Stretch your legs and discover Frodsham's not-so-secret treasures

Step up to enjoy a festival of walking



FESTIVAL FEVER: Last year's festival walkers Cllr Nigel Griffiths, Pauline Marshall, Kath Gee, Gwen Skae, Denise Woodcock and Mair the dog, Rita Dolan and Ann Gardiner. VT28042004WALK

By **Paul Hassall**

WALKERS are lacing up in Frodsham for a festival with a difference.

The Frodsham Festival of walks will take place between Saturday 23 April - Monday 2 May.

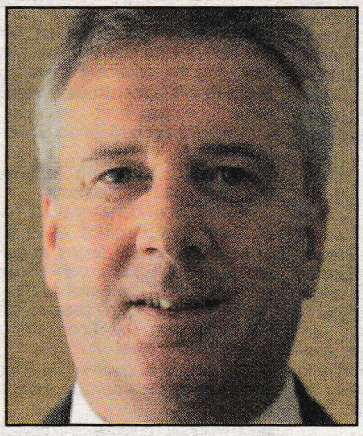
It is a self-guided exploration of the heart of Frodsham with 13 starting points and lots of scenic and healthy routes for walkers of all ages and ability.

The following walks have been earmarked:

■ The 'Dawn Chorus' will begin on Saturday 23 April with an early morning 2 hour walk taking in the local wildlife. Booking is essential and the meeting place is at the junction of Langdale Way/Keswick Drive at 6am with Andy Harmer.

■ The 'Pram Push' follows later that day as a stroll around Castle Park lasting about an hour. Refreshments will be provided at the Arts Centre Café and the meeting place is in Castle Park car park at 1.30pm with Morag Ball.

■ On Monday 2 May 'Nature Walk' concludes the Festival of Walks with a 2 hour circular walk taking a look at [illegible] and wildlife in surrounding areas.



WALK GUIDE: Nigel Griffiths 22HK7451

■ The 'Walk around Overton Hill' is on Sunday 24 April with a 3 mile walk on the Sandstone Trail, The Delamere Way as well as the War Memorial and Jacob's Ladder, lasting around one and a half hours. The meeting place is in Beacon Hill car park, Simons Lane at 10.30am with Nigel Griffiths.

■ This will be followed by 'Pond Trail' a 6 mile (2-3 hours) or just a small section, taking in ancient tracks and field paths passing nine ponds.

■ On Tuesday 26 April the Woodland Trust has a 2 hour walk covering Woodhouse Hill and Snidley Moor areas. Meet at Forest Hills Car Park at 6.30pm with Joe Beswick.

■ On Wednesday 27 April the 'History Trail' involves a short walk looking at the history of Frodsham. High Street, Main Street, Castle Park and Church Street will be covered. The walk will last at least an hour. Meet at Eddisbury Square with Graham Bondi at 7pm.

■ On Thursday 28 April 'Deserts & Ice Caps – Geology walk' consists of a 3 mile circular walk into Frodsham's distant past, lasting two and a half hours. Meet at Forest Hills car park, with Alan Bowring at 2pm.

■ A 'Tree Trail' begins that evening with easy walking in Castle Park. Suitable for people with mobility problems. Meet at the Courtyard, Castle Park Arts Centre, with Tom Blundell at 7pm.

■ On Friday 29 April 'It's Sensific' is a circular walk through Hob Hey Wood, using all your senses, lasting 1-2 hours. This walk is not suitable for people with mobility problems. Meet at the top of the junction of Langdale Way/Townfield Lane at 2pm with Ann Gardiner.

■ On Saturday 30 April there will be a 'River Walk' of 10 miles, which may be muddy.

The walk will go upstream via Boden's Lock to Dutton Locks, returning via Aston Estates with insight into the history of the Weaver Navigation. Meet at Bridge Inn, Quayside with Stuart Gardiner, at 10am.

■ On Sunday May 1 'Shady Oak Walk' starts as a 17 mile walk to the Shady Oak Public House and return on the Sandstone Rambler bus – cost for the bus is approx £3. Booking is essential and stout footwear is required. Meet at the Station car park with Nigel Griffiths at 8 am.

