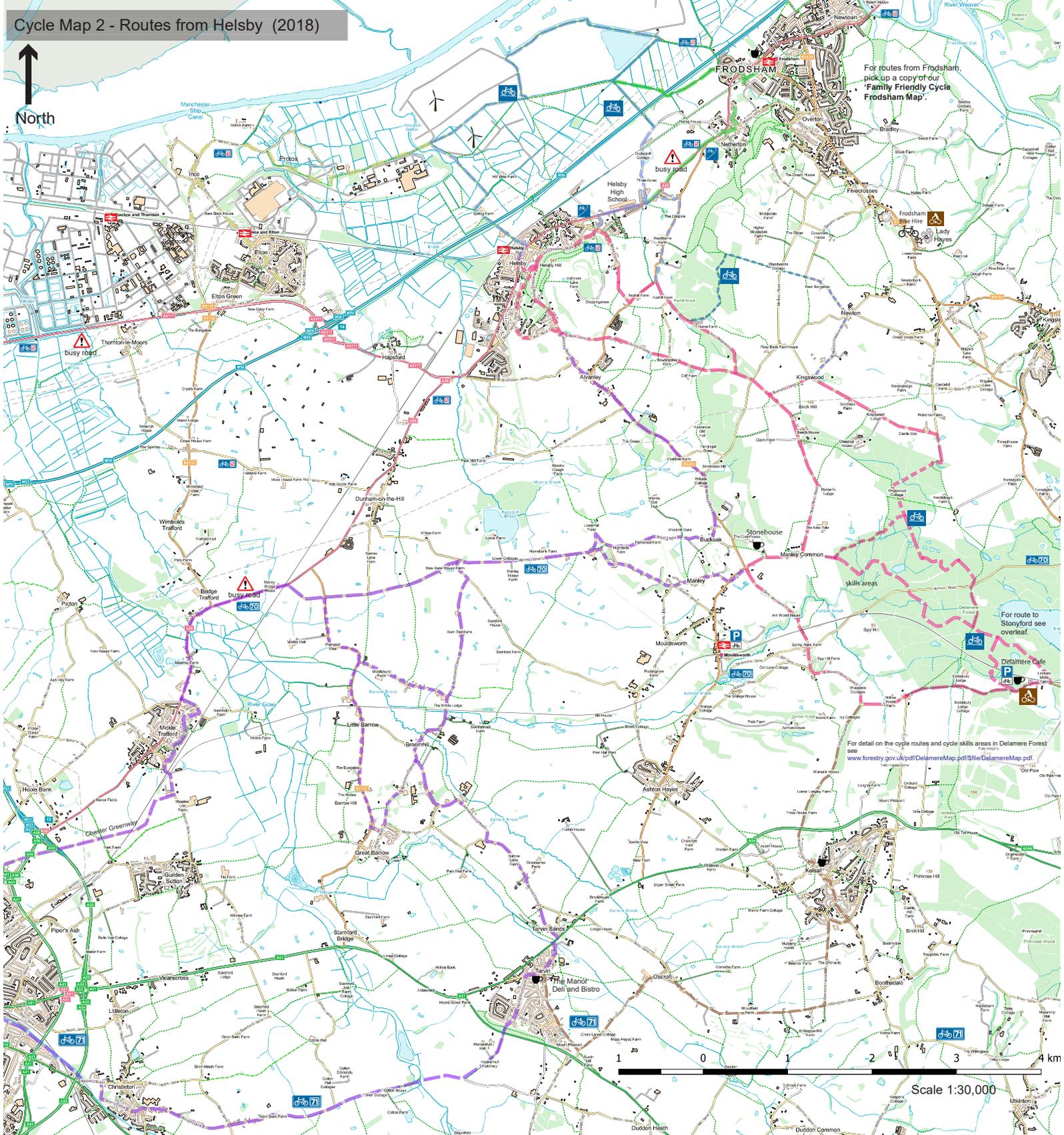




# Cycle Map 2 - Routes from Helsby (2018)



For routes from Frodsham, pick up a copy of our 'Family Friendly Cycle Frodsham Map'.

For route to Stonyford see overleaf.

