

FRODSHAM FESTIVAL OF WALKS

2025







FRIDAY 25 APRIL - MONDAY 5 MAY 2025

www.frodshamfestivalofwalks.uk

BOOKING, WHICH OPENS IN EARLY APRIL, IS HIGHLY RECOMMENDED TO SECURE YOUR PLACE

Viridor

North Cheshire Community Scale

Cheshire Community Action

Community Chest

Cheshire West and Chester

Essar Energy Transition EET Fuels

Rotary in Frodsham and Helsby

Frodsham Town Council

WHAT YOU NEED TO KNOW

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

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, and to assist you each walk has the postcode, grid reference and what3words descriptors. Postcodes are only approximate and if parking is not suggested, then please allow time to park and arrive promptly. 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.

This year we have made improvements to our on-line booking system and would encourage everyone, where possible, to make an online booking via our website: **www.frodshamfestivalofwalks.uk.** This is the only way to be guaranteed a place on the walks.

On all walks places are limited, so booking really is desirable. Please visit your local libraries if you need any help registering for the walks. Library staff will help you if, and when, they can.

All of our walks are circular unless otherwise stated.

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

Please wear suitable clothing and footwear and be prepared for unpredictable weather. On sunny days please bring water, 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 especially drink, for the duration of the walk. If accompanying vulnerable others, please ensure that they also have adequate supplies.

Remember to bring any medication you may need during the walk and a mobile phone or easily accessible information to contact your next of kin.

Whether dogs are allowed is clearly indicated in the walk summary. Where dogs are welcome, we ask that it is one dog per walker and on a short lead, in most instances. Owners must carry both water for their pet and 'poop' bags to use when required, and only dispose of in a designated bin.

Walkers under 16 years of age or those who are deemed vulnerable are welcome and must be accompanied by an adult who accepts responsibility for them.

We ask that walkers refrain from smoking and vaping during the walk. You must notify the leader if you wish to leave the walk.

If travelling by car do consider car sharing.

We also ask car owners to 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/itravel.**

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

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 the 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.

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.

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

WELCOME TO FRODSHAM FESTIVAL OF WALKS

Please join us and be part of this year's Festival of Walks running from **Friday 25 April - Monday 5 May,** inclusive.

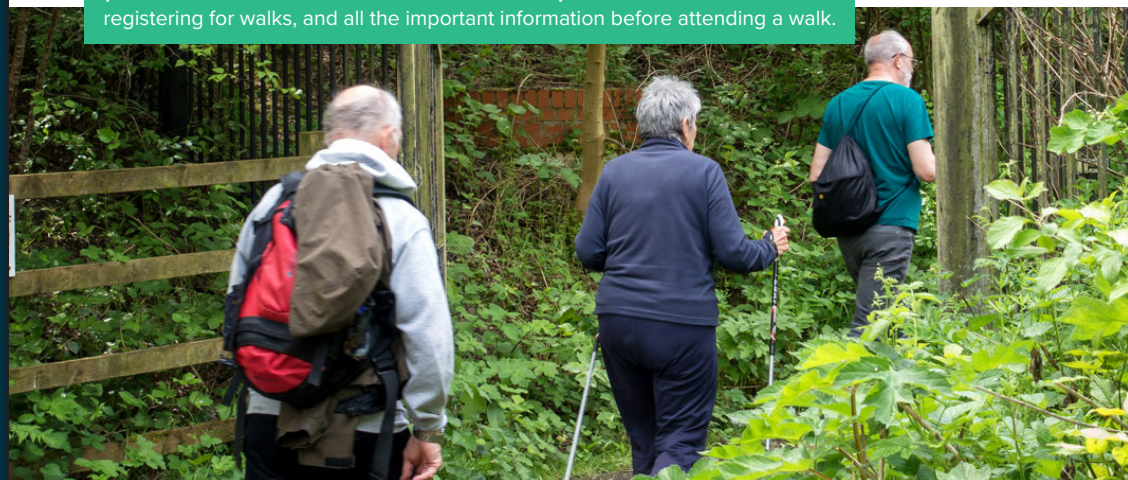
We have planned almost 30 wide-ranging walks - some especially for children and families, dog walks, pram walks, pub walks, visiting a war-torn local church and even a bat walk.

As we celebrate the National Railway's bicentennial in 2025, the annual Frodsham Festival of Walks will this year also feature two railway related walks, suitable for individuals or small groups. Old favourites including a family treasure hunt around four sites in Frodsham. Forest Schools and nature walks make a welcome return.

You could, if you want to enjoy a new experience, join Kerley for her excellent Nordic walking or after a long day in the open air, you can even enjoy an evening of mindfulness and meditation in a beautiful forest setting.

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.

Visit our website **(www.frodshamfestivalofwalks.uk)** and Facebook page **(www.facebook.com/FrodshamFestivalOfWalks)** to see further details about registering for walks, and all the important information before attending a walk.



