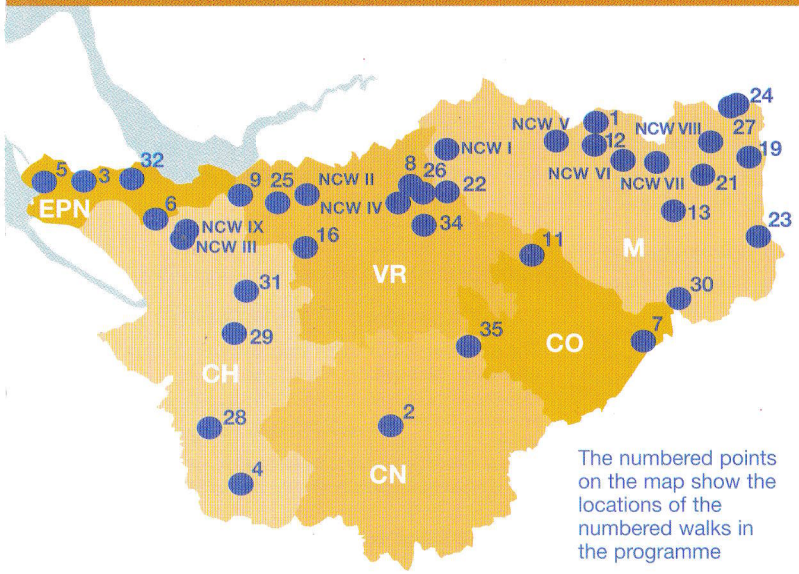
Key to map and programme



The numbered points on the map show the locations of the numbered walks in the programme

CH
Chester district

CN
Crewe & Nantwich district

CO
Congleton district

EPN
Ellesmere Port & Neston district

M
Macclesfield district

VR
Vale Royal district

NCW
North Cheshire Way

For further details about Step into Cheshire 2006 including extra events please visit www.stepintocheshire.org.uk

or contact:
Cheshire County Council, Countryside & Rights of Way Office
Phoenix House, Clough Road, Winsford, Cheshire CW7 4BD

Email: prow@cheshire.gov.uk

For detailed **access information** on attractions, country parks, gardens and other places of interest in Cheshire visit **www.cheshireforall.com**

For details of **walks, rides** and **events** throughout the year in Cheshire visit **www.cheshire.gov.uk/countryside** or phone **01606 541801**

For details of **Cheshire short break offers**, **events** and **places** to see visit **www.visitchester.com**

Step into Cheshire 2006 is organised by Cheshire County Council who would like to thank all the individuals, groups and organisations who have given their time and expertise to produce such an exciting programme.

CHESHIRE COUNTY COUNCIL Works

This leaflet is available in large print and other formats, contact
0845 11 333 11
www.stepintocheshire.org.uk

While care will be taken to ensure that you have a safe and enjoyable walk, Cheshire County Council cannot accept responsibility for personal injury or loss of property when attending any of the walks in this programme.

step into **cheshire**



16-24 September 2006

walks for everyone

CHESHIRE COUNTY COUNCIL Works

Welcome to Step into Cheshire 2006, a packed programme of events to encourage you to explore Cheshire under your own steam. Discover more about local geology, history or wildlife in the company of a friendly expert.

Wherever you live in Cheshire you are not far from the countryside. River valleys, former railway lines, canals and over 3000km / 2000 miles of public rights of way quickly lead you out of town into the surrounding countryside. Cheshire also has fantastic country parks, spectacular historic houses and gardens, major visitor attractions, local craft workshops and plenty of friendly country pubs to tempt you out and about.

Who can come?

Everyone is welcome and all the events are free unless stated otherwise, just turn up at the meeting point on the day. Children are welcome but, if under 16, must be accompanied by an adult and remain their responsibility at all times. Dogs may be brought on a lead on some walks, but it is generally better to leave your dog at home. Please check with the walk leader before you go.

What to bring

Drinks and snacks are always useful and don't forget a packed lunch on the all-day walks. Also pack your sunscreen - just in case!

