



# FRODSHAM Festival of Walks

Friday 29 April – Sunday 8 May 2022

Frodsham Town Council invites you to take part in our Eighteenth Festival of Walks



Wynford Evans

For further details see website [www.frodsham.gov.uk](http://www.frodsham.gov.uk) - Tel. **01928 735150** or Email. [council@frodsham.gov.uk](mailto:council@frodsham.gov.uk)



Most of the photos in this leaflet were taken by walkers during previous Festivals of Walks. We'd love to include your images next year. Please send them to [council@frodsham.gov.uk](mailto:council@frodsham.gov.uk) or post them on our Facebook page.

Walks may be cancelled or changed in adverse weather or in the light of public health guidance on Coronavirus. Please check [www.frodsham.gov.uk/FOW22](http://www.frodsham.gov.uk/FOW22) or the Frodsham Festival of Walks Facebook page for any changes.

# Frodsham Town Council invites you to our Eighteenth Festival of Walks

Who is the Frodsham Festival of Walks aimed at? Everybody! Whether you fancy a ramble up hills and across fields, a stroll along flat paths or just a bit of fun in the fresh air, there's something for you.

Most of our walks explore the countryside around Frodsham. Many have an interesting theme about the local history, geology or wildlife.

New for this year we have a Family Forest School and Woodland Walk Activity, Foraging in Hob Hey Wood, Mindfulness walk at Snidley Moor and A Picture-trail Around Former Frodsham Schools. Old favourites return such as the dog walks and the enjoyable buggy push for little ones and their carers.

All walks are led by experienced leaders,

either volunteers or representatives of the sponsoring organisations. As always, we are grateful to the organisations who have sponsored walks. There is no need to book for most walks, just turn up, but a few require booking because places are limited. If you want to know more about a particular event, please contact the Town Council offices in Castle Park. Do visit our Facebook page to ask questions, share experiences and post your photos if you would like to have them included in future walks brochures.

We hope you enjoy the 2022 Frodsham Festival of Walks and will take a few moments to leave some feedback at the end of your walk on the form which your walk leader or assistant will have with th

Find us on Facebook



John Graven

The Frodsham Festival of Walks Working Group members are: Caroline Ashton, Kath Gee, Susan Kellett, Martin Maris, Ross Nichols and Peter Webley – all volunteers – supported by Frodsham Town Council Administrative Assistant Lyndy Bosman.

# What you need to know

Please note that Frodsham Town Council 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.

Walks will start promptly, so please arrive at the meeting point in good time as we need to complete a register of walkers and give a safety briefing before setting off. The Ordnance Survey grid reference is given for each meeting point. Postcodes are provided for satnav users, but please be aware that the postcode is only approximate.

Distances and duration of walks are approximate.

Car sharing may be available. Contact us to offer or request a lift.

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

Please wear suitable footwear and clothing and be prepared for unpredictable weather. On sunny days please consider using a brimmed hat and sun cream. 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 properly equipped. Contact us in advance if you are not sure what is required.

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

Dogs are welcome on some walks but must be kept under close control on a short lead at all times. Assistance dogs are welcome, but owners please check that the route is suitable for both them and their dogs. Where dogs are not allowed, it is clearly shown on the walks information.

Young walkers are welcome but if aged 16 or younger must be accompanied by an adult.

All walkers will need to supply an emergency name and contact phone number on the sign in sheet which will be provided at the start of each walk.

You must not leave the group unless you have notified the leader. Once you have left, your leader will no longer be responsible for you.

Fiona Lulubell Campbell



1 Friday 29 April - 6:00 pm

## Walk and Write - Re-Awaken Your Senses

*Julia McGuinness*

Castle Park Arts Centre - Gallery 2

Fresh thoughts, new ideas and old memories emerge as our bodies move in a gentle rhythm and our senses respond to our surroundings. This writing workshop will focus on the process of walking with attentiveness to what is on the outside, and to the new connections arising on the inside. We will explore ways of bringing these together in words on the page. As Charles Dickens, a prolific walker and writer observed: **“The best way to lengthen our days is to walk steadily and with a purpose”.**

 Grid Reference **SJ51470 77575**

 Postcode **WA6 6SE**

2 Saturday 30 April - 10:00 am

## Two Trails

*Lesley Mitchell*

Meeting at Castle Park car park,  
Frodsham

Enjoy a lovely 11 mile walk between Frodsham and Delamere Forest using two local trails; the Sandstone Trail and the Delamere Way. This moderate circular walk 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**

3 Saturday 30 April - 10:00 am & 1:00 pm

## Family Forest School and Woodland Walk

*Lesley Martin, Janine Keeble and Stacey Fox*

Meeting at Netherton Hall car park

Family Forest Schools are a fun place to learn new skills, family den building and games, wild art, foraging and even some campfire lighting to toast marshmallows. Each session will last two hours and will be led by experienced Forest School leaders from Cheshire Wildlife Trust. There are two sessions and each session can accommodate up to 15 children aged 5 and above, accompanied by one or two adults. **Booking essential.** No dogs please. Children should wear comfortable outdoor clothing and sturdy footwear and be prepared to walk for at least 20 mins, with some steps, to reach the Forest School Base Camp.

