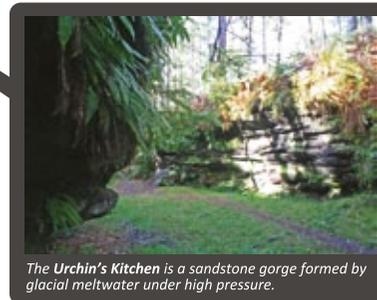




Eddisbury Hillfort is an important Iron Age hillfort. It was slighted (deliberately damaged) by the Romans, but reoccupied by Æthelfræd, daughter of Alfred the Great, in the 10th century. The eastern entrance has been excavated and rebuilt in recent years.



The Urchin's Kitchen is a sandstone gorge formed by glacial meltwater under high pressure.

The Sandstone Trail is a popular long-distance footpath. It runs for 34 miles from Frodsham in the north to Whitchurch (just over the Shropshire border) in the south, and passes many of the most scenic parts of the mid-Cheshire ridge. It is well signposted throughout and can be walked comfortably in a long weekend. The Pheasant Inn at Higher Burwardsley, also operated by the Nelson Hotels Group, is a convenient stopping point.



THREE WALKS FROM



The Fishpool Inn

Urchin's Kitchen
Old Pale & Eddisbury Hillfort
Primrose Hill & Utkinton



Fishpool Road, Delamere CW8 2HP

Tel: 01606 883277

info@thefishpoolinn.co.uk www.thefishpoolinn.co.uk

Find us on TheFishpoolInn

All three walks begin at Gresty's Waste car park, 1½ miles from the Fishpool Inn. To reach it by car, turn left as you leave the Fishpool Inn car park, following the A54 towards Chester and Kelsall. At the oblique junction with the A556, turn left; Gresty's Waste is signposted on your left after ¼ mile, just after a former toll house (the car park is free, but closes after 6.30pm).

THE URCHIN'S KITCHEN

A short woodland stroll visiting an interesting and atmospheric geological curiosity.

1½ miles. Some steep and uneven ground, and mud may be encountered. Allow 1 hour.

1. Facing the Gresty's Waste car park entrance, walk left to the corner of the car park nearest the main road, and follow a short path linking to the Sandstone Trail.
2. Turn left, away from the road, and follow the Sandstone Trail down some steps to a footbridge, and up the other side.
3. Walk alongside a field containing gallops, passing through a pair of gates.
4. When you regain the woodland, swing left then right, uphill, following the Sandstone Trail waymarks.
5. Follow the path beyond as it levels off until you reach an obvious junction of paths, where you turn left (downhill), still following the Sandstone Trail. This path is rocky in places.
6. When you reach a forestry road, keep on in the same direction.
7. After a short distance at a crossing of paths at the bottom of the valley, leave the track to the left, following a sign to the Urchin's Kitchen.
8. Walk down through the gorge between low sandstone cliffs. The path may be muddy in places; beyond the main outcrops a path climbs slightly to the left, avoiding the boggy valley floor, before dropping to a pond near the bottom edge of the wood.
9. Turn left and follow a narrow path through the trees with the woodland edge on your right.
10. When you reach the Sandstone Trail once more, turn right and retrace your steps to Gresty's Waste.

OLD PALE & EDDISBURY HILLFORT

A rewarding walk with wide views and a visit to a well-preserved Iron Age fort.

3 miles. Some modest climbs, and occasional mud after rain. Allow 2 hours.

1. Facing the Gresty's Waste car park entrance, walk left to the corner of the car park nearest the main road, and follow a short path linking to the Sandstone Trail.
2. A gap in the fence on your right gives access to the road: cross carefully and follow the Sandstone Trail beyond, passing between Kelsall Lodge on your right and a small stone building on the left.
3. Follow the Sandstone Trail, keeping straight on at a crossing path (signposted Kelsall to the left and Stoney Lane to the right).
4. Not long after passing a sculpture of a two-headed wild boar, turn right onto another path, signposted "Sandstone Trail Alternative Route".
5. Follow the path through a gap in the hedge and then up the bank, towards the masts on Old Pale Hill. Ignore a crossing track as you pass below the masts and covered reservoir, until you reach a viewpoint with a topograph and stones indicating

the counties visible.