How to get there

Parking may be limited at the start of some walks.

For details of public transport please contact Cheshire Traveline on 0870 608 2608.

Access & Safety

If you have any queries about your ability or fitness for a particular walk or need any further information please contact the leader in advance. Your safety on the events is very important and leaders may refuse to accept anyone who, for example, is inadequately clothed for the conditions.

Please note that in the event of any walk having to be changed or cancelled, we will make every effort to post details on the website.

What to wear

Walking boots or stout shoes are recommended for the walks as some paths may be rough, muddy or steep. You should also bring waterproofs and warm clothing as the weather can change quickly.



Booking - none is required for any of the events unless specifically mentioned.

Stop press - details of Step into Cheshire events arranged after this leaflet went to press can be found at **www.stepintocheshire.org.uk**

Why not plan your own walk to a farm shop or cycle to a local farmer's market?

Visit the website to find out more about food and drink made in Cheshire.

Saturday 16 September

1 Styal & Morley Walk M

Join Neil Collie for a walk through Styal Woods and Morley village near Wilmslow.

Meet: National Trust car park, Quarry Bank Mill (NT members park for free). Buses from Wilmslow & Airport stop in the car park. OS grid ref SJ 836831
When: 10.15am Sat 16 Sept.
Length: 5-6 miles / 8-10km / 3-4 hrs
Terrain: some steep slopes, flights of steps.
Contact: Neil 0161 440 9424

2 A Walk around Nantwich & Acton CN

Discover one of the most historic & picturesque areas in Cheshire, with Elizabethan buildings, sandstone churches, and canals on this gentle afternoon walk.

Meet: Car park, opposite Star Inn, Acton
OS grid ref SJ 632530
When: 1.00pm Sat 16 Sept
Length: about 3 hours Terrain: Generally easy
Other info: Well behaved dogs welcome
Contact: Dave Coomer 01270 611610

3 Willaston Village Walk EPN

Join Max Kirby for a walk around the village taking in part of the Wirral Way.

Meet: Hadlow Road Station. OS grid ref SJ 330773
When: 2.00pm Sat 16 Sept.
Length: 2 miles / 3km / 1-2hrs Terrain: flat
Other info: Dogs on leads please
Contact: Max 0151 327 4827

NCW I Knutsford to Great Budworth M

Please see separate box.

Sunday 17 September

4 Sandstone Trail with a difference CH

Spend a full day walking an attractive alternative route for the south end of the Sandstone Trail, from Whitchurch to Bickerton via Malpas.

Booking essential

Meet: phone for details
When: Sun 17 Sept.
Length: 12 miles / 19km / all day
Terrain: stiles, farmland paths, some rough/wet ground
Contact: John Street 01270 611610 or sandstonetrail@cheshire.gov.uk

5 Signals and Saltmarsh EPN

A circular guided cycle ride through Burton, Ness and Parkgate.

Booking essential

Meet: phone for details
When: Sun 17 Sept.
Length: 12 miles/19km / all day
Terrain: easy going both 'off' and on-road
Contact: Saul Burton 0151 327 5145

6 Autumn Amble EPN

A guided walk through Stanney Woods Local Nature Reserve, near Ellesmere Port, searching for the signs of autumn.

Booking essential

Meet: phone for details
When: Sun 17 Sept.
Length: 1-1.5 hrs
Terrain: flat, barrier free
Contact: Justin Dyke 0151 357 1991

7 Biddulph Valley Way - Nature's Bounty CO

A morning walk along the Biddulph Valley Way looking for wild foods, plus a chance to taste a few 'I made earlier'

Booking essential

Meet: phone for details
When: 10.00am Sun 17 Sept.
Length: 3 miles / 5km / 2.5 hrs
Terrain: some steps, stiles, slopes
Contact: Cal Sherratt 01260 297237

8 Herbal Walk VR

As the season of coughs, colds and flu approaches find out more from our medical herbalist about remedies that grow around us, and try yet more herbal tea!