1 Friday 25th April - 10:00

Silver Jubilee Bridge and Spike Island

Eamon Kilduff

Meet at Crosville car park, Runcorn, adjacent to Ten Lock Flight pub, Runcorn

Grid Ref: SJ 5144 8280 Postcode: WA7 1BG
https://w3w.co/belt.wool.chairs

Supported by the Probus Walking Group

Booking is preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

A 4-mile wheelchair friendly walk of approximately 2.5 hours, with walking mostly on paved or tarmacked paths. It starts at the free Crosville car park adjacent to the 10 Lock Flight, with extensive views across the Mersey towards Lancashire. The walk crosses the Silver Jubilee bridge towards Widnes. From the bridge, the walk proceeds towards the Catalyst Museum and onto Spike Island and along a short section of the Sankey Canal. After crossing the canal, the walk continues on to Widnes Promenade, with open vistas of the Mersey and both road bridges, before crossing back over the canal and onto Victoria Gardens. From there the walk returns over The Silver Jubilee Bridge to Runcorn and makes a left turn to visit The Bronzed Chedi and Peace Garden before returning to the start via the Bridgewater Canal. On completing the walk, those who wish to may join the walk leader for lunch at the 10 Lock Flight. Dogs are welcome on this walk: a maximum of 1 dog on a short lead per walker.



2 Friday 25th April - 14.30

A Pram walk at Delamere

Jen Argent

Meet at the Information Office, Visitor Centre, Delamere

Grid Ref: SJ 5488 7036 Postcode: CW8 2JD
https://w3w.co/stared.preheated.dinner

Booking preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30 prams

Join us for a 1.5-mile circular pram and child friendly walk around the Gruffalo Trail at Delamere Forest. It will take approximately 45 minutes - 1½ hours depending on any little legs who may be joining the walk. The paths can be a little bumpy but are still pram friendly with the occasional short hill. The walk will include a short stop when we find the Gruffalo, approximately half way round, for a rest or any required refreshments you would like to bring. There will also be the option of staying for further refreshments at the Visitors Centre Café afterwards. Dogs are welcome on this walk: A maximum of 1 dog on a lead per walker.



3 Saturday 26th April - 10:00

Family Walk with Treasure Hunt

Chris Kimberley

Meet at Castle Park main car park, Frodsham

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

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

A gentle 4 mile walk suitable for families of all ages taking approximately 4 hours. The walk involves visits to four locations within Frodsham. We will pause at each one for approximately 15 minutes in order for family members to track down some clues that will ultimately enable a mystery to be solved. There will be some small prizes for younger family members who successfully piece together the clues and find the correct answer. The walk will end back at the Castle Park Cafe for optional refreshments to be purchased and celebration of achievement! Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker.

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

4 Saturday 26th April - 13:30

Frodsham Methodist Church Walk

Alan Gerrard

Meet at Frodsham Methodist Church car Park

Grid Ref: SJ 5249 7688 Postcode: WA6 6BA
https://w3w.co/nickname.slam.unfit

Supported by - Frodsham Methodist Church

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 25

This 4-5 mile walk of approximately 2.5 hours will take in the sites of Bradley, parts of Hob Hey Wood, the Weaver Valley and Belleair. Dogs are welcome on this walk; a maximum of 1 dog on a short lead per walker.

5 Sunday 27th April - 10:00

Quarries of the Northern Sandstone Ridge

Glyn Morris

Meet at the far end of Frodsham station main car park. (CWAC, South Side)

Grid Ref: SJ 5194 7792 Postcode: WA6 6PT
https://what3words.com/silly.noise.galaxy

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 25

Supported by the Probus Walking Group

A 9 mile walk from Frodsham to Helsby (returning by train), which will take approximately 6 hours. Climbing the northern sandstone ridge, taking in some of the interesting quarries and workings. This walk will climb both Frodsham and Helsby Hills, and use woodland and field paths as well as quiet lanes. Stout footwear is required. There are no toilets or refreshments available on the route. No dogs please.



6 Sunday 27th April - 10:00

Forest School

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

Supported by Rotary in Frodsham and Helsby

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s). This session can accommodate up to 15 children aged 5 and above, accompanied by one or two adults. Max - 15

We will have a 10-minute walk onto the site to the area that we will be working in. We will build a fire, cook bread and make mini shelters in the woods, for approximately 2 hrs in total. Children should wear comfortable outdoor clothing and sturdy footwear. No dogs please.



7 Sunday 27th April - 10.00

Dog Walk

Iris Keating

Meet at the Cheeky Ice Cream, Pavilion Cafe, Castle Park, Frodsham

Grid Ref: SJ 5150 7751 Postcode: WA6 6SE
https://w3w.co/feel.agreed.worry

Booking is preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s). Max - 30

This dog-friendly walk is approximately 3-4 miles. Leaving Castle Park and walking up Howey Lane and onto Bottom Walk via the small passageway. The walk will take us to the top of the old golf course, along the top of Woodhouse Hill and on to Joe's Path. From there we will go down onto Snidley Moor and walk back through the woods and return to Woodhouse Hill. We will then do a circuit of the old golf course, on to top walk, and finally down to Middle Walk, over Churchfields and back into Castle Park for coffee at Cheeky Ice Cream. We will have a small refreshment stop if you wish to bring coffee etc. Dogs off lead at owner's discretion in the appropriate areas.

