

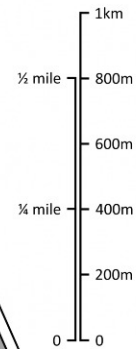
Old Pale Hill



Eddisbury hillfort



Urchin's Kitchen



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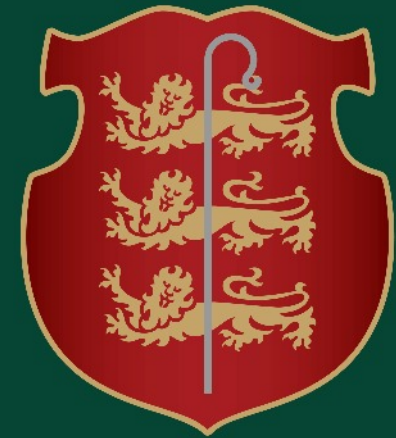
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THREE CIRCULAR WALKS FROM THE



VALE ROYAL ABBEY ARMS

DELAMERE, CHESHIRE



Urchin's Kitchen (3½ miles: fairly easy)

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

Old Pale & Eddisbury (4 miles: moderate)

Climb to a noted viewpoint with views of seven counties, and an Iron Age hillfort.

Delamere Forest (6 miles: moderate)

Follow the Sandstone Trail to the delights of Delamere, returning via Eddisbury hillfort.



Urchin's Kitchen (3½ miles: fairly easy)

Allow 2 hours. Significant road walking (but see note to right), and paths may be occasionally muddy or overgrown in places. Routes in Primrose Wood are permitted paths within an Open Access area.

1 From the car park, cross the A556 at the traffic island. **2** Turn left and cross the B5152 Station Road, continuing alongside the main road. **3** After 400m there is a chance to escape the traffic temporarily by visiting St Peter's Church (via a short detour to the right). **4** Shortly after the turning to the church, opposite a farm entrance, cross to a footpath sign by a sometimes overgrown kissing gate in the hedge. **5** Follow the left-hand side of the field to the far corner, where another kissing gate (also potentially overgrown) leads down to the pavement alongside the A54. **6** Cross the road and pass through another kissing gate (closely followed by another) and follow the fence beyond across an equestrian exercise area, shortly crossing a perpendicular track. **7** Cross another track by a pair of kissing gates and continue to the far corner of the field. **8** Here, go through another kissing gate and walk up to the corner of the wood, which you enter via another kissing gate. **9** Follow a narrow path uphill along the fence at the edge of the wood. **10** Next to a gate at the top of the slope after 200m, turn right into the wood. **11** Follow the path through the trees along the ridge-top until it emerges onto a forest drive. **12** Cross straight over and continue along a fairly narrow path through the trees, passing under a power line; to your left you may glimpse the outbuildings of an isolated house. **13** Beyond the gardens, the path swings left. By an old chestnut tree, turn right (if you find yourself alongside a field on your left, you've gone too far). **14** The path descends and then meets another forest road; bear left. **15** Follow the forest road for 400m to a crossing with a bench. **16** Continue straight ahead for a further 250m, descending to a crossing path. **17** Turn right off the track at the signpost for the Urchin's Kitchen. **18** Keep right to walk down the bottom of the shallow gorge, between intermittent sandstone walls; the path may be a little overgrown in places. Beyond the rocky part of the gorge, follow a path that runs slightly above and to the left of the boggy bottom of the valley, until you meet a crossing path. **19** Turn right and cross the valley bottom between ponds. **20** Climb the bank and follow the narrow, winding path parallel to the bottom of the wood until you meet an obvious track/path. **21** Follow this path left, downhill to a kissing gate at the bottom of the wood. **22** Go through the kissing gate into the equestrian area. **23** After a second kissing gate, walk down to the bottom of the shallow valley, passing to the right of some ponds, and then climb towards a small wooded area to another kissing gate. **24** Cross a track through a second kissing gate and follow the fence up to the trees. **25** Continue below a bank on your right, then cross another track to two kissing gates in quick succession out to the A54. **26** Cross with care and follow Stoney Lane opposite until you reach the A556 by Delamere Primary School. **27** Cross the main road and turn right along the pavement. **28** Follow the main road for ¾ mile back to the Vale Royal Abbey Arms.

NB Route directions are given from the pub, but you can avoid most of the main road walking by driving ¾ mile west along the A556 towards Chester, passing St Peter's Church. Turn right at Delamere School into Stoney Lane, and park at either end – see map.

Old Pale & Eddisbury (4 miles: moderate)

Allow 2 hours. Some road-walking and climbing. Livestock possible around Eddisbury hillfort.