Meet: Marbury Country Park, Northwich Community Woodlands
When: 2.00pm Sun 17 Sept.
Length: 1 mile / 1.5km / 1.5 - 2hrs Terrain: flat
Contact: Natalia Kerkham 01925 860664

9 Local Woods and Hill Views VR

Enjoy great views across north Cheshire on this circular walk over Helsby Hill to Snidley Moor and back.

Meet: Helsby railway station. OS grid ref SJ 486756
When: 10.00am Sun 17 Sept.
Length: 8km/5 miles/3hrs Terrain: some hills, stiles & kissing gates.
Other info: Dogs welcome, on leads please.
Contact: Mike Culverhouse 01928 722443

NCW II Helsby Quarry to Acton Bridge VR

Please see separate box

10 Bollington Walk M

A walk taking in some of the distinctive features of this delightful area of East Cheshire.

Meet: Ranger Centre & car park off Adlington Road, Bollington. By bus to Dog & Partridge (corner of Adlington Road).
OS grid ref SJ 931780
When: 10.30am Sun 17 Sept.
Length: 6 miles / 9km / 3 hours Terrain: moderate gradients.
Contact: Alan 0161 439 5452

11 Goostrey Walk CO

Join Congleton Ramblers in conjunction with Goostrey Footpaths Group on one of two short circular walks around the parish.

Meet: Congleton library car park at 1.30pm for transport to start at Goostrey Village Hall. OS grid ref SJ 665780
When: 1.45pm Sun 17 Sept.
Length: 3 or 5 miles/5 or 8km/2 or 3hrs
Terrain: flat farmland, few stiles
Other info: Sorry - no dogs.
Contact: Margaret Baker 01477 534238

12 Scrub it Out! M

Come and help Macclesfield Borough Council rangers improve the heathland at Lindow Common for birds and reptiles. A chance to get first hand experience of important heathland management. Instruction & tools provided.

Meet: car park opposite Boddington Arms, Racecourse Road, Wilmslow. OS grid ref SJ 834814
When: 10.30am Sun 17 Sept
Length: 2.5 hrs
Other info: Sorry no dogs. Suitable for anyone age 16+. Please wear suitable boots/clothing.
Contact: Ranger Paul Hughes 01625 573998





13 Ranger Fun Days - Riverside M

Join Macclesfield Borough Council & Bollin Valley Rangers for 2 hrs of games, adventure and fun.

Meet: Riverside Park Ranger Centre, Beech Lane, Macclesfield. OS grid ref SJ 913745
When: 2.00pm Sun 17 Sept
Length: 2 hrs
Other info: Please wear suitable boots/ clothing. Sorry no dogs. Suitable for accompanied children from 7 to 11 years old.
Contact: Rangers on 01625 504518

Monday 18 September

NCW III - Hooton/Chester/Helsby to Croughton

Please see separate box. CH/EPN/VR

Tuesday 19 September

14 Early Evening with the Dogs at Northwich VR

For dog walkers - try a change of scene with this easy walk through Carey Park into Northwich Community Woodlands.

Meet: Leicester Street car park. OS grid ref SJ 660743
When: 6.30pm Tues 19 Sept
Length: 2 miles / 3.5km / 45mins - 1hr Terrain: mostly flat
Other info: Dogs under control. Remember 'pooper' bags
Contact: Adele Mayer on 01606 541833

NCW IV Great Budworth to Acton Bridge VR

Please see separate box.

15 Prestbury to Adlington Walk M

Walk along the Bollin Valley, passing a deserted medieval farm and finishing at Adlington Railway Station.

Meet: Entrance to car park off Springfields south-west of Prestbury Station. OS grid ref SJ 902771
When: 10.15am Tues 19 Sept
Length: 5.5 miles / 9km / 2 - 2.5 hrs
Terrain: No steep gradients
Bring fare for return train to Prestbury Station
Contact: Harry 01625 873689

16 Pushchair & Toddler Walk 1 VR

Join us for a short toddle along one of the new all-purpose trails from Delamere Visitor Centre.