8 Sunday 27th April - 14:00

Little Barrow/Great Barrow Circular

David Passey

Meet at Bluebell Cafe car park, Barrowmore, at 13.45. Car parking at owner's risk. Use Barnhouse Lane entrance to the estate. N.B.: The café is closed on Sundays.

Grid Ref: SJ 4751 6904 Postcode: CH3 7JA
https://w3w.co/deployed.emporium.airfields

Booking is preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s). Max - 30

A circular walk of 4½ miles taking about 2.5 hours, along the paths, tracks and lanes of Great and Little Barrow. Whilst the walk is mostly flat there are some inclines. There are no stiles but there are a few gates. We will be stopping for refreshments part way round but you will need to bring your own. No toilets. Stout shoes required and not suitable for buggies. Dogs are welcome: 1 dog per walker on a short lead.

9 Sunday 27th April - 14.00

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

Supported by Rotary in Frodsham and Helsby

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s). This session can accommodate up to 15 children aged 5 and above, accompanied by one or two adults. Max - 15

We will have a 10-minute walk onto the site to the area that we will be working in. We will build a fire, cook bread and make mini shelters in the woods, for approximately 2 hrs in total. Children should wear comfortable outdoor clothing and sturdy footwear. No dogs please.

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

10 Monday 28th April - 10:00

Pub Walk

Neville Bester

Meet at the Carriers Inn, Hatchmere

Grid Ref: SJ 5542 7210 Postcode: WA6 6NL
https://what3words.com/kilt.almost.notices

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s). Max - 30

This 5-mile walk will start from the Carriers Inn, we will head past the Beaver Sanctuary, and on through Delamere Forest, before walking up to Pale Heights, hopefully providing wonderful views. Walking back down to the forest, we will pass the visitor centre, and onward to return to the starting point. Please join us for lunch in the Carriers, and please make your own booking arrangements with the Carriers (01928 371109), where we should return by 12.30. Dogs are welcome on this walk: A maximum of 1 dog per walker and may walk off lead at the owner's discretion.

11 Monday 28th April - 10:30

Alvanley and Helsby Hill

Kay Hall

Meet outside Frodsham Post Office on Main Street

Grid Ref: SJ 5161 7780 Postcode: WA6 7AR
https://w3w.co/divisions.knots.sticky

Supported by North and Mid Cheshire Ramblers

Booking is preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s). Max - 30

A 10-mile walk taking most of the day, walking through undulating countryside and ascending Helsby Hill. 1800 feet of ascent taken at a moderate pace. The route contours Woodhouse Hill, joins the Sandstone Trail and crosses fields to Alvanley. After Helsby Hill there is some road walking towards Dunsdale Hollow to return via Castle Park. Route may be muddy so stout boots recommended. Possibility of horses in fields. Bring lunch and drinks. Dogs are welcome: 1 dog per walker on a short lead.

