Frodsham Festival of Walks 2023

Friday 21 April - Sunday 30 April 2023









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

New for this year we have

- Four Trails
- Walk Mill
- Lost Pubs of Frodsham
- Pickering and Dutton Locks
- Frodsham Art Trail

As well as some old favourites

- Snickets of Frodsham
- Mindfulness Walk at Snidley Moor
- Bird Walks
- Plus many more...

frodshamfestivalofwalks.uk

07851 618670 • council@frodsham.gov.uk

Frodsham TOWN COUNCIL

Find us on Facebook

SandstoneRidge

Most of the images in this leaflet 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

Walks may be cancelled or changed in adverse weather. Please check **frodshamfestivalofwalks.uk** or **Frodsham Festival of Walks Facebook page** for any changes.

Frodsham Festival of Walks Working Group members – all volunteers, are:

Caroline Ashton, Kath Gee, Iris Keating, Susan Kellett, Martin Maris, Glyn Morris and Ross Nichols. Supported by Janet Nichols - Social Media and Frodsham Town Council Administrative Officer - Lyndy Bosman.

Hill to Hill - L Mitchell

For further details on any of the walks please call **07851 618670** or email **council@frodsham.gov.uk**

Frodsham Town Council invites you to our nineteenth 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 Four Trails, Walk Mill, Lost Pubs of Frodsham, Pickering and Dutton Locks and Frodsham Art Trail. Old favourites return in Snickets of Frodsham, Mindfulness Walk at Snidley Moor and the Bird Walks.

All walks are led by experienced leaders, either volunteers or representatives of the sponsoring organisations. As always, we are grateful to the organisations which have sponsored walks. For most walks there is no need to book, just turn up, although 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 facebook.com/FrodshamFestivalOfWalks 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 2023 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 them.

Find us on Facebook



Two Trails Abrahams Leap - W Evans

What you need to know

Please note that Frodsham Town Council and Frodsham Festival of Walks do 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 to enable us 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 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 owner please check that the route is suitable for dog and owner. 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, the leader will no longer be responsible for you.



Hill to Hill - R Nichols

1 Friday 21 April - 6:00 pm

Writing Workshop

Julia McGuinness

Meeting at Cheeky Ice Cream Café, Castle Park

Grid Reference **SJ515 775** Postcode**WA6 6SB**

As we walk out into the natural environment, aspects of our surroundings capture and fire our imagination in ways we might find hard to articulate. Writing helps us explore what is resonating, and poetry in particular, can release fresh words for felt connections. In this workshop we will take time to engage in creative encounters with natural objects indoors and out, and bring our responses to the page. Julia McGuinness is Chester Cathedral's current Poet-in-Residence. She runs writing workshops for creativity at the Cathedral and at Gladstone's Library in Hawarden. No dogs except assistance dogs.

2 Saturday 22 April - 9:30 am

Four Trails

Susan Kellett

Meeting at Manley Common Corner, New Pale Road (Where Sandstone Trail and Eddisbury Way meet) Park on verge so off road

Grid Reference **SJ521 719** Postcode **WA6 9ET**

An all-day moderate 11 mile walk linking the Eddisbury Way, Baker Way, Longster Trail and Sandstone Trail. Mostly field, woodland paths and tracks. Several short ascents and descents, steps and stiles. Wide reaching views along the route. Wear strong boots and appropriate clothing. Bring snacks, lunch and drinks. (Refreshments may be available at a café near the end of walk). No dogs please - lots of livestock on the route.

Supported by North and Mid Cheshire Ramblers



Hill to Hill - R Nichols



Forest School - M Maris

3 Saturday 22 April - 11:00 am

Family Forest Schools

Led by Cheshire Wildlife Trust

Meeting at Netherton Hall car park

Grid Reference **SJ512 770** Postcode **WA6 6UL**

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 is essential.** 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. No dogs please.

Supported by Cheshire Wildlife Trust

Visit our website frodshamfestivalofwalks.uk for booking instructions and to book your place(s) on this walk

For further details on any of the walks please call **07851 618670** or email **council@frodsham.gov.uk**

4 Saturday 22 April - 2:00 pm

Family Forest Schools

Led by Cheshire Wildlife Trust

Meeting at Netherton Hall car park

Grid Reference **SJ512 770** Postcode **WA6 6UL**

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 is essential.** 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. No dogs please.