Meet: Delamere Visitor Centre. OS grid ref SJ 548704
When: 12.30pm Tues 19 Sept
Length: 1.5 miles / 2.5km / 1hr Terrain: easy going
Other info: Bring picnic lunch. Sorry no dogs
Contact: Visitor Centre 01606 889792

Wednesday 20 September

17 Prams in the Park VR

Join countryside ranger Morag Sinton on a walk for prams and pushchairs around Carey Park in Northwich Community Woodlands.

Meet: Leicester Street car park. OS grid ref SJ 660743
When: 10.00am Wed 20 Sept
Length: 1mile/1.5km/1hour Terrain: mostly flat
Further info: Please ring if wanting to bring dog
Contact: Morag on 01606 77741

18 Weaver Wander VR

A gentle stroll through the Weaver Parkway looking at local and natural history.

Booking essential

Meet: phone for details
When: Wed 20 Sept
Terrain: gentle
Contact: Tony Blackledge on 01606 593133

NCW V Knutsford to Styal Country Park M

Please see separate box.

19 Kettleshulme Walk M

Join Neil Collie for a walk from Kettleshulme to Windgather rocks with impressive views over east Cheshire and beyond.

Meet: Swan Inn, Kettleshulme, park in Paddock Lane (or at inn if wanting refreshment after walk!) OS grid ref SJ 989797
When: 10.30am Wed 20 Sept
Length: 5 miles / 8km / 3hrs Terrain: moderately hilly, stiles
Contact: Neil 0161 440 9424

20 Pushchair & Toddler Walk 2 VR

Join us for another short toddle on one of the new all-purpose trails from Delamere Visitor Centre.

Meet: Delamere Visitor Centre.
OS grid ref SJ 548704
When: 12.30pm Wed 20 Sept
Length: 1.5miles /2.5km / 1hr
Terrain: easy going
Other info: Bring picnic lunch. Sorry - no dogs
Contact: Visitor Centre 01606 889792

21 Drop-In Centre Walk - Bollington M

Join a Macclesfield Borough Council ranger for a circular walk from the Centre taking in wildlife & local history. Refreshments provided at end of walk.

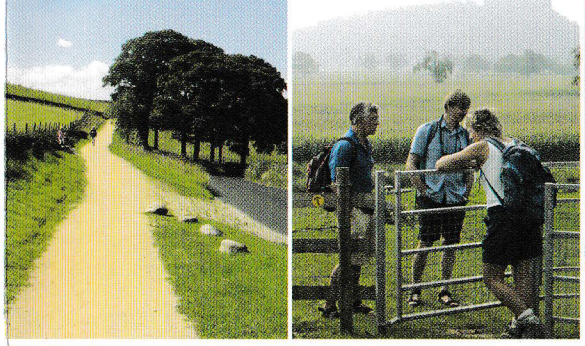
Meet: Bollington Drop-In Centre, Palmerston St.
OS grid ref SJ 935778
When: 11.00am Wed 20 Sept
Length: ring for details Terrain: easy/medium going
Contact: 01625 576311

Geocaches

Three new geocaches will be placed on country parks and trails, to complement the six from previous Step into Cheshire events.

For details go to www.geocaching.com and search for Cheshire countryside as the username.





Thursday 21 September

22 Early Evening with the Dogs at Pickmere M/VR

For dog walkers - try another change of scene with this walk over fields with views of the mere.

Meet: Earls Lane, Wincham opposite the garden centre.
OS grid ref SJ 681765
When: 6.30pm Thurs 21 Sept
Length: about 1.25 miles / 2km / 40 minutes
Terrain: gentle
Other info: Dogs under control - there may be cattle in the fields. Remember 'pooper' bags. Limited parking - advised to walk down from village.
Contact: Adele Mayer on 01606 541833

23 Two Degrees West M

A re-creation of 'Mapman' Nicholas Crane's epic walk down 2 deg W line of longitude from Berwick to Swanage - or just the section of it in Cheshire! Walking along paths & open country within 1km of England's central meridian via Kettleshulme, Windgather Rocks, Shining Tor, Cat & Fiddle, Cumberland Clough, finishing at Gradbach.