12 Tuesday 29th April - 11:00

Total body walking

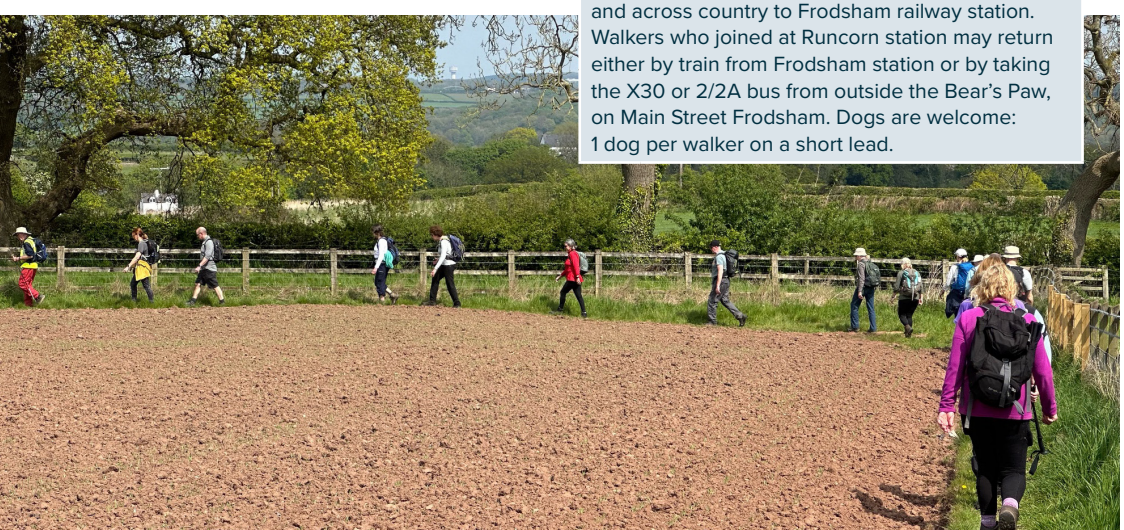
Elizabeth Kerley

Meet in Castle Park main car park, Frodsham

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

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 10

Come along and join this 90-minute total body walking discovery session. It will give you the opportunity to connect with nature and see for yourself how powerful walking-based exercise can be when it is at the right level for you. Learn how to walk WELL getting the most out of every step you take harnessing the power of good posture, your core muscles and the perfect stride. There will be a 60-minute session on how to get the best out of your walking technique and an optional 20-30-minute discovery walk, with or without poles, at the end of the hour session. 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 trying to achieve. Try out some total body walking poles, try other ways to boost strength, help with weight management and make walking work for you. In short, come along and feel how you can work your whole body with or without poles; and that a total body walk is more than just a walk in the park. Please wear footwear with a flexible sole if possible. No dogs please.



13 Tuesday 29th April - 09.45

Hills, Rivers and Bridges

Chris Kimberley

Meet on Platform 2 Frodsham Station for the 09.57 train to Runcorn

Grid Ref: SJ 5186 7790 Postcode: WA6 6PT
Https://w3w.co/swing.first.pump

Or 10.10 am at the front entrance of Runcorn Station for those meeting at Runcorn.

Grid Ref: SJ 5088 8268 Postcode: WA7 5UB
http://https://w3w.co/swing.fist.pump

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

This 6.5-mile walk from Runcorn railway station to Frodsham railway station will take approximately 4 hours starting with a short railway journey from Frodsham over the Weaver Viaduct on its route to Runcorn. From Runcorn railway station the walk takes us past the statue of 'Todger' Jones, Runcorn's First World War Victoria Cross hero, and the magnificent "Cross of Sacrifice" war memorial. From there, the walk leads onto Runcorn Hill with extensive views across the Mersey estuary and even as far as Blackpool on a clear day. The walk then progresses through the historic sandstone quarries, with their sheer rock faces onto the lowland Heath which passes through Weston village. Shortly, we join a public footpath which leads to Clifton village and the River Weaver which it follows for a short distance before emerging back on to the road prior to crossing the "swing" bridge and across country to Frodsham railway station. Walkers who joined at Runcorn station may return either by train from Frodsham station or by taking the X30 or 2/2A bus from outside the Bear's Paw, on Main Street Frodsham. Dogs are welcome: 1 dog per walker on a short lead.

14 Tuesday 29th April - 09.30

Aston World War II walk

Fiona Barry

Meet at St Peter's Church, Aston Lane, Aston

Grid Ref: SJ 5560 7847 Postcode: WA7 3DB
https://w3w.co/concerts.dreamers.walls

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

A 5-mile walk from Aston Church to the River Weaver and back across meadows past bluebell woods. After the walk we will visit Aston Church, to see the war damage inflicted on this lovely old building. The walk will take approximately 3 hours to complete. The route may be muddy so stout walking boots are recommended, and poles may help on the descent. N.B. Please bring a small donation to the church for their trouble. Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker. No dogs are allowed inside the church.

15 Wednesday 30th April - 10:00

Walton and Appleton Reservoir

Iris Keating

Meet at Underbridge Lane, Walton; 60m NE of Bennet's Farm Shop

Grid Ref: SJ 5925 8462 Postcode: WA4 5QR.
(Post code of adjacent Farm Shop)
https://w3w.co/price.dawn.these

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

We meet at Underbridge Lane, walk a short distance along the Bridgewater Canal and then by the side of the busy A56. We skirt Walton Hall gardens and head up towards Hillcliffe. We return by the side of Appleton reservoir. It is a leisurely walk of 4 miles and should take approximately 2 hours. Dogs are welcome and off the lead at their owner's discretion.

16 Wednesday 30th April - 9.30

Railways, Canals, Viaducts and Bridges across the Weaver Valley

Eamon Kilduff

Meet at the payment machine in the station car park at 09:30 for a short talk, by a member of Frodsham & District History Society, about Frodsham station /Sutton Tunnel Accident, and to allow time to purchase rail ticket.

Grid Ref: SJ 5187 7786 Postcode: WA6 6PT
http://w3w.co/always.video.skill

Alternatively meet at Runcorn East railway station car park at 10:00, to await arrival of train from Frodsham.

