3 mile walk for dogs and their owners (but all are welcome). We leave the park, cross Howey Lane and join Middle Walk to reach the old Golf Course. After off-lead walking (at the owner's discretion) we rejoin the paths through the woods, and then walk along Bellemonte Road, and down into Frodsham. The walk ends at Tail Mates where there may be some goody bags waiting for us.

For more information, please visit our website:
frodshamfestivalofwalks.uk
or email: frodshamfow@gmail.com

40 Sunday 5 May – 10.00-12.00

Hob Hey Bat Discovery Walk

Tom Kenwright

Meet at the junction of Townfield Lane and Langdale Way (by Townfield Allotments). Parking available on side streets.

Grid Ref: **SJ 5265 7783** Postcode: **WA6 7LX**
<https://w3w.co/legs.bland.penny>

Supported by **Hob Hey Wood Friends Group**

Join us for a 1.5 mile walk through Hob Hey Wood learning about the many species of bats that live there. We will, under the control of a licensed Bat Handler, be taking down, and opening some of the bat boxes we've installed in the wood, so there is a chance of actually seeing one of these mysterious creatures. Bats are wild creatures, so to avoid disturbing any of them in the bat boxes, people will need to stay at least two metres away from the bats. No dogs please.



JULIA BRADBURY

Julia Bradbury is credited with revamping Sunday night primetime television on BBC One's **Countryfile**, where she was a co-presenter for six years. She has an impressive career which has seen her launch three television channels and present numerous significant long term series including **Watchdog**, **Top Gear** and **Countryfile**.

Outside her television life, Julia is an ambassador for **The National Trust** and several cancer charities. She co-founded **The Outdoor Guide**, which is an online resource and space for outdoor inspiration, and also supports **The Outdoor Guide Foundation** which raises funds to donate waterproof kits to state primary schools, to make the outdoors accessible to all. Her passion is the outdoors and more recently following her cancer diagnosis and surgery, she is dedicating her time supporting the benefits of healthy living and the virtues of nature therapy.



Following on from the success of her Sunday Times Bestselling part self-help, part memoir **Walk Yourself Happy**, Julia has created a series of exclusive wellbeing events that bring together an exciting selection of the expert contributors from her book.

41 Sunday 5 May – 14.00

Official Opening of Frodsham Woods

Julia Bradbury and The Woodland Trust

Meet at Frodsham Woods, off Simons Lane (on the grass beside the car park)

Grid Ref: **SJ 5182 7609** Postcode: **WA6 6HE**
<https://w3w.co/marathons.commented.embraced>

Supported by **The Woodland Trust and The Mather Trust**

Please make your own way on foot, if you can, to join the writer and TV presenter/broadcaster Julia Bradbury, as she commemorates 20 Years of the Frodsham Festival of Walks, and officially opens the Woodland Trust's new community woodland space, on the former site of Frodsham's Golf Course. This event will last approx. 30 mins.

42 Sunday 5 May – 15.30

An Afternoon with Julia Bradbury

Julia Bradbury and Dave Guest

Meet at Frodsham Community Centre – Main Hall

Grid Ref: **SJ 5221 7796** Postcode: **WA6 7QN**
<https://what3words.com/bonus.other.film>

Supported by **The Woodland Trust, The Mather Trust, The Old Curiosity Bookshop, and Frodsham Bee Friends**

Booking Essential: Visit our website frodshamfestivalofwalks.uk for booking instructions, and to book your place(s) on this walk. Tickets £15.00

Please join writer and TV broadcaster/presenter Julia Bradbury as she talks about her life-long passion for walking - through writing, as an advocate for nature, charity campaigner, and cancer thriver. She is best known for turning walking into prime-time TV, with shows including *Britain's Best Walks*, *Cornwall and Devon Walks with Julia Bradbury* and *Wainwright's Walks in the Lake District*. After talking to us, Julia will be available to sign copies of her most recent book, *Walk Yourself Happy* that you can purchase in the Lounge Bar, kindly supplied by The Old Curiosity Bookshop. Refreshments available from Frodsham Bee Friends.

43 Monday 6 May – 13.00

River Weaver and The Danny

Glyn Morris

Frodsham Station car park. All day parking for £1.80

Grid Ref: **SJ 5194 7792**

<https://what3words.com/silly.noise.galaxy>

Supported by **Frodsham Probus Walking Group**

A five mile walk exploring the hinterland of the River Weaver and the Weaver Navigation near Frodsham, where there is, or has been, both industrial and leisure use of the water. It is intended that (subject to the scheduling), we will be able to see the steam tug The Danny, returning up the Weaver to the Swing Bridge, and to have a short visit once the passengers have disembarked. Refreshments can be purchased on the Danny; no admission charge, but donations welcome. Children under 16 and vulnerable adults are welcome to join us, provided each child and vulnerable adult is accompanied by another adult, who accepts responsibility for their safety and well-being. No dogs please.



44 Monday 6 May - 14.00

Geology Walk

Ian Drew

Meet in St Laurence Church car park. Parking also available on nearby roads. Toilets are available in the Church until 16.00, or in the Ring'o'Bells pub if you go there for refreshments afterwards.

Grid Ref: **SJ 5208 7729** Postcode: **WA6 6DB**
<https://w3w.co/fingernails.sunblock.hospitals>

The walk begins with a brief introduction to basic rock types in St Laurence graveyard before exploring the rock outcrops that make up the Site of Special Scientific Interest on Howey Lane. The geological features of Ladies Walk in Frodsham Hill Wood and the distant landscape features seen from the War Memorial are also included. The walk is of medium difficulty on uneven surfaces. We use some narrow earth paths which may be muddy and some hillside steps both up and down. No dogs please.

For more information, please visit our website:
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or email: frodshamfow@gmail.com



SAVE THE DATES

FESTIVAL OF WALKS 2025

FRIDAY 25 APRIL - MONDAY 5 MAY 2025



The Frodsham Festival of Walks Steering Group - **Caroline Ashton, Kath Gee, Susan Kellett, Glyn Morris, Ross Nichols, and Martin Maris**, would like to thank all their Walk Leaders, Assistants, Volunteers and Supporters. Their participation is greatly appreciated, as without them, the Festival of Walks would simply not be able to happen. With special thanks to **Chris Burrows** for managing and maintaining our new website, and **Neville Bester** for looking after our social media platforms at such short notice.