For detail on the cycle routes and cycle skills areas in Delamere Forest see [www.forestry.gov.uk/pdf/DelamereMap.pdf/\\$file/DelamereMap.pdf](http://www.forestry.gov.uk/pdf/DelamereMap.pdf/$file/DelamereMap.pdf)

**HELSEBY - DELAMERE CIRCULAR** Bike: Any  
Distance: 10 miles / Total Climb 266m  
Time: 1h 15mins (shorter route)  
Ability Level: 2

A moderate ride connecting Helsby with the Delamere Forest along quieter roads. Starting in Helsby ride up the hill to join Alvanley Rd. Follow Alvanley Rd past the quarry and turn left into Back Lane and cross Tarvin Rd into Commins and follow to the end. Cross Manley Rd onto New Pale, cycle up the hill and pass Crossley Park on the left. Another mile on where New Pale Rd does a sharp right at Manley Common, turn left and follow the dirt track into Delamere Forest. For a longer route to the forest, continue along New Pale and left into Dark Ark Lane. Continue up the hill at Brines Brow and left into Yell Lane to enter the forest. Once in the forest use the Delamere Insert to the cafe and cycle shop. For a different route back to Helsby leave the forest through the Waterloo Lane gate, turn left up Waterloo Lane and at the top left into Bachelors Lane and then return to Helsby via Commins or alternatively turn right down the Ridgeway then left up Tarvin Rd and return to Helsby via Bates Lane. For detailed graded routes within the forest please refer to the maps available at the Forest Visitor Centre.

**HELSEBY TO KELSALL AND TARVIN** Bike: Any  
Distance: 24 miles, Total Ascent 398m  
Time: 2hrs 20 mins (Return via Manley and Alvanley Rds)  
Ability Level: 2 (3 on Manley and Alvanley)

A longer, mainly quiet road circular from Helsby taking in Kelsall and Tarvin. Leave Helsby following the route to Delamere Forest (Yell Lane entrance) but continue along Brines Brow into Longley then Holland Lane. Descend into Kelsall and turn left into the village centre then right into Church St. At the bottom turn left into Common Lane then right into Willington Lane at the end. Follow Willington Lane then at Osbroft turn left into Cross Lane and at the end right into Tarporley Rd leading into Church St and Tarvin village. From Tarvin return to Helsby via the Chester to Helsby via Hockenhull Bridges route and if not wanting to use the Manley and Alvanley Roads use the Manley Lane / Moss Lane detour (depicted) to join New Pale Rd and return from the Delamere route. Brew stop opportunities in Tarvin and the Stonehouse B&B on New Pale Rd

**HELSEBY-INCE AND STANLOW** Bike: Hybrid, Mountain Bike  
Distance: 3 1/2 miles (to Pool Lane roundabout)  
Time: 23 mins Total Ascent: 42m  
Ability Level: 1 (2 on Pool Lane to roundabout)

Helsby to Ince and Stanlow via the Marshes. Leave Helsby via the Wind Farm Circular route but at the end of Rake Lane turn left into Lordship Lane. From Lordship continue into Marsh Lane and follow the NCNS detour at Proton through the ecology area to re-join Marsh Lane and follow to Ince village. At the village centre turn right into Pool Lane and to the Pool Lane roundabout (Thornton Science Institute, Stanlow and Ellsmere Port), or turn left down Station Rd for Elton station and shops. Some of the tracks along the Marshes are severely pot-holed and can be muddy after rain.

**HELSEBY-CHESTER GREENWAY** Bike: Any  
Distance: 8 1/4 miles  
Time: 1hr  
Ability Level: \* Ungraded

Helsby to Chester Greenway with minimum time on main roads. Leave Helsby via Alvanley Rd and Helsby Rd to Alvanley. Pass the White Lion pub and follow Manley Rd for 1 1/2 miles turning right into School Lane at Manley School. Turn right into Sugar Lane and follow until it rejoins with Manley Rd. Pass Manley Mere and turn left into Norton Lane then immediately right into Morley Lane following NCNTD. Follow Morley Lane to the end where it joins the A56. Follow the A56 to Mickle Trafford and turn left into Pleinstall Lane and then the 2nd right into Pleinstall Way. Take the 3rd left into Saint Piers Way then left at the end into Station Rd to join the Chester Greenway.