Booking essential

Meet: Tegg's Nose Country Park for minibus to Kettleshulme. Minibus from Gradbach at end of walk to return to Tegg's Nose.
OS grid ref SJ 950732
When: 9.00am Thurs 21 Sept
Length: 10 miles / 16km / c.7hrs walk (8hrs total)
Terrain: Some rough ground and steep-ish climbs in remote areas. Exposed to weather.
Other info: Prepare for any weather - umbrella is optional. Bring packed lunch, drink. Sorry no dogs
Contact: Mike Taylor on 01606 541811 or Alan Bowring on 01606 541825.

NCW VI Styal to Alderley Edge M

Please see separate box

24 Disley Walk M

A walk on some of the high ground surrounding Disley village in northeast Cheshire

Meet: Disley Station, OS Grid ref SJ 972846
When: 10.15am Thurs 21 Sept
Length: not more than 5 miles/8km / 3hrs
Terrain: some hills, stiles
Contact: Gabriel 01625 874162





VISIT ARTISTS IN THEIR STUDIOS



CHESHIRE OPEN STUDIOS

Meet painters, ceramicists, furniture makers, jewellers etc; discover how they work & buy from them directly.

Also exhibition at hotart, Knutsford 27 Aug til 24 Sept, including secret celebrity art works!

studios open 10am - 5pm

9/10 Sept around Knutsford & Macc
16/17 Sept Northwich to Crewe & Alsager
23/24 Sept Chester & Frodsham

For more info pick up a brochure from a Library or Information Centre or visit www.cheshireopenstudios.org.uk

Alternatively call Emma on 01565 621156 or email info@cheshireopenstudios.org.uk.

Friday 22 September

NCW VII Alderley Edge to Adlington M

Please see separate box.

25 Woodlands & Landscapes - on and from the Frodsham Escarpment VR

Join Woodland Trust volunteer, Kath Gee on a circular walk through WT woodlands around the Iron Age hillfort on Woodhouse Hill & through a glacial meltwater valley system - now dry!

Meet: Shepherd's Houses, off Manley Road.
OS grid ref SJ 518754
When: 10.00am Fri 22 Sept
Length: 2.5 hours
Terrain: some steps, steep slopes, rough ground
Other info: Sorry - no dogs. Please park down track to avoid field & house entrances
Contact: Kath Gee 01928 732667

Saturday 23 September

26 Food for Free VR

An ever-popular event hosted by Northwich Community Woodlands rangers. Contributions from Cheshire Wildlife Watch and FOAM. Walk followed by cooking, preparing & tasting. You may need to bring your lunch!

Meet: phone for details
When: Sat 23 Sept
Terrain: mostly flat Length: 2 hours walk
Contact: Chris Moseley 01606 77741

27 Ice & Grit - legacy of Disley's distant past M

Step back into the distant past and discover how geology has shaped this part of NE Cheshire.

Meet: outside Rams Head pub, Disley
OS grid ref: SJ 974846
When: 10.00am Sat 23 Sept
Length: 5 miles / 8km / $^1/_2$day
Terrain: some steep paths & rough ground
Other info: dogs on leads please
Contact: Alan Bowring 01606 541825
or email alan.bowring@cheshire.gov.uk

28 Stretton Watermill Walk CH

Step out and explore the lanes of Stretton on this circular walk, looking at the history of this rural part of SW Cheshire. Afterwards enjoy an optional tour of the mill in action, grinding wheat into flour.

Meet: Stretton Watermill car park. OS grid ref: SJ 454529
When: 11.00am Sat 23 Sept
Length: 1hour 30mins Terrain: gentle
Contact: 01606 41331 www.strettonwatermill.org.uk

NCW VIII Disley to Adlington M

Please see separate box.

29 Hargrave and Huxley Walk CH

Join us for a 7 mile walk around the beautiful countryside of Hargrave and Huxley.