Grid Ref: SJ 5577 8134 Postcode: WA7 6EU
http://w3w.co/thinks.punctual.racked

Supported by Probus Walking Group / Frodsham & District History Society

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

Prior to boarding the train at Frodsham station, members of Frodsham & District History Society will give a short presentation about Frodsham Station. The train will then take us across the Weaver Viaduct and through Sutton Tunnel to Runcorn East railway station. On alighting from the train, a further presentation will be made about the Sutton Tunnel Disaster. This 10.2-mile walk proceeds to the Bridgewater Canal through Preston Brook to join the Trent and Mersey Canal and follows a path to Dutton Locks, where it crosses the River Weaver. From there, the path takes us under an arch of the railway viaduct, along the River Weaver, past Pickering's Lock, skirting Warburton's Wood towards Catton Hall Farm and Bradley Lane. After following Bradley Lane for a short distance, the path enters open fields to re-join Bradley Lane on the outskirts of Frodsham and then proceeds to Frodsham station via Overton. It is anticipated that the walk will take about 6 hours in total. Walkers, joining the walk at Runcorn East, may wish to return to Runcorn by train from Frodsham station or the X30 and 2/2 A bus from outside The Bear's Paw on Frodsham Main Street. No dogs please.

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

17 Thursday 1st May - 10:00

Whitegate Wander

Sue Griffiths

Meet at Whitegate station car park, Clay Lane, Winsford

Grid Ref: SJ 6154 6797 Postcode: CW7 2QE
https://w3w.co/oxidation.revives.astounded

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 20

An all-day, 8-mile moderate circular walk along part of the Whitegate Way, a disused railway line, and through woodlands, along watercourses and past lakes with plenty of wildlife interest. Some slight gradients and several stiles. Toilets and cafe in car park. Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker.

18 Thursday 1st May - 18:00

Power of Poles

Elizabeth Kerley

Meet in Castle Park main car park, Frodsham

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

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 10

We are excited to welcome newcomers to this 90-minute use of poles to exercise the whole body while walking. Using poles will engage your core, improve posture and take the weight off lower body joints. It enables you to exercise outdoors, which is great for your mental health as well. The POWER of POLES Induction is totally unique in that it explores the use of the new strapless total body walking poles (with ergonomically designed moulded handle), and the strapped Nordic walking poles to aid the user gain the best technique and results. This enables you to gain greater core engagement and master the upper elements that provide propulsion, support and increased exercise benefits. Once you have mastered these essential basics you get to explore the traditional Nordic walking strapped poles and movements. Footwear should have a flexible sole if possible. No dogs please.

19 Thursday 1st May - 18:30

Mindfulness Walk with Sitting Meditation

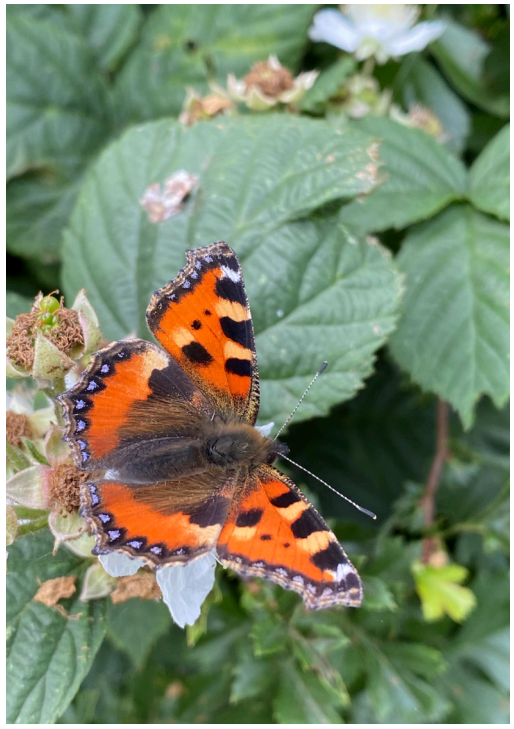
John Kirby

Meet next to Station House Café, Station House, Station Road. Delamere

Grid Ref: SJ 5561 7039 Postcode: CW8 2HZ
https://w3w.co/diary.goose.weekday

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 20

A gentle meditative 2-hour walk of approximately 4 miles. There will be ample time to be still and appreciate the energy of the forest. Using the 5 senses (or maybe 6!) 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. There will be a 15-minute guided meditation on the top of Old Pale Hill where there is a beautiful 360-degree view. Bring a plastic bag, picnic mat or something to sit on. No prior experience necessary. The paths are widely used and easy to navigate. No dogs please.





20 Friday 2nd May - 09:30

Frodsham Marsh / Helsby and Woodhouse Hills

Stuart Gardiner

Meet at Frodsham Station car park by the payment machines (CWAC, South Side)

Grid Ref: SJ 5187 7786 Postcode:WA6 6PT
Https://w3w.co/always.video.skill

Booking is preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s.
Max - 30

Starting and finishing at Frodsham station car park, this 4.5-hour walk will take you along the Marshes, before ascending Helsby Hill for great views from the “trig point”. The walk will gently progress down over Woodhouse Hill, returning to Frodsham via Bottom Walk. Total distance approximately 8 miles with 1,000 ft of ascent. Walkers may wish to bring a packed lunch. Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker.

