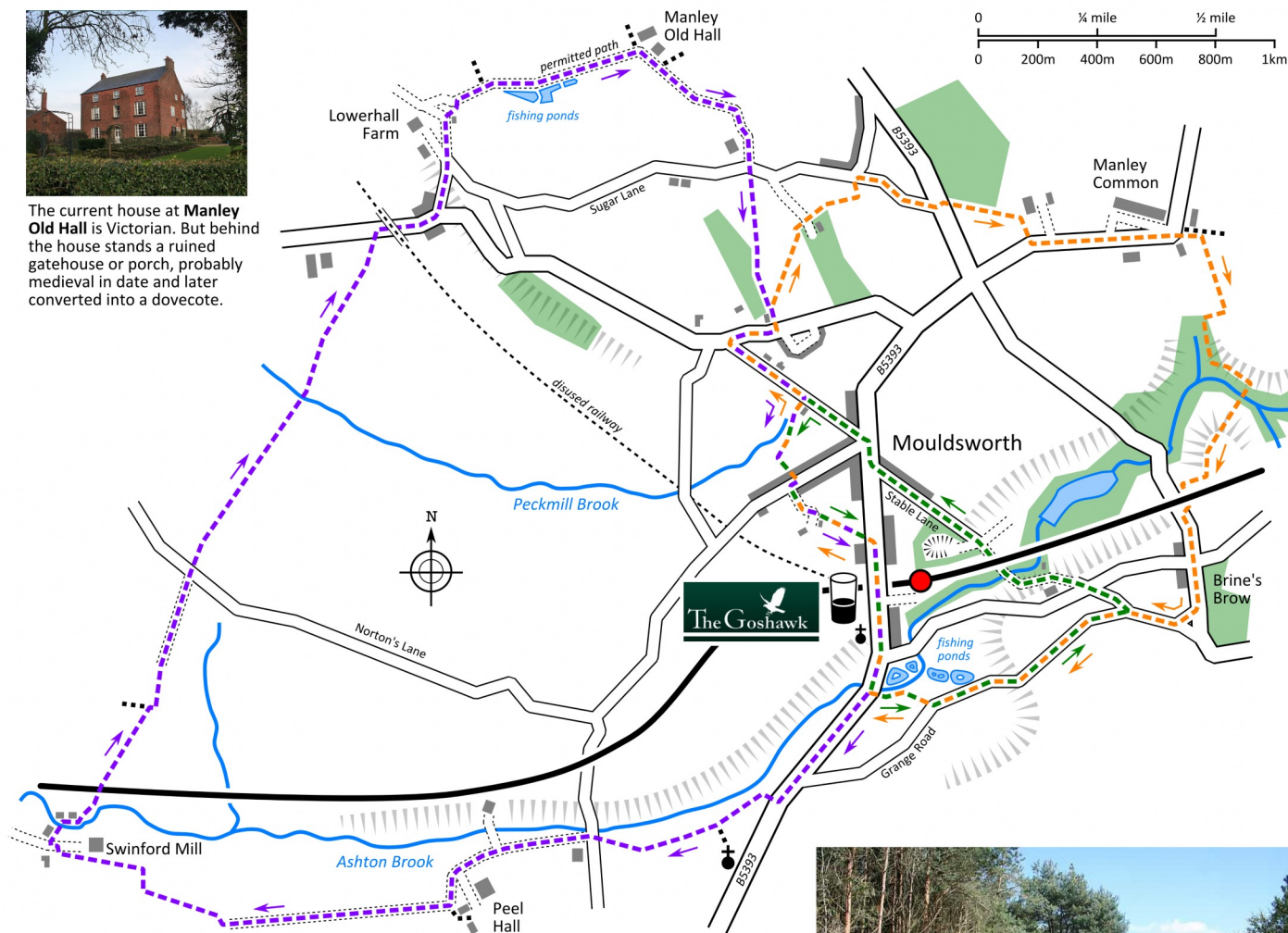


Swinford Mill & Manley Old Hall (continued)