Meet: Hargrave Church Hall. OS grid ref: SJ 485622
When: 10.00am Sat 23 Sept
Length: 7 miles / 11km / all day Terrain: gentle, some fences
Other info: Bring picnic lunch. Dogs on leads welcome, strong shoes.
Contact: Manfords 01829 781441

30 Bosley Village Walk M

Step out and explore Bosley, taking in parts of the Dane Valley Way and the Macclesfield Canal. The walk will finish with refreshments at the Chapel.

Meet: Bosley Methodist Chapel, Tunstall Road, Bosley.
OS grid ref SJ 914646
When: 1.00pm Sat 23 Sept
Length: 3 miles/5km/2 hrs Terrain: gentle, muddy in places
Other info: dogs on leads please
Contact: Warren on 01260 223757



Sunday 24 September

31 Walk the Baker Way CH/VR

Take a train from Chester in the morning, then walk back through Delamere Forest from Delamere Station via the 'Roman' bridges at Hockenhull Platts to Christleton and back to the city along Shropshire Union Canal.

Booking essential

Meet: Chester railway station
When: Sun 24 Sept
Length: 13 miles / 21km / all day
Terrain: mostly flat farmland, some stiles
Contact: John Street 01270 611610
email sandstonetrail@cheshire.gov.uk

32 Art Attack EPN

Let's get creative! Spend an afternoon creating artwork from natural materials found around Rivacre Valley. Suitable for all ages. No experience needed - just lots of ideas!

Booking essential

Contact: Rangers on 0151 357 1991

33 Memory Walk VR

Explore Marbury Country Park & Anderton Nature Park on this walk as part of National Alzheimers Week of sponsored walks. Finish with refreshments back at Marbury Country Park.

Meet: phone for details
When: phone for details
Length: 5 miles/ 8km/ $^1/_2$day Terrain: mostly flat
Contact: Vale Royal Alzheimer's Society 01606 351112
for details & sponsorship forms

34 Moths for Breakfast! VR

See what was caught in the moth traps during National Moth Night. Breakfast available.

Meet: Marbury Country Park
When: 9.00am Sun 24 Sept
Contact: Paul Hill 01565 722928

35 Walking Treasure Hunt CN

A guided walk along Warmingham footpaths with 'treasures' to find on the way!

Meet: Church House Farm, Warmingham.
OS grid ref: SJ 709610
When: 11am Sun 24 Sept
Length: c. 3 miles / 5km
Terrain: Mostly field paths, roads. Some mud, stiles. Unsuitable for wheelchairs or pushchairs.
Other info: Dogs on a lead at all times.
Contact: Naomi Higson on 01270 526231

NCW IX Croughton - Hooton/Helsby CH/VR

Please see separate box.



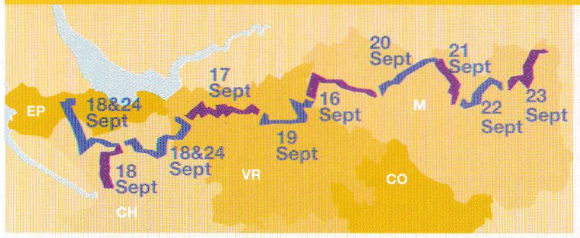
The North Cheshire Way - Inaugural Walks

Walk the whole of the NCW - Cheshire's newest trail - in nine easy steps during Step into Cheshire week. Book now! Go for just one section or walk all nine!

The opening of the trail and the publication of a full guide to it will be marked by official launches on the route on day 2 and again on day 8. Copies of the guide will be available for purchase during the week. Ordnance Survey grid references are given for meeting points and not for walk starts which are different. There will be a small charge for minibus transport from the meeting points to the start of each of the walks. Please note that there may be car parking charges at some locations. All dogs on leads please.

Booking essential for all walks

Contact: Bernard Cook on 01606 852298 or Alan Bowring on 01606 541825



NCW I Knutsford to Great Budworth M

Today is an easy day's stroll via Arley.