Supported by Cheshire Wildlife Trust

Visit our website frodshamfestivalofwalks.uk for booking instructions and to book your place(s) on this walk

5 Saturday 22 April - 1:00 pm

Around Helsby Hill

Alan Gerrard

Meeting at Helsby Community Centre, Lower Robin Hood Lane, Helsby (additional parking is available in Lower Robin Hood Lane)

Grid Reference **SJ486 751** Postcode **WA6 0BW**

A 5 mile walk around the stunning environs of Helsby Hill including quarries, Harmer's Wood and the hill top with its panoramic views of the Cheshire plain, north Wales and the Pennines. Wear suitable clothing and footwear. Bring snacks and drinks. After the walk, refreshments will be available at Frodsham Methodist Church, Kingsley Road, Frodsham. Well-behaved dogs on leads are permitted.

Supported by Frodsham Methodist Church Monthly Walking Group



Visiting Our Neighbours - L Mitchell



Forest School - M Maris

6 Sunday 23 April - 10:00 am

Frodsham Dog Walk

Carole Shinkfield

Meeting at Castle Park House and finishing at Tail Mates pet shop & café

Grid Reference **SJ513 775** Postcode **WA6 6SB**

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

Supported by Tail Mates pet shop and café

7 Sunday 23 April - 11:00 am

Foraging for Families

David Winnard

Junction of Langdale Way and Townfield Lane (next to Townfield Lane Allotments)

Grid Reference **SJ526 778** Postcode **WA6 7LY**

A unique opportunity for families to try out 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 you 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 for 2 hours. **Booking is essential.** No dogs please.

Visit our website frodshamfestivalofwalks.uk for booking instructions and to book your place(s) on this walk

8 Sunday 23 April - 2:00 pm

Foraging for Adults

David Winnard

Junction of Langdale Way and Townfield Lane (next to Townfield Lane Allotments)

Grid Reference **SJ526 778** Postcode **WA6 7LY**

A unique opportunity for adults 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 you 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 for 2 hours. **Booking is essential.** No dogs please.

Visit our website frodshamfestivalofwalks.uk for booking instructions and to book your place(s) on this walk

9 Monday 24 April - 2:00 pm

Frodsham's Woodland Trust Woodlands

Neil Oxley

Meeting at Frodsham Golf Course car park off Simons Lane. Parking at the former golf course car park next to Ashton House Nursery

Grid Reference **SJ518 761** Postcode **WA6 6HE**

A 4 mile circular walk through some of the woodlands above Frodsham including Woodhouse Hill and Snidley Moor. The walk starts and finishes at the former Frodsham golf course which is to become a new community woodland. The walk is mostly flat, but has some short sections with steep climbs/descents. Wear suitable clothing and footwear. Bring snacks and drinks. Well-behaved dogs on leads are permitted.

Supported by The Woodland Trust



Weaver Woodlands & Bluebells - L Mitchell



Frodsham Dog Walk - W Evans

10 Tuesday 25 April - 10:00 am

Walk Mill

Susan Kellett

Meeting at Walk Mill, Waverton, Chester
For SatNav users, use CH3 7RZ to Ford Farm, then follow Walk Mill Lane down to the Mill
Park at far end of car park, £5.00 parking fee (waived as long as using the café after the walk)

Grid Reference **SJ483 642** Postcode **CH3 7BF**

An 8 ½ mile leisurely, flat walk with several interesting features. Starting at an ancient water powered flour mill we go through Hockenhull Platts Nature Reserve with an abundance of bird and plant life, over medieval packhorse bridges, over fields and down country lanes to the Shropshire Union Canal where we take the tow path to Golden Nook. Here we return over fields and the river Gowy to Walk Mill for a treat at the café. Several stiles on the route. Wear strong boots and appropriate clothing. Bring snacks, lunch and drinks. No dogs please - lots of livestock on the route. Please support the café. Bakery products are made from the mill's locally grown wheat with the flour milled on site. (Their flours, rapeseed oil and honey are available to buy). Do have a look around the Mill.