field, then cross a stile on your left-hand side and follow the hedge to the buildings of Swinford Mill Farm, where you join a driveway. **12** Take a few steps to the left, then turn right through farm buildings to a bridge over the stream. **13** Skirt to the right of more buildings with the stream on your right, then pass through a kissing gate into a field. **14** Turn half-right and cross to a gateway, then turn left to a ladder stile at the foot of the railway embankment. **15** Cross the railway carefully to another stile, then head for the far right-hand corner of the next field. **16** Cross another stile then turn right and left through a gateway. **17** Walk up the next field then join a track that leads out to the road. **18** Go through a kissing gate opposite and cross a series of fields, passing between a series of white-tipped posts. **19** Cross a double stile and footbridge over a ditch, then head left of a tree-lined pond to a step stile. **20** Follow the right-hand edge of the next field to another double stile and footbridge. **21** Cross the last field to a stile by a gate into the road. **22** Turn right and pass under an old railway arch to reach a cluster of farmhouses and cottages. **23** Turn left at the road junction and walk up Cob Hall Lane. **24** When the road swings sharply to the right, take the right-hand entrance ahead of you, keeping right at the next fork. **25** Immediately beyond a stable building, go through a gate on your right and follow a short footpath to meet a track. **26** Turn right and follow this track, shortly ignoring a footpath on the left, to pass a series of fishing ponds en route to Manley Old Hall (if access to this permitted route is unavailable, retrace your steps to the road and follow Sugar Lane to point **28**). **27** At Manley Old Hall, turn right and follow the metalled driveway out to the road. **28** Go through a kissing gate opposite and walk along the bottom of the field to a stile at the far end. **29** Follow the narrow footpath beyond, crossing two more stiles to emerge beside a bungalow on Moss Lane. **30** Turn right and follow the road to a T-junction; cross over and turn left along the pavement. **31** Just before a converted chapel, leave the road through a metal gate on the right beside a ladder stile. **32** Follow a gravelled path along the bottom edge of the field, then turn left at the end to another gate by a stile in the far corner. **33** Cross two paddocks to reach a gate into a driveway, where you turn left. **34** At the end of the drive, turn right along the road for a few yards before turning left into the driveway to Rose Bank Farm. **35** When the drive swings right into the farm, follow the fenced footpath across the field ahead of you. **36** On reaching the B5393, turn right and walk back to the Goshawk.



The current house at **Manley Old Hall** is Victorian. But behind the house stands a ruined gatehouse or porch, probably medieval in date and later converted into a dovecote.



The scant remains of a waterwheel stand by the bridge over Ashton Brook at **Swinford Mill Farm**.



A wintry view across fields to the church at **Ashton Hayes**, built in 1849.



Delamere Forest, a 1000-hectare relic of the hunting forests of the Earls of Chester, is criss-crossed by walking and cycling trails.



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www.walksfromthedoor.co.uk

THE GOSHAWK
Station Road, Mouldsworth, Cheshire CH3 8AJ
Tel: 01928 740900
Website: www.thegoshawkpub.co.uk

OPEN: Mon–Sat: 12 noon–11pm
Sunday: 12 noon–10.30pm

FOOD SERVED: Mon–Sat: 12 noon–9.30pm
Sunday: 12 noon–9pm

THREE WALKS AND A RIDE FROM



Mouldsworth, Cheshire

Mouldsworth circular (2¼ miles)

An easy stroll along quiet lanes and footpaths.

Brine's Brow (4 miles)

Fields and wooded stream valleys on the fringes of Delamere Forest.

Swinford Mill & Manley Old Hall (6 miles)

Historic buildings and low-lying meadows.

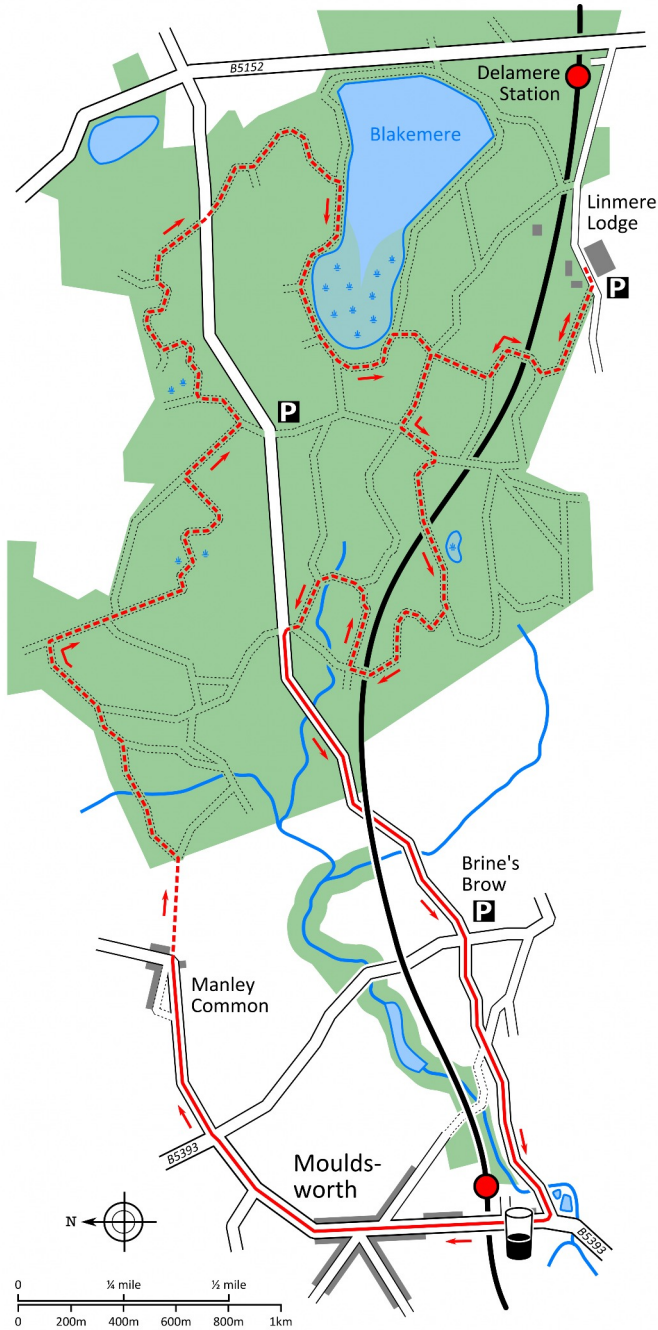
Delamere Forest (9½ miles)

