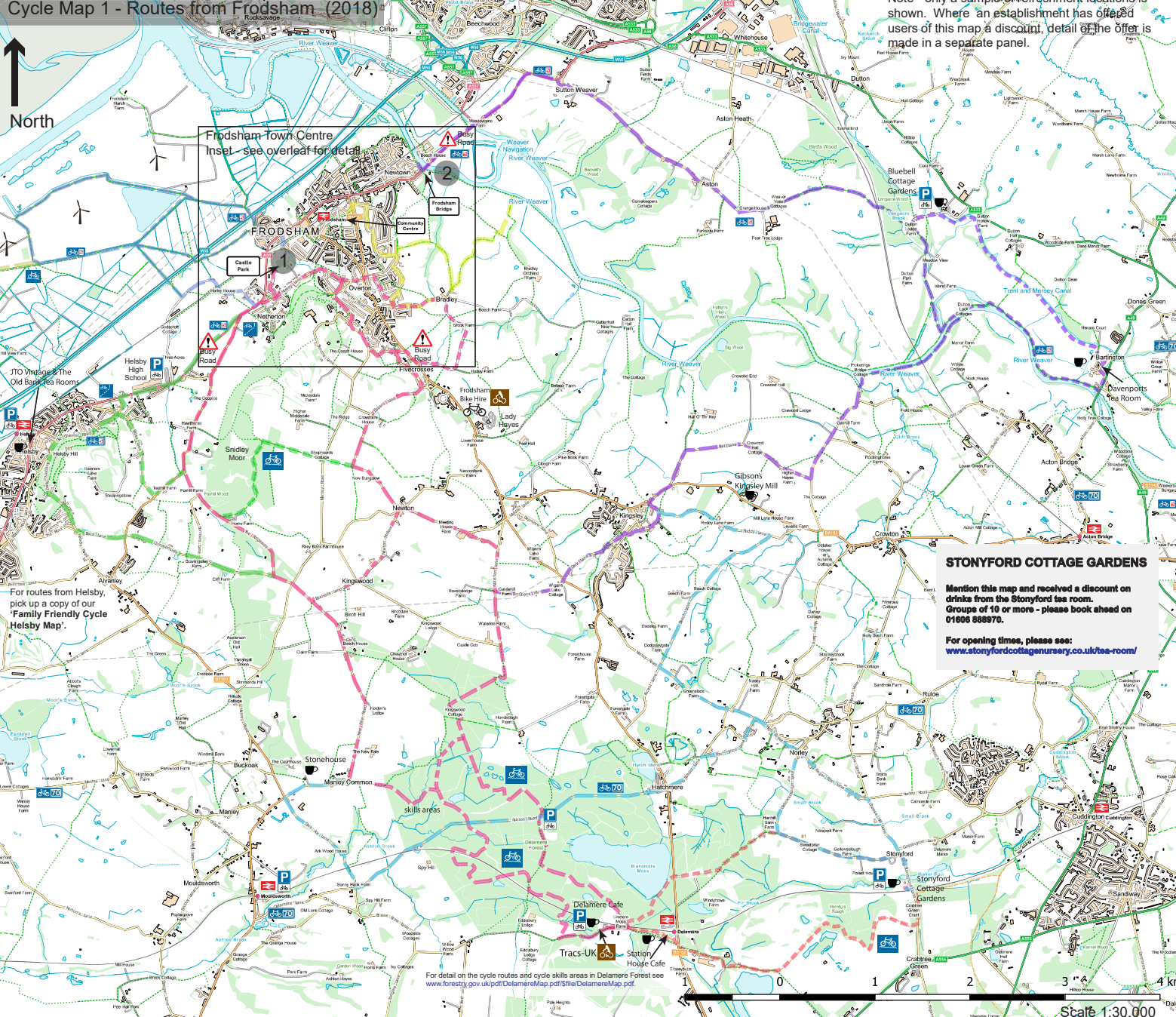
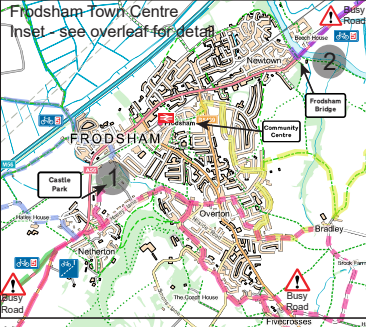


Cycle Map 1 - Routes from Frodsham (2018)

Note - only a sample of refreshment locations is shown. Where an establishment has offered users of this map a discount, detail of the offer is made in a separate panel.