Supported by North and Mid Cheshire Ramblers

For further details on any of the walks please call **07851 618670** or email **council@frodsham.gov.uk**

11 Tuesday 25 April - 10:30 am

Wellbeing Walk

Lesley Mitchell

Meeting at Castle Park Arts Centre, Fountain Lane, Frodsham Parking at Castle Park main car park

Grid Reference **SJ514 775** Postcode **WA6 6SB**

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 walk lasts about 30 minutes and is along the 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.

Supported by The Ramblers CWAC

12 Tuesday 25 April - 6:00 pm

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

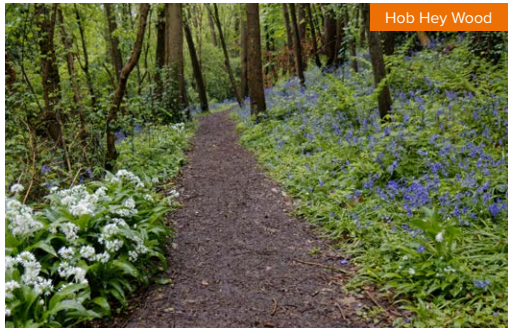
Will Burton

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

Grid Reference **SJ508 747** Postcode **WA6 6XQ**

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.

Supported by Yoga and Healing Cheshire



Hob Hey Wood



Mindfulness Walk at Snidley Moor - J Nichols

13 Tuesday 25 April - 6:00 pm

Snickets of Frodsham Revisited

Kathleen Povall

Meeting at Castle Park main car park, accessed via main gates from A56. The main car park of Castle Park has ample space and the park gates are not locked at night.

Grid Reference **SJ514 775** Postcode **WA6 6SB**

Frodsham has lots of snickets (delightful pathways making a walk calmer & quieter than by the roadside), so join us on this gentle 3 mile, 1 ½ hour evening stroll using many of them - you may even discover one previously unknown to you! Wear suitable clothing and footwear. Well-behaved dogs on short leads are permitted.

14 Wednesday 26 April - 10:00 am

Lost Pubs of Frodsham

Sue Lorimer

Meeting at the back entrance to Castle Park House. Parking is free for up to a maximum of 4 hours at the Leisure Centre car park, midway between start & finish

Grid Reference **SJ513 775** Postcode **WA6 6SB**

This 2 ½ mile walk from Castle Park to the River Weaver is on pavements, footpaths and part of Route 5 cycleway. We visit the sites of 12 lost pubs along Main St, High St, Ship St, Bridge Lane and Church St. Historic images will be available to view during the walk or to download from the website on to your mobile phone. The walk will finish at Church Street railway bridge. Refreshments are available to purchase in the Church Street area at the end of the walk. Please dress appropriately and bring a drink with you. No dogs please.

Supported by Frodsham & District History Society
Visit our website for a downloadable pdf document of all the Former Pubs you will pass on the walk

15 Wednesday 26 April - 10:30 am

Wellbeing Walk

Lesley Mitchell

Meeting at Castle Park Arts Centre, Fountain Lane, Frodsham Parking at Castle Park main car park

Grid Reference **SJ514 775** Postcode **WA6 6SB**

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. Bring snacks and drinks. No dogs please.

Supported by The Ramblers CWaC

16 Wednesday 26 April - 10:00 am

Pickering and Dutton Locks

Iris Keating

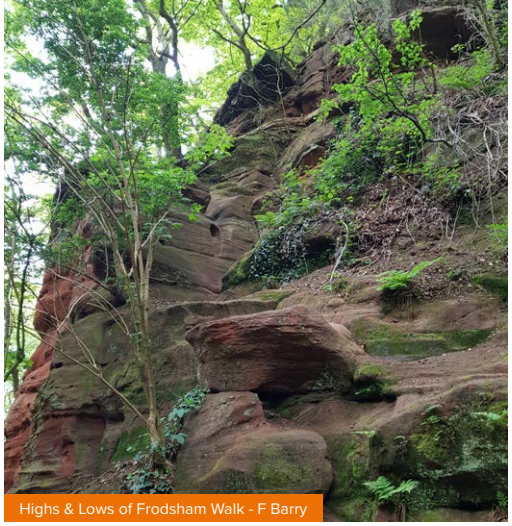
From Frodsham go to Crowton on the B5153 and just before Crowton turn left onto Crewood Common Road. Park on grass verge just before the junction with Ainsworth Lane (on the right)

Grid Reference **SJ572 755**

A 5 ½ mile figure of eight walk passing Pickering Lock, crossing the River Weaver at Dutton Lock, over the Horse Bridge, through Dutton Park and Lodge Wood to the Trent and Mersey Canal. Along the towpath and back down to the river, re-crossing at the Lock, up to Cliff Lane and back to our starting point. Wear suitable clothing and footwear. Bring snacks and drinks. Dogs permitted and welcomed.