1 From the car park of the Vale Royal Abbey Arms, cross the A556 at the traffic island. **2** Turn left and cross the B5152 Station Road. **3** Continue alongside the A556. **4** After 400m there is a chance to escape the traffic temporarily by visiting St Peter's Church (via a short detour to the right) but otherwise carry on alongside the busy road for a further 700m to the end of Stoney Lane, by Delamere School. **5** Turn right into Stoney Lane and follow it past the entrance to Watling Drive and beyond. **6** When the road bends right at Old Pale Cottages, turn left through a metal kissing gate onto a signposted footpath. **7** At the end of the field, leave the public footpath and turn right through a wooden kissing gate onto a permissive path. **8** Follow the fence then head up a grassy valley between sandstone outcrops. **9** At the top of the valley, go through another wooden kissing gate and follow the path ahead along a hedge (ignore perpendicular paths to left and right). **10** When you meet a stony track, turn right through the gap in the hedge. **11** Follow the track up the slope. **12** Follow the path along the top of the bank then ignore a crossing track as you pass below the masts and covered reservoir. Bear left by a bench to a viewpoint with a topograph and stones indicating the counties visible. **13** Take a track to the right (between the stones for Derbyshire and Staffordshire) and follow it downhill, with the masts still on your right. Bear left at a junction of paths by Delamere Forest waymark 7. **14** 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. **15** Follow the woodland edge until you reach a metalled farm track. Turn left. **16** Walk downhill for 200 yards, then turn right off the road. **17** Turn immediately right (before the bench and waymark post 6) and follow the right-hand edge of the field, uphill. **18** At the top of the hill, squeeze between three stakes in the fence to the right of a gate and climb the steep bank on the right to the obvious earthwork of Eddisbury Hillfort. **19** 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. **20** At an interpretation panel set in a large rock, negotiate the stile and emerge into the road. **21** Turn left and follow the road past the farm entrance for 600m, passing through a mobile home estate. **22** When you reach Station Road (B5152), cross and turn right. **23** Follow the road for 600m back to the Vale Royal Abbey Arms, passing Delamere Post Office partway along.



1st edition. Route descriptions, mapping and photography
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Delamere Forest (6 miles: moderate)

Allow 3 hours. Two moderate climbs and some road walking (but see note left). Livestock likely in places.

Follow steps **1–9** of the **Old Pale & Eddisbury** walk.

10 When you meet a stony track, turn left. Ignore a grassy path on the left and continue to meet the Sandstone Trail by a Delamere Forest post numbered 2. **11** Turn right and follow the Trail for 500 metres. **12** Exit the wood at a gate (ignoring the Alternative Route of the Sandstone Trail, right) and follow the main Sandstone Trail ahead between fences and trees. **13** Pass Eddisbury Lodge Cottage and continue down the driveway as it veers left. **14** At the entrance to Eddisbury Lodge Farm, turn left (signposted Barnsbridge Gate). **15** At the end of the paddock on your right, turn right off the main track, still following the Sandstone Trail fingerposts. This narrow path runs past the farm with a small stream to the left. **16** When you meet a wider trail at Delamere Forest waymark 51, bear left. **17** Shortly, three other trails head left; continue straight on. **18** Cross a railway bridge and carry straight on, still following the Sandstone Trail roundels. **19** At the next junction, by a picnic table on the left, take the right fork. **20** At the next junction, beyond a White Moor Trail waymark post and another picnic table (waymark 56), head straight on. **21** At the next junction (waymark 57), turn right. **22** This winding path ends up at a bench opposite a signpost to Whitemoor Gates (left) and Linmere (right), near waymark 60. Turn right along the main track. **23** At a three-way junction, keep left, past waymark 61. **24** This path winds alongside swampy woodland on your left, with only occasional glimpses of Blakemere. **25** At waymark 63, carry straight on. After 250m, ignore a track heading off sharp right. **26** After a further 350m, at waymark 16, turn right. **27** After another 300m or so, the track passes the ziplines and aerial ropeways of the Go Ape site. Beyond the hut and the Forest Segway training area, bear left to a service road. **28** Turn left over the railway bridge, then turn left (along the road, not the path closer to the railway). **29** At the entrance to the main Delamere Forest car park, cross the service road and hop over the wooden barrier onto a curving, gravel path. **30** After 100m, pass an upright stone and continue along the path until you meet a metalled road on the left. **31** Join the road, turn right and walk uphill for 500m. **32** Just short of the top, turn left to a bench by waymark post 6.

Now follow steps **17** to **23** of the **Old Pale & Eddisbury** walk to return to the Vale Royal Abbey Arms.

We hope you enjoy your walk and we look forward to quenching your thirst and satisfying your appetite on your return. Please see our website or social media for opening and food service times.