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

21 Friday 2nd May - 10:00

A dog friendly discovery trail of Lymm

Josie Evans

Meet at Spud Wood (Woodland Trust) car park, Stage Lane, Lymm

Grid Ref: SJ 7024 8746 Postcode: WA13 9JP
https://what3words.com/avid.agreement.trams

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 15

A dog friendly 5-mile discovery trail around Lymm, taking approximately 3 hours. The walk starts at Spud Wood, where dogs can be off lead for a run before heading into Lymm on paths and quiet roads. We will do a circuit of Lymm Dam, then through Lymm village, heading via Slitten Gorge to the Trans Pennine trail, returning to Spud Wood via the Bridgewater Canal. Dogs will have the opportunity to be off lead, where safe, at the leader’s discretion but will be the responsibility of the owner at all times. The walk is flat with no stiles but two busy roads to cross. Depending on the weather, Spud Wood and Lymm Dam could be muddy so stout shoes are advised. A maximum of 1 dog on a short lead per walker.

22 Friday 2nd May - 14:00

The Edge of Frodsham

Chris Burrows

Meet at Lady Heyes Antiques and Craft Centre

Grid Ref: SJ 5356 7564 Postcode: WA6 6SU
https://what3words.com/glossed.albatross.dockers

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 20

Join us for a 5-mile walk on the edge of Frodsham, taking approximately 2.5 hours. We will be walking along mainly quiet back roads and paths on the edges of fields. There is one challenging path and stile to overcome. The route takes us around the back of Lady Heyes Touring Park and down to Hunters Wood. From there we cross the border into Kingsley and back into Frodsham via Peel Hall returning to our start point. Parking, refreshments and toilet facilities are all available at Lady Heyes. Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker.

23 Saturday 3rd May - 11:00

Hob Hey Wood walk and bat talk

Mark O'Sullivan

Meet outside Frodsham Townfield Allotments: junction between Langdale Way and Townfield Lane, Frodsham

Grid Ref: SJ 5266 7783 Postcode: WA6 7LY
https://w3w.co/tunnel.apples.counts

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

Supported by Hob Hey Wood Friends Group

Join us for a 2-mile walk around Hob Hey, Frodsham's ancient woodland, lasting approximately 2 hours. We will be exploring the wood, discovering its history, learning about this incredibly biodiverse place, and enjoying the wildflower spectacle unique to ancient woodlands. We'll have a talk on bats with local expert Tom Kenwright and might just see a bat in one of our bat boxes! No dogs please.



24 Saturday 3rd May - 13:45

Sustainable Frodsham?

Ruth Basden

Meet at Frodsham Station car park by the payment machines (CWAC, South Side)

Grid Ref: SJ 5187 7786 Postcode: WA6 6PT
Https://w3w.co/always.video.skill

Supported by Climate Action Frodsham

Booking is preferred:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

We will be looking at signs of sustainable living in our area, with a walk starting and ending at Frodsham station. The walk is about 3 miles long and will last approximately two hours with stops at points of interest. We will mostly be walking on pavements/paved paths, but there will be some rough ground and some steps. Our highest point will be the churchyard of St Laurence's, Overton. We also plan to mention some changes that need to happen and are interested in ideas that walkers may have about future possibilities. "When we make changes, other people see what we've done and are interested and inspired to follow suit. This adds up to substantial progress." (Quote from Nick Parsons, who has worked for over 35 years in energy-efficient and sustainable building and taught at the Centre for Alternative Technology). Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker.

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

25 Sunday 4th May - 10:00

Foraging

David Winnard

Meet outside Frodsham Townfield Allotments: junction between Langdale Way and Townfield Lane, Frodsham.

Grid Ref: SJ 5266 7783 Postcode: WA6 7LY
https://w3w.co/tunnel.apples.counts

Supported by Rotary in Frodsham and Helsby

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

A real opportunity for people to try some seasonal foraging with David Winnard. David will help you to safely find and identify the plants and fungi on your "doorstep". He will help you to ascertain whether 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 and cover approximately one mile. Dogs are welcome on this walk; a maximum of 1 dog on a short lead per walker.