Morning Marshes Bird Walk - R Nichols



Highs & Lows of Frodsham Walk - F Barry

17 Thursday 27 April - 6:00 am

Early Birdsong Walk

John Davies

Meeting at Helsby Frodsham Townfield Allotments car park at the top of Langdale Way. Parking allowed at Frodsham Allotment site

Grid Reference **SJ526 778** Postcode **WA6 7LX**

A birdsong walk by canal and through woods and fields. All abilities welcome to what should be a relaxing and stress free 3 mile experience. Bring binoculars if you have them but they're not essential. No dogs please.

18 Thursday 27 April - 10:00 am

Frodsham and Helsby Hills

Lesley Mitchell

Meeting at Castle Park main car park accessed via main gates from A56

Grid Reference **SJ514 775** Postcode **WA6 6SB**

Enjoy wonderful views from the tops of Frodsham and Helsby hills, weather permitting! A moderate circular walk of 8 miles, with several short ascents, descents and some steps. The walk takes us through Frodsham Hill Wood, Helsby Hill Wood and across several fields linking the two woods. There are a few short road sections on quiet country lanes. Wear suitable clothing and stout footwear. It may be muddy. Bring a packed lunch and drinks. No dogs please.

For further details on any of the walks please call **07851 618670** or email **council@frodsham.gov.uk**

19 Friday 28 April - 10:00 am

Crowton and Acton Bridge Circular and Pub Lunch

Glyn Morris

Meeting at The Hare and Hounds car park, Station Road, Crowton

Grid Reference **SJ578 745** Postcode **CW8 2RN**

A gentle 4 ½ mile circular walk from Crowton, down to the River Weaver Navigation and back through Acton Bridge village; on quiet lanes, field paths, tracks and the unfenced riverbank. We will see an old course of the River Weaver, the Grade II listed Dutton Viaduct (and a possible mistake by the famous George Stevenson) and the wreck of the Chica. Wear suitable clothing and footwear. Bring snacks and drinks. A pub lunch or other refreshment is an option at the end of the walk. Please support the pub in return for their kind use of the car park if you can. No dogs please.

20 Friday 28 April - 10:00 am

Around the World with Trees in Castle Park

Kath Gee

Meeting at the front entrance to Castle Park

Grid Reference **SJ513 775** Postcode **WA6 6SB**

A mile-long stroll lasting about 1 ½ hours with regular pauses to focus on interesting and exotic trees from 5 continents, and to introduce the new 'Castle Park Tree Trail'. You will be walking on turf, some uneven footpaths and using a few steps. Wear suitable clothing and footwear. Well-behaved dogs on short leads welcome. Refreshments are available to purchase from the Arts Centre afterwards.



Visiting our Neighbours - J Graven



Goldfinch Meadows Info Board - R Nichols

21 Friday 28 April - 6:30 pm

An Evening Stroll to a Wildlife Haven

Ross Nichols

Meeting at Ince village square. On street parking in Ince. Finishing at the Duke of Wellington pub

Grid Reference **SJ450 764** Postcode **CH2 4NN**

Discover a hidden wildlife haven on Ince marshes. The area is managed by Protos to encourage and support a diverse range of wetland animals, native trees, flowers, butterflies and birds. A 2 mile long stroll with regular stops, to focus on information boards and pause to look at nature. Wear suitable clothing and footwear. Bring snacks and drinks. Well behaved dogs on a short lead, to avoid disturbing the wildlife.

