

N. E Lancashire Ramblers – Coach Ramble to Frodsham Sunday 3rd March 2019

After a rendezvous at Darwen services to combine onto one coach we continue to Frodsham. It is important for safety reasons that independent walkers leave details of your names and routes, and a mobile telephone number if possible, with the courier on your coach.

A Walk **Leader Tony Culverhouse** **12 miles** **Moderate**

Tales of Four Trails. We will head south out of Frodsham joining the North Cheshire Way which takes us to the Helsby Hill trig point with the remains of an iron age fort. We then follow the Longster Trail to link up with the Sandstone Trail. This leads us south around the base of the Alvany Cliff. We will then loop north to join the Delamere Way and head west through Snidley Moor Wood to Woodhouse Hill, rejoining the Sandstone Trail. There are good views looking back to Helsby Hill as we follow the trail through woodland. However, an even more spectacular view awaits as we arrive at the war memorial. We then drop down through Overton back to Frodsham. (Note: the Delamere Way section involves some road walking.)

B Walk **Leader Carol Higgins** **9.5 miles** **Moderate**

From the town centre we climb steadily up towards St Lawrence's church before reaching the War Memorial Monument. From here we follow the Sandstone Trail along cliff paths and down sandstone stairs out to Helsby Hill with panoramic views over the Mersey Estuary. Our walk now takes us eastwards to Riley Bank where we pick up the Delamere Way to make our way back to Frodsham across fields before arriving back at the War Memorial. Our path down to Frodsham will take us through the grounds of Castle Park. The walk is mainly on good paths and bridleways through woods and across fields. There are a couple of sharp inclines and downhills (including steps) along the first part of the walk out to Helsby Hill.

C Walk **Leader Paul Brown** **7 miles** **Moderate**

This is a circular walk mainly along suburban roads, country lanes, byways and woodland paths. After leaving the coaches in Frodsham centre we walk up hill through the suburbs to join a byway on the edge of open country. We then walk to the hamlet of Bradley, Brook Farm and Five Crosses village to reach Crow Mere, a small lake. From here we continue to Dobers Lane then change direction to walk west to Woodhouse Hill where we join the Sandstone Trail to go northwards through woodland to the viewing point at the war memorial. From here we descend along a pleasant road to St Lawrence's Church, then walk through a park as we continue downhill on the way back into Frodsham centre. Some ups and downs on this walk (including steps), muddy and rocky stretches in places, wide views across the River Mersey and the Manchester Ship Canal towards Liverpool, Runcorn and beyond.

D Walk
No leader today but a suggestion that the Castle Arts Centre and Castle Park could be worth a visit. These are a short walk away along the main street from the centre of the town.

Pick up time for return journey. **Returning Home: 5.30pm**

Book today for our next two coach rambles **Appleby on 7th April and Castleton on 5th May**. After today telephone Kathleen Parker on 01254 396894 (6.00pm to 9.00pm) for the Blackburn coach, or Margaret Boothman on 01282 692901 (6.00pm to 9.00pm) for the Burnley coach.

Leaders for 2019 Offers please for A walk at Appleby, A,B and C at Castleton and A and D at Hawes plus many other gaps later in the year.