\* The A56 can be a heavy traffic route. Only cycle on the roadway taking into account all factors including least able members of your group. If in doubt dismount and push your bike along the footway.

**CHESTER-HELSEBY VIA HOCKENHULL** Bike: Hybrid, Mountain  
Distance: 14 miles Total Ascent 170m  
Time: 1hr 35 mins  
Ability Level 2

An interesting return to Helsby via Christleton, the ancient Hockenhull bridges and Tarvin. From Chester leave the Shropshire Union canal loop at Christleton. At the university turn right into Faulkners Lane leading into Quarry Lane. At the end cross over into Plough Lane and at the end continue straight on into Platts Lane. Follow the path over the river Gowy at the 3 Hockenhull bridges and take the left fork along Baker Way. Cross Tarporley Rd with care and pass through the gate on the other side into Tarvin. Continue straight on toward the centre of Tarvin and follow High St to where it joins the A54. Cross the A54 with care and on the opposite side turn left and follow Pool Lane. Continue into barrow Lane and turn right into Hollowmore Heath and straight over into Ions Lane and Barnhouse Lane. At the end of Barnhouse turn left into Norton then immediately right into Manley Lane. Pass Manley Mere and turn left into Sugar Lane and then school Lane to return to Helsby via Manley Rd. For a lower-traffic route follow Sugar Lane to Manley Rd, turn right and then left into New Pale and follow the reverse route from Helsby-Delamere.



**SNIDLEY MOOR TO FOXHILL** Bike: Hybrid, Mountain  
Distance: 2 miles (5 1/4 Helsby return)  
Time: 15 mins (40 Helsby return)  
Ability Level: 1 (2 on roads)

A short, mainly off-route return from Newton taking in Snidley Moor and Foxhill. Returning to Helsby from Newton (DELAMERE CIRCULAR), at the hard right turn on Dobers Lane continue straight ahead on the marked restricted byway. Continue down the hill, straight across Manley Rd and onto the bridleway on the other side. The path splits with steps on the left but continue on the right hand side then turn left at the bank and follow out to the Ridgeway. Cycle down the Ridgeway and explore beautiful Foxhill on the right hand side to continue back to Helsby via Woodhouses Lane and the A56 cycle lane, or turn left and return to Helsby via Bates Lane.

Although following quieter roads, this route requires a level of technical competence in parts and can be very muddy after rain.

**WIND FARM CIRCULAR** Bike: Hybrid, Mountain  
Distance: 6 miles / Total Climb 75m  
Time: 45 mins  
Ability Level: 1 (2 on roads)

A short, partly off-road circular taking in the Wind Farm and Frodsham Marshes. Leave Helsby via Lower Rake and Rake Lanes. At the end of Rake Lane turn right into Lordship Lane (caution the rutted surface - particularly after rain) and follow Lordship Lane for 600m, then turn left and follow the track around the Manchester Ship Canal deposit ground. At the end of the track continue straight across into Straight Length, cross over the motorway then turn right into Godscroft Lane. From Godscroft Lane return to Helsby via the A56 cycle lane or alternatively cross over and up Woodhouses Lane to Tarvin Rd and then re-enter Helsby via Bates Lane. In addition to the wind farm, the Marshes provide access to model aircraft, hovercraft activities and traffic free access to Ince and Elton. They are also a popular site with wildflowers.

**HELSEBY-FRODSHAM CIRCULAR** Bike: Any (Hybrid or Mountain if returning via the Marshes)  
Distance: 6 miles (return)  
Time: 46 mins Total ascent: 155m  
Ability Level: 2

Helsby to Frodsham circular via Castle Park and returning across the Marshes. Leave Helsby via Old Chester Rd to join the cycle lane on the A56. At Netherton cross over at the crossing and cycle up Howey Lane and turn left into Netherton Drive to enter Castle Park. At the Fountain Lane entrance continue straight over to the footpath (shared use until Alvanley Terrace), up Park Lane or left to Main St. Leave Frodsham via Marsh Lane and turn left into Hare's Lane to return to Helsby via Straight Length and the start of the Wind Farm Circular route. Some of the tracks along the Marshes are severely pot-holed and can be muddy after rain.