 Grid Reference **SJ5122577053**

 Postcode **WA6 6UL**

*Supported by Cheshire Wildlife Trust*

**BOOKING ESSENTIAL** - Visit our website [www.frodsham.gov.uk/FOW22](http://www.frodsham.gov.uk/FOW22) for booking instructions and to book your place(s) on this walk

A Llama en route on the buggy walk



Kath Gee

For further details on any of the walks please contact Lyndy at Frodsham Town Council  
**01928 735150** Out of hours **07851 618670** Email [council@frodsham.gov.uk](mailto:council@frodsham.gov.uk)

**4** Saturday 30 April - 2:00 pm

## A Picture-Trail Around Former Frodsham Schools

*Kath Gee*

### Meeting at Eddisbury Square, outside The Original Factory Shop

Use a long-stay town centre car park, e.g. Station car park (small fee) or Leisure Centre car park (free for 4 hours)

A circular 3-mile walk via Main Street, Castle Park, Netherton Drive, Carriage Drive, Middle Walk, Overton, Fieldway, Ashlands and Church Street. Details of the school properties passed may be uploaded to your mobile. You will be walking on town centre pavements, quieter sections of road and woodland paths. No dogs please.

 Grid Reference **SJ517777**

 Postcode **WA6 6QS**

*Supported by Frodsham & District History Society*

*Visit our website for a downloadable PDF document of all the Former Schools you will pass on the walk.*

**5** Sunday 1 May - 2:00 pm

## Hob Hey Wood Discovery Trail

*Mark O'Sullivan*

### Meeting at junction of Langdale Way and Townfield Lane

Join this gentle stroll to learn about the history of Frodsham's very own ancient wood which is a fragment of the medieval Forest of Mara. Discover wild flowers, native trees, bird life and evidence of badgers, foxes or even the fabled hobgoblin! Suitable for all the family. Well behaved dogs on short leads welcome.

 Grid Reference **SJ526778**

 Postcode **WA6 7LX**

*Supported by Hob Hey Wood Friends Group*

**6** Monday 2 May - 9:30 am

## Weaver, Woodlands and Bluebells

*Susan Kellett*

### Meeting at The Stone Bridge, Frodsham

An all-day moderate circular 12 mile walk in the locality of the River Weaver meandering through and close by several ancient woodlands carpeted with bluebells and other spring flowers. Plenty of birdlife on and off the river. Mostly flat but some short inclines. Some steps and stiles. Wear strong boots and appropriate clothing. Bring snacks, lunch and drinks. Well behaved dogs on a short lead welcome but livestock on route.

 Grid Reference **SJ529784**

 Postcode **WA6 7JY**

*Supported by North and Mid Cheshire Ramblers*



**7** Monday 2 May - 10:00 am

## Buggy Push

*Hilary Burgess and Hilary Frood*

### Meeting at Bradley Lane (Kingsley Road end)

This gentle 2 mile (2 hour) stroll along country lanes is for mums, dads, grandparents and carers with children who enjoy buggy (and first bike) travel. Wild flowers, ponds, a spring and - yes - Llamas! No dogs please.

 Grid Reference **SJ525770**

 Postcode **WA6 6PX**

8 Tuesday 3 May - 10:00 am

## Frodsham Dog Walk

*Iris Keating*

Meeting at Castle Park car park, Frodsham

A gentle, 2 hour stroll around Frodsham for dogs and owners. (maximum 2 dogs per person).

 Grid Reference **SJ5147755**

 Postcode **WA6 6SB**



9 Tuesday 3 May - 10:30 am

## Wellbeing Walk in Castle Park

*Lesley Mitchell*

Meeting at Castle Park Arts Centre

Enjoy a gentle walk around Frodsham's Castle Park. This is a short, steady walk lasting around 30 minutes. There is also a 60-minute walk around the park and surrounding area. Both walks finish at the café where there is the option of refreshments and a chat. No dogs please, except guide dogs.