A mountain-bike route through the woods with an alternative start at Linnere Lodge.



Delamere Forest

9½ miles: Moderate/Strenuous



A moderate mountain-bike ride (or lengthy walk) on roads and wood-land tracks within Delamere Forest. Numerous ascents and descents, mostly short but with a couple of steep or uneven sections where inexperienced or young riders may prefer to dismount. Not suitable for road bikes. Allow 1–2 hours if cycling, 4–5 on foot.

If starting at Linmere Lodge, follow the waymarked white cycle route to the Gruffalo sculpture, turn left and start at step 17, returning as described in steps 1–16.

1 From the Goshawk car park turn left, uphill and over the railway bridge. 2 Keep along the B5393, passing the turning to Dunham-on-the-Hill and then Moss Lane on the left. 3 When the B-road bends left at a crossroads, follow the road straight on (New Pale Road). 4 At Manley Common, when the road bends left, follow the left-hand of two paths ahead (Sandstone Trail). 5 On reaching Delamere Forest, turn left. The next quarter-mile can be muddy or rutted, and is the most technically challenging section of the route. If necessary, dismount and walk until the surface improves. 6 Having descended to a stream, climb to a T-junction and bear left. 7 At the next junction (post 40), turn left. From here as far as step 21, follow the white bicycle waymarks. 8 At the next T-junction (post 36), turn right and follow a long straight track for a third of a mile, crossing the Sandstone Trail partway along (post 35). 9 The track swings left before a flooded hollow (post 34) and curves right and left between further similar hollows. 10 Keep left on the obvious track at post 33. 11 At a T-junction (post 32), turn right and continue to the next junction (post 31), where you turn left, away from the nearby metalled road. 12 Keep right on the larger track at post 30 and follow its winding course, bearing right at post 29 and then right again at post 28. 13 Cross the metalled road and continue along the track on the other side. 14 When Blakemere lake comes into view, turn right and follow the track that skirts the marshy tail of the lake, keeping left at every opportunity. 15 At post 61, bear right to reach the Gruffalo sculpture at a crossroads. 16 For Linmere Lodge Visitor Centre, keep straight on, then turn left at post 66 to cross the railway and then bear left, and return by the same route; otherwise, to continue without visiting Linmere Lodge, turn in front of the Gruffalo sculpture. 17 Follow the broad track to a crossroads at the top of a rise (post 56), at which you turn left on the White Moor Trail. 18 Bear right at a junction, then cross the railway bridge. 19 Turn right at post 55 and follow the main track to recross the railway, beyond which turn right, on a track that follows the railway for a short distance before curving away to the left. 20 At a junction, turn left and follow the obvious track out to the road. 21 Turn left and follow the road up and downhill for a mile to Brine's Brow car park, passing under a railway bridge halfway along. 22 At Brine's Brow, if cycling, go straight on (if walking, turn left and join the orange route at step 25). 23 Cyclists follow Delamere Road for ¾ mile, mostly downhill. 24 At the T-junction with the B5393, turn right and climb the short steep hill past the Catholic Church up to the Goshawk.

For a longer walk of around 8 miles, follow steps 1–27 of the Swinford Mill & Manley Old Hall route, then turn left along Sugar Lane to pick up the Brine's Brow route at step 12.

Mouldsworth circular

2¼ miles: Easy

Allow 1½ hours. One moderate ascent.