26 Sunday 4th May - 14.00

Trees - identification, mythology and folklore

David Winnard

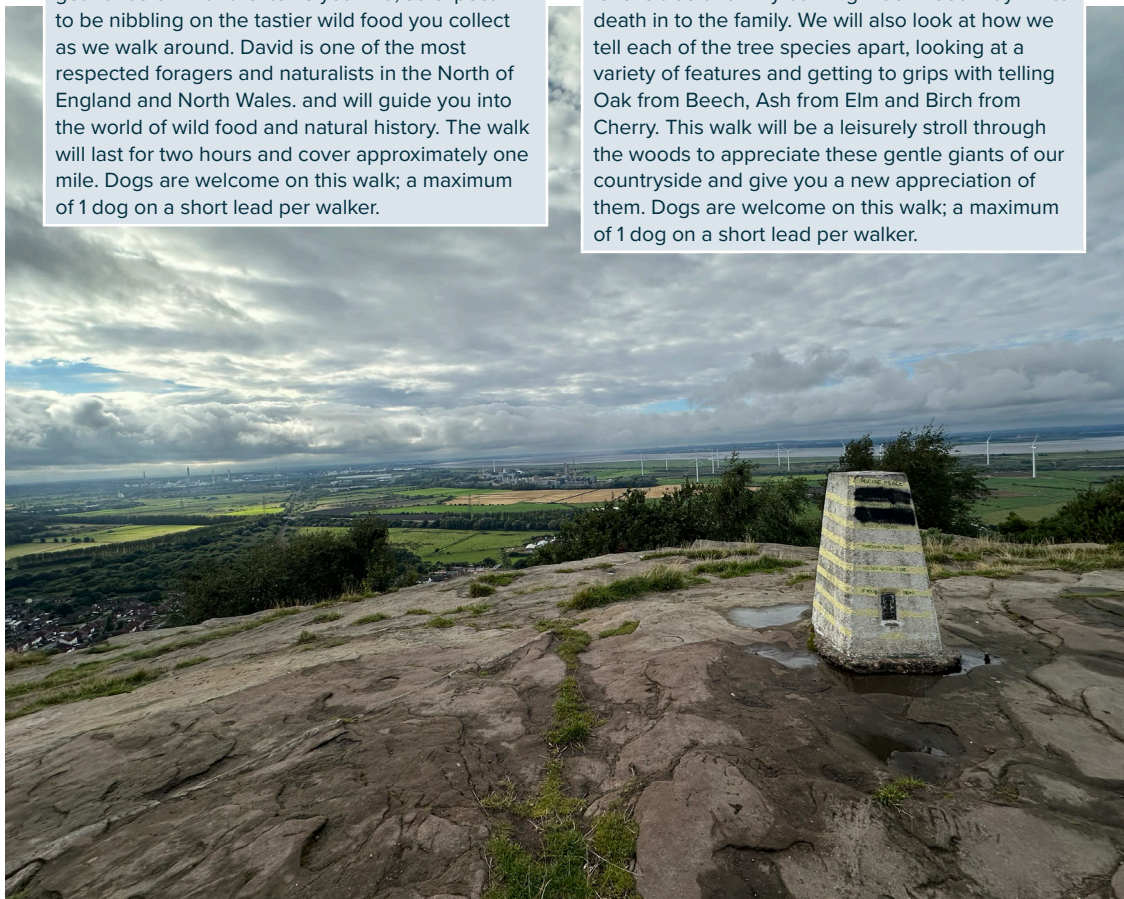
Meet at Frodsham Wood car park

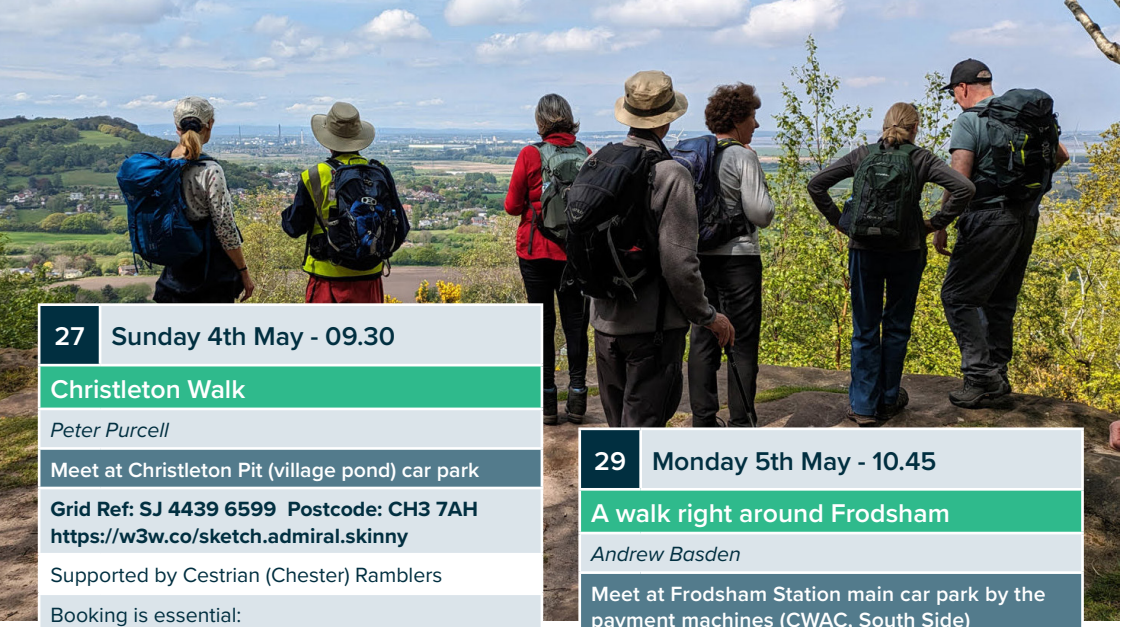
Grid Ref: SJ 5182 7609 Postcode: WA6 6HE
https://w3w.co/marathons.commented.embraced

Supported by Rotary in Frodsham and Helsby

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 30

A 2-mile walk through the woods to discover more about some of the more obvious plants in our countryside, trees, taking approximately 2 hours. We will walk and discuss some of the mythology and folklore that go along with them, explaining why, according to Celtic mythology, Hawthorn bakes the sweetest bread, why Sycamore is the lover's tree and why burning Elder wood may invite death in to the family. We will also look at how we tell each of the tree species apart, looking at a variety of features and getting to grips with telling Oak from Beech, Ash from Elm and Birch from Cherry. This walk will be a leisurely stroll through the woods to appreciate these gentle giants of our countryside and give you a new appreciation of them. Dogs are welcome on this walk; a maximum of 1 dog on a short lead per walker.