6. Take a track to the right (between the stones for Derbyshire and Staffordshire) and follow it downhill, with the masts still on your right. Ignore a path heading off to the right.
7. When you reach the woodland edge, go through the gap in the hedge then turn immediately right, with the wood on your left and the hedge on your right.
8. Follow the woodland edge until you reach a metalled farm track. Turn left.
9. Walk downhill for 200 yards, then turn right off the road, through a gate.
10. Turn immediately right (before the bench) and follow the right-hand edge of the field, uphill.
11. At the top of the hill, just before the track passes between two facing metal gates, squeeze between three stakes on the right and climb to the obvious earthwork of Eddisbury Hillfort.
12. Follow the rampart until you reach the reconstructed eastern entrance; here, drop down between low rock outcrops towards the fenced grassy track you left earlier.
13. At an interpretation panel set in a large rock, negotiate the stile and emerge into the road.
14. Turn right and follow the road past Old Pale Cottages.
15. When the road swings right (with the entrance to Old Pale Farm on your right), take the footpath through the kissing gate straight ahead.
16. Follow this footpath for ¾ mile along the field edge, passing the bottom of a dry valley at a kissing gate partway along.
17. In the far corner, go through a third kissing gate and follow the fence ahead, with a paddock on your left.
18. Beyond a stile, follow the path through the woods until you rejoin the Sandstone Trail.
19. Turn left and walk the short distance back to Kelsall Lodge and Gresty's Waste.



Toposcope on Old Pale



Eddisbury Hill

PRIMROSE HILL & UTKINTON

A mixture of woodland and farmland walking, with good views and a visit to a pleasant Cheshire village (no pub).

6¼ miles. Some modest climbs and occasional rocky ground. Mud after rain. Allow 3–4 hours.

1. Facing the Gresty's Waste car park entrance, walk left to the corner of the car park nearest the main road, and follow a short path linking to the Sandstone Trail.
2. Turn left, away from the road, and follow the Sandstone Trail down some steps to a footbridge, and up the other side.
3. Walk alongside a field containing gallops, passing through a pair of gates.
4. When you regain the woodland, swing left then, where the Sandstone Trail swings right and uphill, leave it to follow a narrow path straight ahead along the bottom of the wood, with the open fields to your left.
5. After ½ mile you pass the bottom of a small valley with a pond on your left. (You may wish to turn right here for a short diversion to view the sandstone cliffs of the Urchin's Kitchen.)
6. Continuing along roughly parallel to the bottom of the wood, you reach a forest road. Turn left.
7. Ignore a footpath that leads out of the wood and across the field, instead keeping right, still



Sandstone Trail



View from Primrose Hill to Old Pale

8. When you meet another track, turn left. This track swings right and passes below Primrose Hill House, at the top of recently felled slope to your right.
9. Look out for a line of beech trees on your right; here, turn right off the track and follow a path, rocky in places, uphill.
10. At the top of the hill you reach a wider track at a bend; follow it straight ahead.
11. Beyond a metal barrier, at the entrance to Primrose Hill House, turn left and follow the driveway.
12. Just beyond a steep valley on your left the driveway swings left; to cut a corner, take a footpath straight ahead that climbs over tree roots and then follows a fence on the right (swinging left when the fence does) to rejoin the driveway further up.
13. Follow the driveway beyond to reach a road junction.
14. Take the road opposite (Tirley Lane) and follow it for ¾ mile until you reach Utkinton village.
15. Cross over by the primary school and follow Northgate beyond. When the road ends, go down some steps and then swing right past a pond.
16. You emerge by a thatched cottage; follow the road beyond (passing the end of North Brook Road) to reach the junction with John Street. Turn right.
17. Pass the village hall on your left, and keep straight on past the war memorial and bus stop on your left, ignoring the road to the right.
18. Just before the last house on the left, take a footpath alongside the perimeter wall. At the end of the property cross a field and then pass through a belt of woodland with a large fishing pond on your right.
19. Follow the right-hand edge of the next field, meeting the Sandstone Trail between two metal hand gates, beyond which you continue with the hedge on your right.
20. At the end of this field, turn right over a stile and follow the left-hand edge of the field beyond, until you reach a road. Turn left.
21. Walk past a number of parking lay-bys, then, just beyond the entrance to Rock Farm on the left, turn right on the Sandstone Way. This hollow way leads steadily uphill between hedges for ¾ mile, passing through occasional copses, before narrowing and eventually emerging onto another road. Turn left.
22. When the road shortly bends left, take the footpath straight on, along the side of a single-storey building (formerly a tearoom but closed at the time of writing). Follow the right-hand field-edge beyond, before passing through a metal kissing gate and swinging left to reach a further kissing gate into woodland.
23. Turn left along the forest edge, passing a Peak & Northern Footpaths Society signpost. When you see a mossy rock outcrop in the field on your left, turn right, into the wood, following a Sandstone Trail waymark.
24. At a crossing track, turn left (there is another opportunity to visit the Urchin's Kitchen here, if you didn't before).
25. When the track bends left, follow the Sandstone Trail straight ahead, up a slope which is rocky underfoot at times.
26. At the top of the hill at a T-junction of paths, turn right, still following the Sandstone Trail.
27. At the end of the wood you meet the path you followed earlier; swing left then right and retrace your earlier steps back to the car park at Gresty's Waste.