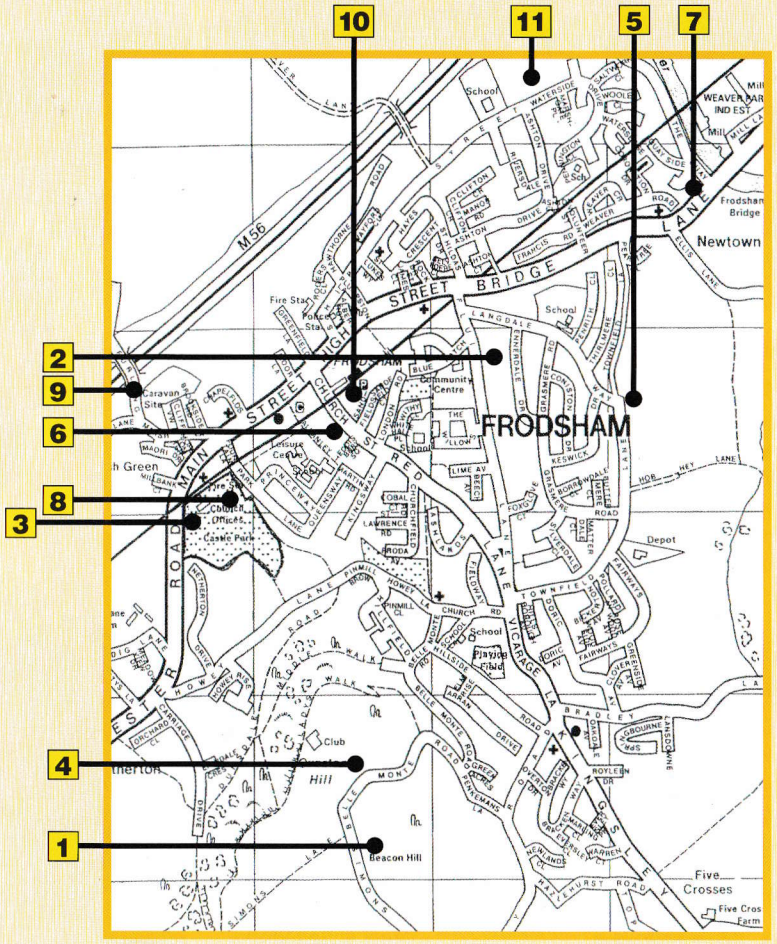
■ 'Riders Walk' offers the chance to meet up with other horse riders. Booking is essential – for details contact Denise Woodcock on 01928 731 960.

■ On Monday 2 May 'Nature Walk' concludes the Festival of Walks with a 2 hour circular walk taking a look at some vegetation and wildlife in surrounding areas.

■ A leaflet with picture clues will be available from the Town Council office in Castle Park and local shops. For further details please contact: Frodsham Town Council on 01928 735150.

Frodsham
Festival Of Walks

Starting Points



step into **cheshire**

18/19 September

Celebrate Cheshire's superb countryside this weekend by joining in a whole range of countryside events and outdoor activities.

For further details
phone 0845 111065
email: enquiries@cheshirecc.org.uk
www.stepintocheshire.org.uk

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CHESHIRE COUNTY COUNCIL

VALE ROYAL The heart of Cheshire
VALE ROYAL BOROUGH COUNCIL

Vale Royal's window to culture

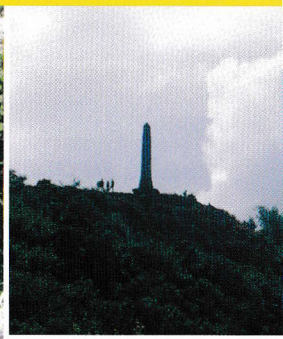
THE MERSEY FOREST

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Frodsham
Festival Of Walks

Saturday 24th April - Monday 3rd May 2004









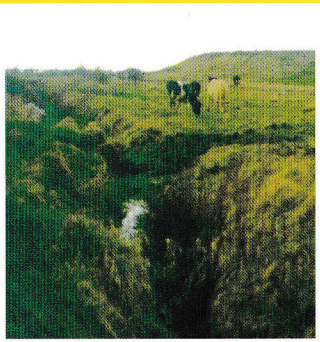
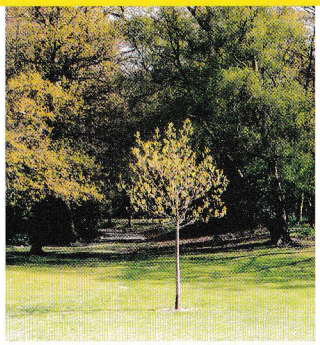
Frodsham Town Council

Overton by Numbers

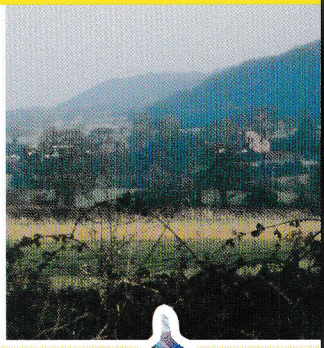
Saturday 24th April - 3rd May

A self-guided, level walk around the Overton area.

A leaflet with picture clues will be available from the Town Council office, Overton's local shops and pubs. Choose your own time and pace, fill in the answers and you might win a prize.