 Grid Reference **SJ514775**

 Postcode **WA6 6SB**

*Supported by Ramblers Wellbeing Walks*

For further details of any of the walks please contact Lyndy at Frodsham Town Council **01928 735150**  
Out of hours **07851 618670**  
Email **council@frodsham.gov.uk**

10 Tuesday 3 May - 11:00 am

## Foraging in Hob Hey Wood

*David Winnard*

Meeting at Townfield Lane Allotment Car Park at the top of Langdale Road. **Limited parking**

A unique opportunity to try your hand at some seasonal foraging with David Winnard in Hob Hey Wood. David will help you to safely 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 everyone to get 'hands on' with the items you find, so expect to be nibbling on the tastier wild food you find 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 two hours.

**Booking is essential.** No dogs please.

 Grid Reference **SJ5260177889**

 Postcode **WA6 7LY**

**BOOKING ESSENTIAL** - Visit our website [www.frodsham.gov.uk/FOW22](http://www.frodsham.gov.uk/FOW22) for booking instructions and to book your place(s) on this walk





Wynford Evans

11 Tuesday 3 May - 2:00 pm

## Highs and Lows of Frodsham

*Glyn Morris*

**Meeting at St' Laurence Church car park**

A 5 mile circular walk through the varied landscapes of Frodsham, from the lowland by the River Weaver to the top of the hill, passing through both rural and urban environments. This walk involves climbing all the way up Frodsham Hill where paths may be muddy and uneven. Wear stout footwear and appropriate clothing. Well behaved dogs on short leads welcome. The Ring O' Bells Pub is a few yards from the start/finish point. The walk passes through Frodsham Castle Park which has toilets and a café.

 Grid Reference **SJ520772**

 Postcode **WA6 7DU**



Old School - now Homebrew Tap

Ross Kellert

12 Tuesday 3 May - 6:00 pm

## Mindfulness Walk at Snidley Moor - this is a meditation walking session

*Will Burton*

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

A 60 minute gentle meditation walk, guided through the natural energy of Snidley Moor woodland to the sound of a zen chime. Fall in love with deep listening and experience a beautiful sense of peace and closeness to nature. Participants will receive easy-to-follow instructions with how to complete walking meditation prior to the walk, so it is important to be prompt to the briefing. Suitable for beginners. Some fairly steep, single-track earth paths. Wear appropriate clothing and footwear. No dogs please.

 Grid Reference **SJ508747**

 Postcode **WA6 6XQ**

*Supported by Yoga and Healing Cheshire*

13 Tuesday 3 May - 6:00 pm

## Snickets of Kingsley

*Kathleen Povall*

**Meeting at car park off playing field opposite Kingsley Community Primary School, Middle Lane, Kingsley**

An early evening discovery of pathways through the peaceful village of Kingsley, using 'snickets', a path by a stream, some steps, and also quiet side lanes. It may be muddy, so please dress appropriately. Well behaved dogs on short leads welcome. Limited parking, also on Middle Lane itself. No toilets at the start or finish of this walk.

 Grid Reference **SJ5389774848**

 Postcode **WA6 6TZ**



**14** Wednesday 4 May - 6:00 am

### Early Birds Walk

*John Davies*

Meeting at Frodsham Townfield Allotments car park at the top of Langdale Way

A birdsong walk by canal and through woods and fields. All abilities welcome. Bring binoculars if you have them. No dogs please.

 Grid Reference **SJ526778**

 Postcode **WA6 7LX**

**15** Wednesday 4 May - 10:30 am

### Wellbeing Walk in Castle Park

*Kathleen Povall & Alan Gerrard*

Meeting at Castle Park - behind Arts Centre up the steps from the Courtyard

A gentle guided walk for anyone wishing to improve their fitness. A progression walk of up to 1½ hours will also be available for those who want a more challenging experience. It will be over more strenuous terrain, possibly including stiles. Sturdy footwear recommended. No dogs please, except for guide dogs.

 Grid Reference **SJ514775**

 Postcode **WA6 6SE**

*Supported by Ramblers Wellbeing Walks & CWaC*

**16** Wednesday 4 May - 2:00 pm

### Woodland Wander

*Neil Oxley*

Meeting at Forest Hills Hotel top Car Park, Bellemont Road, Frodsham, WA6 6HH

A circular 3-mile walk through young and mature woodland on Frodsham Hill Wood and on Woodhouse Hill and Snidley Moor, with views of the Mersey estuary and beyond. The route offers a chance to learn more about the work of the Woodland Trust in the area. Some short sections with steep climbs and descents including sections with steps. Well behaved dogs on short leads welcome.