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



STONYFORD COTTAGE GARDENS

Mention this map and received a discount on drinks from the Stonyford tea room. Groups of 10 or more - please book ahead on 01606 888970.

For opening times, please see: www.stonyfordcottagestuary.co.uk/tea-room/

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)



DELAMERE FOREST CIRCULAR Bike: Any
Distance: 10 miles (via Waterloo Lane)
Time: 1 1/2 hours. Total ascent 253m
Ability Level: 2

A circular connecting Frodsham with the Delamere Forest avoiding main roads.
From Overton leave Frodsham via Bellemonte Rd and Pinkmans Lane, or alternatively Hillside Rd and Manley Rd to turn into Hazelhurst Rd and then right into Top Rd. From the Lakes Estate an alternative exists to leave via Bradley and Watley Lanes (however this necessitates a short stretch of the B5102 to join Top Rd). From Top Rd turn right up the hill along Dobers Lane and follow to the end. Cross over at the junction to cycle up (then down) Meeting house Lane and take the right fork into Offal Pit Lane. At the end turn right into Waterloo Lane and follow straight on to the Delamere Forest.

An alternative forest entry is to take the 3rd right at the end of Dobers Lane into Newton Hollow, straight across into Bushells Lane and then left into New Pale Rd. At Manley Common (sharp right turn) turn left and follow the track to the Delamere Forest and skills area.
Leave the forest via New Pale Rd but continue down the hill past Bushells Lane and cross straight over Manley Rd into Commonside. Turn left and cycle down the Ridgeway then at the bottom right into Tarvin Rd and cross at the Netherton Hall to enter Frodsham via Howey Lane (and Castle Park).

Don't miss: A look around the Foxhill Arboretum off Tarvin Rd.

DUTTON LOCK CIRCULAR Bike: Hybrid / Mountain
Distance: 13 miles
Time: 1 1/2 hrs. Total ascent 236m
Ability Level: 2*

A pleasant route taking in the Dutton Locks, Weaver Valley and Sutton Weaver. Plan on 1/2 day with youngsters.
Leave Frodsham via the DELAMERE FOREST CIRCULAR route but on Waterloo Lane turn left into Cooks Hill rather than continuing down into the forest. At the bottom of Cooks Hill cross straight over into Dark Lane and at the bottom turn right then immediately left into The Hurst. At the end turn right into the B5152 (Mill Lane) then left into Ball Lane. Follow Ball Lane around and at the end turn left into Crewwood Common Rd, follow to the end. Take the track on the right over Pickenings Cut and follow the towpath to the Dutton Locks. To return via Sutton Weaver cross at the Dutton Locks, follow the track to the left over the bridge and turn right through the gate and follow the NCNS signs up the track, through a second gate and at the third gate turn right into the gravel road. At the farm buildings turn left and follow the track under the railway and straight on to join with Aston Lane. At the A56 turn left and follow into Frodsham. After crossing the Stone Bridge follow the NCNS signs via Ship St.

At the Dutton Locks the option exists to follow the asphalt low path to the right and at the end turn left, cycle up the path of the A49 and turn left into Marsh Lane to the Davenport Tea Rooms and 100m further on to the Bridgewater canal tow path. Follow the towpath to the left and leave at Lodge Lane, pass the Bluebell nursery and tea shop and turn right at the farm buildings to join the route. The towpath can be muddy after rain.

Don't miss: The wreck of the MV Chica in the Weaver Navigation. Its fascinating history can be found online.
* If returning via the A56, route is ungraded. If in doubt dismount and use the footway.

HELSEY EXPLORER and HELSEY HIGH SCHOOL Bike: Any
Distance: 9 miles (1 1/2 to High School)
Time: 1 1/4 hrs (15 mins to High School)
Ability Level: 2

A short circular taking in Helsby Hill and Helsby Quarry avoiding busy roads.

Leave Frodsham via the A56 cycle lane and turn left at Old Chester Rd, or for a quieter route leave via Tarvin Rd towards Foxhill and turn right off Tarvin Rd into Bates Lane. Follow the Old Chester Rd to the Helsby Quarry and leave via Alvanley Rd turning left into Back Lane then straight across into Commonside to return to Frodsham via Ridgeway or alternatively cross Manley Rd at the end of Commonside and turn left into Bushells Lane follow the DELAMERE FOREST CIRCULAR route to return to Frodsham.