22 Saturday 29 April - 9:30 am

Woods to Weaver

Susan Kellett

Meeting at Woodland Trust car park (old Golf Course car park next to Ashton House Nursery on Simons Lane) Free parking

Grid Reference **SJ518 761** Postcode **WA6 6HE**

An all-day moderate 11 mile walk through the new Woodland Trust's Community Land, over the hills, through woods, valleys, along field paths and country lanes to the river Weaver via Kingsley. Returning via river paths, pits and ponds. Several short ascents and descents, 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 the route and narrow paths in places.

Supported by North and Mid Cheshire Ramblers

23 Saturday 29 April - 10:00 am

Frodsham Art Trail

Martin Maris

Meeting at Frodsham Community Centre car park

Grid Reference **SJ521 779** Postcode **WA6 7QN**

A unique opportunity to meet local Frodsham Artists in their own studios and workshops, see their work on display, and ask them questions about their working styles and specific techniques that they use. This whole day experience will involve walking to each of the studios of the six local artists that we will meet, plus a closer look at Castle Park Arts Centre, where you can also buy lunch. Wear suitable clothing and footwear. **Booking is essential.** No dogs please.

Supported by Castle Park Arts Centre and various local Frodsham Artists

Visit our website frodshamfestivalofwalks.uk for booking instructions and to book your place(s) on this walk

24 Sunday 30 April - 9:00 am

Frodsham Marsh Spring Migration

Bill Morton

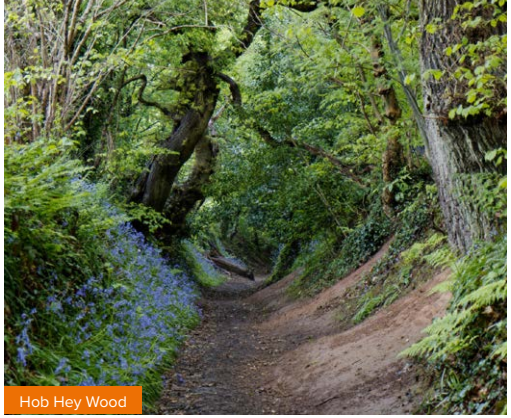
Brook Furlong Lane, via Marsh Lane, Frodsham. Please park on the motorway bridge at the end of Marsh Lane, or if possible, on Marsh Lane itself

Grid Reference **SJ511 779** Postcode **WA6 7BT**

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 view point. Wear suitable clothing and footwear. Bring snacks and drinks. No dogs due to lambing season.



Hill to Hill - R Nichols



Hob Hey Wood

25 Sunday 30 April - 10:00 am

Kennel Lane, Pettypool Wood and the Whitegate Way

Iris Keating

Kennel Lane, South off A556 Chester Road between Blakemere Craft Centre (CW8 2EB) and the Blue Cap Pub (CW8 2DN)
There is plentiful parking on Kennel Lane

Grid Reference **SJ601 703** Postcode **CW8 2EA**

A delightful 4 mile circular walk, across fields, through a wood and alongside a mere, ending on the Whitegate Way. There are 3 stiles. The walk is suitable for all ages/abilities and there is only one short incline as we leave the woods. Wear suitable clothing and footwear. Bring snacks and drinks. Dogs permitted and welcomed. Lots of opportunities for dogs to be off leash (at the owner's discretion).

26 Sunday 30 April - 1:00 pm

Hob Hey Wood Discovery Trail

Mark O'Sullivan

Junction of Langdale Way and Townfield Lane (next to Townfield Lane allotments)

Grid Reference **SJ526 778** Postcode **WA6 7LX**

Join this gentle 1 ½ mile 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. Wear suitable clothing and footwear. Bring snacks and drinks. Well behaved dogs on short leads welcome.

For further details on any of the walks please call **07851 618670** or email **council@frodsham.gov.uk**



Frodsham Festival of Walks 2023

Friday 21 April – Sunday 30 April 2023

For further details on any of the walks please call **07851 618670** or email **council@frodsham.gov.uk**

Frodsham Festival of Walks working 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 2023 Festival of Walks would not be able to go ahead.

Frodsham Festival of Walks Working Group members – all volunteers, are:

Caroline Ashton, Kath Gee, Iris Keating, Susan Kellett, Martin Maris, Glyn Morris and Ross Nichols.
Supported by Janet Nichols - Social Media and Frodsham Town Council Administrative Officer - Lyndy Bosman.

Frodsham TOWN COUNCIL

Find us on Facebook

SandstoneRidge