27 Sunday 4th May - 09.30

Christleton Walk

Peter Purcell

Meet at Christleton Pit (village pond) car park

Grid Ref: SJ 4439 6599 Postcode: CH3 7AH
https://w3w.co/sketch.admiral.skinny

Supported by Cestrian (Chester) Ramblers

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 20

A 6-mile circular walk taking about 3.5 hours, from Christleton Pit (village pond) car park towards Littleton and on to the Shropshire Union canal. We then head to Waverton where we will have a refreshment stop, before joining the Baker Way, then across fields back to Christleton. Please wear sturdy boots and appropriate clothing as parts of the walk may be muddy. No dogs please.

28 Monday 5th - 09.30

Family introduction to Castle Park's bird life

John Davies

Meet in Castle Park main car park, Frodsham

Grid Ref: SJ 5137 7747 Postcode: WA6 6SB
https://w3w.co/intervals.timimg.bunch

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 20

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 of approximately 1 mile and lasting for 2 hours, that will involve some slopes. Binoculars would be useful but not essential. No dogs please.

29 Monday 5th May - 10.45

A walk right around Frodsham

Andrew Basden

Meet at Frodsham Station main car park by the payment machines (CWAC, South Side)

Grid Ref: SJ 5194 7792 Postcode: A6 6PT
https://w3w.co/silly.noise.galaxy

Supported by the Manchester Pedestrian Club

Booking is essential:
Visit our website www.frodshamfestivalofwalks.uk for booking instructions, and to book your place(s).
Max - 20

A varied and interesting 12 mile walk taking most of the day. We will travel through different kinds of terrain and do a little road walking. During the walk we will visit the river where we will watch bird life, have views of industry and discuss bits of industrial archaeology, visit Frodsham marsh, the Ship Canal and Frodsham Edge (sandstone). We will walk through woods, dew ponds, and an orchard with good views in most directions, and possibly visit Frodsham caves. We aim to return to Frodsham by 17.30. You will need to bring refreshments for the day's trek. If afterwards, you would like to join us for a post-walk meal at the Queens Head, then please make your own booking in advance, either by phone (01928 730064) or on https://www.heritagepubs.co.uk/queens-head-frodsham mentioning FFoW, to ensure that the group is seated together. Dogs are welcome on this walk: A maximum of 1 dog on a short lead per walker.

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

Commemorating 200 Years of Rail

2025 marks the 200th anniversary of the modern railway. A British innovation that's continued its journey across the globe. Through a year-long series of activities and events, Railway 200 will explore how rail shaped Britain and the world. And, as today's railway modernises and gears up for growth, Railway 200 will also look to the future, encouraging more people to take the train and inviting the next generation of pioneering talent to join the railway and become the history-makers of tomorrow.

North Cheshire Community Rail Partnership is a volunteer-led association of partners who have a common vision to play a positive and proactive part in the communities we serve. Our vision is "Everyone Proud of our Railways". We will be successful when our diverse communities are proactively engaged with, and proud of, their railways because they recognise the contributions that they make to this being a great place to live, study, or work in, and to sustainable economic and social development - enriching lives and allowing our part of Cheshire to thrive.

Frodsham is well connected by train - with frequent direct services to and from Warrington, Runcorn, Manchester, Liverpool, Chester and North Wales - so please think of travelling by train when visiting the Frodsham Festival of Walks.

www.northcheshirecrp.org
www.nationalrail.co.uk
www.railway200.co.uk

200 Years of Train Travel 1825–2025

North Cheshire Community Rail



The Frodsham Festival of Walks Steering Group - Fiona Barry, Chris Burrows, Eamon Kilduff, Glyn Morris, Chris Kimberley, and Ruth Sadik, would like to thank all their walk leaders, back-markers, volunteers and supporters, without whose tireless efforts the Festival simply would not happen.

Special thanks should go to Neville Bester for helping us again to manage our social media campaign.

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



Please remember to save the dates in your calendar or diary for next year's exciting event:
Friday 24th April - Monday 4th May, 2026



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**
Please send them to our email address too at: **frodshamfow@gmail.com**

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North Cheshire Community Rail

Cheshire Community Action

Community Chest

Cheshire West and Chester

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Rotary in Frodsham and Helsby

Frodsham Town Council