Meet: car park at New Westage Ice Cream Farm, Heath Lane, Great Budworth. OS grid ref: SJ 665780
When: 10.00am Sat 16 Sept
Length: 13km/8 miles/5hrs Terrain: flat farmland walking, stiles

NCW II Helsby Quarry to Acton Bridge VR

This 2nd day takes in the Frodsham and Helsby Hills together with the contrasting Weaver valley.

Meet: Leigh Arms car park off A49, Acton Bridge
OS grid ref: SJ 601761
When: 10.00am Sun 17 Sept
Length: 18km/11 miles/7hrs
Terrain: flat riverside, farmland and steeper paths through woodland; steps, stiles

NCW III Croughton to Hooton/Helsby/Chester CH/EPN/VR

Join 1 of 3 walks starting at Croughton when the NCW will be officially launched. Walk A to Helsby Quarry, walk B to Hooton Station and walk C to Chester.

Meet: Chester Station (SJ 413669), Helsby Quarry car park (SJ 490749) or Hooton Station (SJ 349783) according to your choice of walk
When: 10.00am Mon 18 Sept
Length: **A**: 17km/10.5 miles/6hrs, **B**:14km/9 miles/5hrs, **C**: 9km /5.5 miles/3hrs
Terrain: walks **A**: some long & steep sections **B**: farmland paths with stiles **C**: canal towpath

NCW IV Great Budworth to Acton Bridge VR

Enjoy the Weaver Valley & Northwich Community Woodlands including Anderton Boat Lift.

Meet: Leigh Arms car park off A49 at Acton Bridge.
OS grid ref: SJ 601760
When: 10.00am Tues 19 Sept
Length: 12km/7miles/4hrs
Terrain: towpaths, farmland and riverside paths

NCW V Knutsford to Styal Country Park M

The attractive Bollin Valley woods & spectacle of planes landing on Manchester Airport 2nd runway.

Meet: Styal Country Park (National Trust) car park north of Wilmslow. OS grid ref SJ 835830
When: 10.00am Wed 20 Sept
Length: 13km/8 miles/6hrs Terrain: largely flat farmland paths with stiles but many steps, slopes around Styal and Bollin valley

NCW VI Styal to Alderley Edge M

The Wilmslow section of the Bollin Valley & the dramatic wooded sandstone Edge.

Meet: The Wizard (National Trust) car park at Alderley Edge.
OS grid ref: SJ 860772
When: 10.00am Thurs 21 Sept
Length: 8.5km/ 5 miles/4hrs
Terrain: largely flat but steep climbs up the Edge

NCW VII Alderley Edge to Adlington M

Today's section takes in some of the National Trust property at Alderley Edge and Hare Hill.

Meet: Legh Arms car park, Adlington. OS grid ref: SJ 911804
When: 10.00am Fri 22 Sept
Length: 8.5km/5 miles/4hrs
Terrain: typical farmland paths with stiles

NCW VIII Disley to Adlington M

Includes official launch of east end of NCW. Another chance to walk 1 of 2 sections N of Chester which you may have missed on Monday.

Meet: Leigh Arms car park, Adlington OS grid ref: SJ 911804
When: 10.00am Sat 23 Sept
Length: 13km/8miles/5hrs
Terrain: farmland paths with stiles, some long & steep sections to higher ground, exposed to weather

NCW IX Croughton to Helsby/Hooton CH/EPN/VR

Another chance to walk one of two sections N of Chester which you may have missed on Monday.

Where: Walk **A**: Croughton to Helsby Quarry car park and Walk **B**: Croughton to Hooton Station
Meet: **A**: Helsby Quarry OS grid ref: SJ 490749 or **B**: Hooton Station OS grid ref: SJ 349783 according to your choice of walk
When: 10.00am Sun 24 Sept
Length: **A**: 17km/10.5 miles/6hrs, or **B**: 14km/9 miles/5hrs
Terrain: **A**: some long & steep sections, **B**: farmland paths with stiles