1 From the car park, cross the road and turn right, following the pavement downhill. 2 Cross the end of Delamere Road then, after crossing a stream, turn immediately left through a kissing gate onto a footpath. 3 Follow the path through a patch of woodland with the stream on your left, then walk along the left-hand edge of the field beyond to a kissing gate and into a narrow lane. 4 Turn left along the lane for half a mile, passing some fishing lakes along the way. 5 At a junction turn sharp left (Old Lane). 6 Cross Delamere Road into a descending track, and follow it downhill past a smallholding. 7 Cross the stream via a stone slab bridge and follow the ascending path beyond, passing under a railway bridge. 8 When you reach Stable Lane, with a quarry entrance on your left, follow the road ahead. 9 At the main street in Mouldsworth, a short-cut to the Goshawk can be had by turning left. 10 Otherwise, cross over the staggered junction and follow Chapel Lane (signposted to Manley Mere). 11 After 300 yards, just beyond a converted chapel on the left, turn left through a gate next to a ladder stile. 12 Follow a gravelled path along the bottom edge of the field, then turn left at the end to another gate by a stile in the corner. 13 Cross two paddocks to reach a gate into a driveway, where you turn left. 14 At the end of the drive, turn right along the road for a few yards before turning left into the driveway to Rose Bank Farm. 15 When the drive swings right into the farm, follow the fenced footpath across the field ahead of you. 16 On regaining the B5393, turn right and walk back to the Goshawk.

Brine's Brow

4 miles: Moderate

May be muddy in places after rain; numerous stiles. Allow 2 hours.

1 From the car park, turn left and over the railway bridge. 2 After 200 yards, turn left through a metal gate into a fenced path across fields, which leads to a driveway. 3 Follow the drive out to the road. 4 Turn right for a few yards, then left into another driveway, with a footpath sign. 5 Go through a gate on your right and cross two paddocks to a gate by an old stone stile. 6 Follow the gravelled path beyond to the left and right along the bottom of the field to emerge onto another road by a converted chapel. 7 Turn left, and after 350 yards turn right into Moss Lane. 8 Just before Moss Drive on the right, turn left over a stile into a narrow path beside a bungalow. 9 After a second stile, turn right over a third, and walk half-left across the field to another stile in the far corner. 10 Walk along the left-

hand edge of the next field, then cross a series of stiles to pass between a tennis court and the adjacent property. 11 After yet another stile, cross the field to the rear of another house then follow a narrow fenced path left and out to the road and turn right (ignoring the road opposite). 12 Follow Pingot Lane to the B5393. 13 Cross over and follow a footpath opposite, through a kissing gate to the left of a large boulder in a stone wall. 14 Beyond another kissing gate, just short of a farmhouse, swing right and walk out to the road. 15 Turn left along the road to Manley Common. 16 When the road swings left, take the right-hand of two paths leading straight ahead, over a stile to the right of a hedge. 17 At the end of the field turn right along the hedge. 18 After a stile at the top of a slope, turn right and walk along the top of the field to a stile into a wood above a stream. 19 Follow the narrow path through the trees to another stile out into a field. 20 Skirt the edge of the field then turn right into the trees again, descending steeply to a footbridge. 21 Follow the field edge for a short distance then strike out across two fields. 22 At the end of the second field, follow the hedge to the right, then swing left under a railway bridge to meet a road. 23 Turn left and follow the road to Brine's Brow. 24 Keep straight on at the crossroads, heading uphill (signposted Kelsall). 25 At a small grass triangle, turn right into Old Lane. 26 At a fork, take the upper, left-hand lane. 27 Follow this quiet, narrow lane for half a mile, passing a row of cottages then descending to pass some fishing lakes on your right. 28 Shortly after a line of telegraph poles, turn right through a kissing gate on your right and follow the field edge into a wood by a stream. 29 When you emerge on the B5393, turn right. 30 Cross the end of Delamere Road and walk up the hill back to the Goshawk.

Swinford Mill & Manley Old Hall

6 miles: Moderate

Low-lying paths may be very boggy underfoot after rain. The route between Lowerhall Farm and Manley Old Hall follows a permissive path; if this is unavailable use Sugar Lane (see map). Allow 2½–3 hours.

1 From the car park, cross the road and turn right, following the pavement downhill. 2 Cross the end of Delamere Road and keep on along the road, passing a fishing lake on the left. 3 Ignore a left-hand turn as you pass a bench at the entrance to Ashton Hayes. 4 After a short permissive path parallel to the road on the left (signposted "Pedestrian Route") cross the road carefully and go through a kissing gate on the other side into a field. 5 Follow the path parallel to the stream, passing through another kissing gate and along a fenced path below Ashton church. 6 A short track leads out to the road. 7 Cross and follow the driveway for Peel Hall to the right of the house opposite. 8 When the driveway curves left to the house, follow the track ahead, which also bends to the left. 9 Level with the farm, turn right along a track with a hedge to the right. 10 Follow this track for half a mile, then turn right and left through a gap and follow the left-hand edge of the next field. 11 Turn right at the far end of the