Saturday 24th April

1 Walk around Overton Hill

Meeting at Beacon Hill car park, Simons lane. Nigel Griffiths - 10.30am.

A 3 mile walk to take in parts of the Sandstone Trail, the Delamere Way as well as the War Memorial and Jacob's Ladder, lasting around one and a half hours.

Sunday 25th April

2 Pond Trail

Meeting at Community Centre, Fluin Lane. Graham Bondi - 2.00pm.

A 6 mile walk (2-3 hours), or just walk a small section, taking in ancient tracks and field paths passing by nine ponds.

Monday 26th April

3 Pram Push

Meeting in Castle Park Car Park. Morag Ball - 1.30pm.

A stroll around Castle Park lasting about an hour, with other mothers, fathers and babies. Refreshments will be provided at the Arts Centre Cafe.

Tuesday 27th April*

4 Woodland Trust

Meeting at Forest Hills Car Park. Joe Beswick - 2.00pm.

Covering Woodhouse Hill and Snidley Moor areas.

Wednesday 28th April*

5 It's Sensational

Meeting at top of junction of Langdale Way/Townfield Lane. Ann Gardiner - 2.00pm.

A circular walk through Hob Hey Wood using all your senses, lasting 1-2 hours. This walk is not suitable for people with mobility problems as there are steps, steep slopes and uneven ground, which is slippery if wet.

Wednesday 28th April

6 History Trail

Meeting at Eddisbury Square. Graham Bondi - 7.00pm.

This short walk will look back at the history of Frodsham through its surviving old buildings. High Street, Main Street, Castle Park and Church Street will be covered. If time and weather permit, Overton and the parish church of St. Laurence will be included. Recent topics like Heritage Economic Regeneration Scheme (HERS) and the future of the station building will also be highlighted. Expect the walk to last at least an hour.

Thursday 29th April*

7 River Walk

Meeting at Bridge Inn, Quayside. Stuart Gardiner - 10.00am.

Ten miles, may be muddy so boots recommended (bring your own lunch) the walk will go upstream via Aston estates to Dutton Locks, returning on the Frodsham side via Boden's Lock, with some insights into the history of the Weaver Navigation.

Thursday 29th April

8 Tree Trail

Meeting at the Courtyard, Castle Park Arts Centre. Tom Blundell - 2.00pm.

Easy walking throughout Castle Park. Suitable for people with mobility problems - no steps.

Friday 30th April*

9 Lordship Marshes

Meeting at start of Motorway Bridge, Marsh Lane. Joe Beswick - 2.00pm.

Easy walking for 4-5 miles.

Saturday 1st May*

10 Vale Royal Round

Meeting Station car park. Nigel Griffiths - 6.00am.

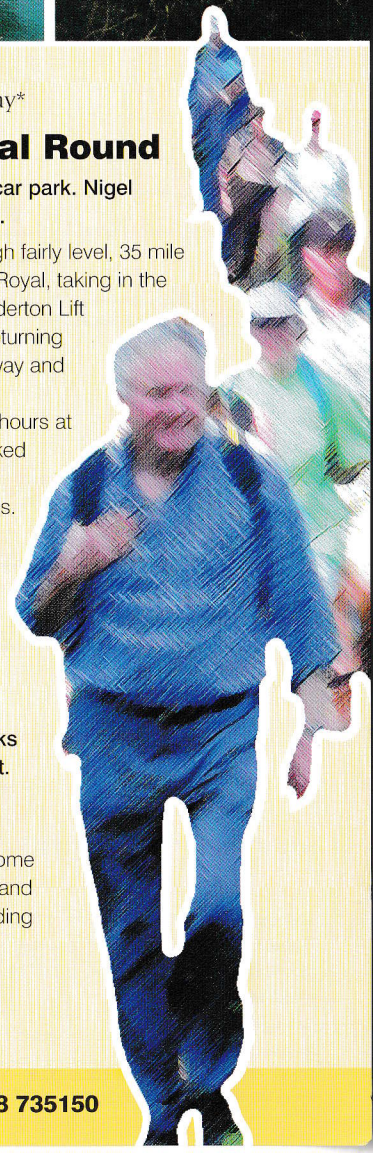
An arduous, though fairly level, 35 mile walk around Vale Royal, taking in the Weaver Valley, Anderton Lift and Salt Works, returning along Whitegate way and Sandstone Trail. Approximately 12 hours at a brisk pace. Packed lunch a necessity, plus plenty of fluids.

Sunday 2nd May*

11 Nature Trail

Meet at Salt Works Farm, Ship Street. Andy Harmer - 2.00pm.

Taking a look at some pools, vegetation and wildlife in surrounding areas.



Stout walking boots/shoes are recommended for these walks.* **For further details please contact: Frodsham Town Council **01928 735150**