 Grid Reference **SJ517769**

 Postcode **WA6 6HH**

*Supported by Woodland Trust*



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17 Thursday 5 May - 9:45 am

## Hill to Hill

*Susan Kellett*

### Meeting at Helsby Quarry car park

An approx. 6 mile, 3½ hours leisurely amble going uphill from the quarry via the Black Cut, Harmers Lake to Snidley Moor and Woodhouse Hill, returning via the trig point on Helsby Hill. Enjoy spring flowers, birds, different tree species and far reaching views. See and leave a message in the oldest birch tree in the wood. Mostly hill, field, woodland paths and tracks. Some steps, stiles and fairly steep inclines. Wear strong boots and appropriate clothing. Bring snacks and drinks. Well behaved dogs on a short lead welcome but livestock on route.

	Grid Reference	<b>SJ491749</b>
	Postcode	<b>WA6 9PS</b>

*Supported by North and Mid Cheshire Ramblers*

18 Thursday 5 May - 6:00 pm

## Sophie's Helsby Dog Walk

*Sophie Rigby*

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

A 1½ hour flat walk for dogs and owners on footpaths around Helsby. Maximum 2 dogs per person.

	Grid Reference	<b>SJ488756</b>
	Postcode	<b>WA6 0AQ</b>

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

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Out of hours **07851 618670**  
Email [council@frodsham.gov.uk](mailto:council@frodsham.gov.uk)

19 Friday 6 May - 10:00am

## Marbury Country Park and Anderton Nature Reserve

*Alan Gerrard*

### Meeting at Main car park, Marbury Country Park, Marbury Lane, Comberbach, Northwich

A varied 6 mile walk passing through Marbury Country Park and Anderton Nature Reserve. The route includes Budworth Mere, woodland, heathland, countryside, canal towpath, riverside, Ashton's and Neumann's flashes. A short coffee break will be included so please bring flask and snack. Well behaved dogs on short leads welcome. Car park charge (£1.50 3 hrs or £2.50 all day). There are toilets near the start and at Anderton Boat Lift.

**Access to New Road/Marbury Road, Anderton is currently closed at Soot Hill. A short diversion can be made via Barnton using A533/Lydyett Lane/Hough Lane.**

	Grid Reference	<b>SJ652765</b>
	Postcode	<b>CW9 6AT</b>



Ross Nichols

## Friday 6 May Music for a Spring Evening

Why not relax and unwind after your walk, with some soothing chamber music performed by **Hannah Roberts** (Cello) and **Caroline Pether** (Violin) at Castle Park Arts Centre. They will be performing music by Gliere, Kodaly and Piazzolla, together with some special arrangements of music themed around walking and nature, specially selected for our **Frodsham Festival of Walk** friends.

The concert starts at 19:30 pm at Castle Park Arts Centre. Tickets (£10.00) are available in person from the Arts Centre and **Dandelion** on Church Street or Tel: **01928 735832**



Hannah Roberts (Cello)  
and Caroline Pether (Violin)

**20** Saturday 7 May - 9:30 am

### Visiting our Neighbours

*Susan Kellett*

#### Meeting at Kingsley Community Centre

An all-day moderate circular 10 mile walk along river, lane, field paths and tracks from Kingsley through Crowton and Norley. Spring flowers and bird life in abundance. Mostly flat but some short inclines. Some steps and stiles. Wear strong boots and appropriate clothing. Bring snacks, lunch and drinks (shop available at start of walk). Well behaved dogs on a short lead welcome but livestock on route.

 Grid Reference **SJ550748**

 Postcode **WA6 8ED**

*Supported by North and Mid Cheshire Ramblers*

**21** Sunday 8 May - 9:30 am

### Morning Marshes Bird Walk

*Bill Morton*

#### Meeting at motorway bridge, Brook Furlong (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**

*Supported by Frodsham Marsh Bird Blog*



John Graven

**22** Sunday 8 May - 2:00 pm

### A Family stroll in Delamere from Waterloo Gate

*Kath Gee*

#### Meeting at the small parking area off Waterloo Lane (limited parking)

A gentle family-friendly 2 mile walk beginning on an earth / grass track down to Waterloo Gate where we join the service track for vehicle access to Forest Lodges, speed limit 20mph. There is a small shop / cafe and play area en route where a refreshment stop is planned. Well behaved dogs on short leads welcome.

 Grid Reference **SJ637734**

# FRODSHAM Festival of Walks

Friday 29 April – Sunday 8 May 2022

Frodsham Festival of Walks planning group and Frodsham Town Council would like to thank all the Walk Leaders, Assistants, Volunteers and Supporters. Their participation is greatly appreciated, as without them the 2022 Festival of Walks would not be able to go ahead.

**The Frodsham Festival of Walks Working Group members are:**

Caroline Ashton, Kath Gee, Susan Kellett, Martin Maris, Ross Nichols and Peter Webley – all volunteers – supported by Frodsham Town Council Administrative Assistant Lyndy Bosman.



Find us on Facebook



Ross Nichols