For an alternative route to the High School avoiding the A56 cycle lane at the Netherton Hall crossing cycle down Matly's Lane to join Hatley and Goodcroft Lanes.
From Old Chester Rd a detour down Crescent Drive leads to the shops and tea rooms.

SNIDLEY MOOR TO FOXHILL Bike: Hybrid, Mountain
Distance: 5 1/2 miles (Return Frodsham)
Time: 45 mins
Ability Level: 1 (2 on roads)

A short, mainly off-route return from Newton taking in Snidley Moor and Foxhill.

Leave Frodsham via the DELAMERE FOREST CIRCULAR route, at the hard left turn on Dobers Lane turn right onto 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 park bench and follow out to the Ridgeway. Cycle down the Ridgeway and explore beautiful Foxhill on the right hand side to continue back to Frodsham via Tarvin Rd, the Netherton Hall crossing and Howey Lane (and Castle Park).

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

DELAMERE-STONEYFORD CIRCULAR Bike: Hybrid, Mountain
Distance: 3 1/2 miles
Time: 40 mins
Ability Level: 1 (2 on roads)

A short and mainly traffic-free family friendly loop connecting the Delamere Forest with Stonyford Gardens via the Oakmere Way.

Leave Delamere Forest at the Delamere Station entrance, cross over and on the right hand side of the road to the golf club follow the bridleway (marked with a horseshoe) around the back of the golf club, through 2 gates and then around the edge of the mighty sand quarry. There are several information boards along the route. Arrive out at Stonyford Rd, turn left down the hill and find the Stonyford Gardens car park 200m on the left. Leave the gardens turning left down the hill and turn left into Gallowscroft Lane, follow for 1/2 mile and at the sharp right continue straight ahead onto the bridleway. Follow the bridleway through to the Whitegate cafe park and cross the B5152 to take the trail (left) back to the village's centre or continue to explore the forest.

Don't miss a well earned cuppa at the Stonyford Gardens; mention this map and receive a discount. Groups please ring 01606 888970

WIND FARM CIRCULAR Bike: Hybrid, Mountain
Distance: 5 miles
Time: 30 mins
Ability Level: 1 (2 on roads)

A short, flat and mainly off-road circular taking in the Wind Farm and Frodsham Marshes.

Leave Frodsham via Marsh Lane, cross over the motorway and turn left into Moorcliff Lane. Explore the wind farm and to return to Frodsham via Straight Length (running from where Lordship meets Moorcliff lane). At the end of Straight Length turn left into Halsey Lane and then up Matly's Lane to cross the A56 at the Netherton Hall crossing and re-enter Frodsham via Howey Lane (and Castle Park).

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 popular with wildflowers.
Some tracks can become pot-holed and muddy after rain.

FRODSHAM TO NORLEY via DELAMERE Bike: Any
Distance: 17 miles
Time: 2 hrs. Total ascent 408m
Ability Level: 2

A road route circular connecting Frodsham with Norley via the Delamere Forest avoiding main roads.

Leave Frodsham via the DELAMERE FOREST CIRCULAR route but continue to the end of New Pale Lane. Turn left at the junction into Dark Ark Lane and then left into Delamere (and Ashton) Rd through the forest. At Hatcheremere continue straight over into School Lane then left into Norley Rd and right into Beech Lane. At the bottom turn left into Roddy Lane then at Kingsley left into The Hurst and follow the reverse of the DUTTON LOCK CIRCULAR route to return to Frodsham.

To the centre of Norley Village (and Tigers Head pub) turn right into Post Office Lane off school Lane and right again into Norley Rd. For Stonyford Gardens and tea rooms continue through Norley and turn right down Chesne Hill Lane.

Mention this map to receive a discount at the Stonyford Garden Centre. Groups please ring 01606 888970

WEAVER VALLEY EXPLORER Bike: Hybrid / Mountain
Distance: 2 miles
Time: 40 mins (return)
Ability Level: 1

A short route connecting Frodsham with the Weaver Valley and Stonyford Gardens.

Leave Frodsham from the Lakes Estate: from Townfield Lane turn left into Fairways, left again into Gresnide, right into Clover and then left into Doric Ave. At the end of Doric turn left into Bradley Lane and at the bottom take the left fork. Follow the track down, go through the gate at the bottom, turn right and then follow the gravel track on the left to the Weaver Valley. Explore the Frodsham Out, disused Frodsham Locks and old Bradley Orchard. The Weaver Valley was surveyed in the 1800's as a potential rail route connecting Frodsham Junction with Northwich.

An alternative route from Townfield Lane is to follow the track down to Hob Hey Wood then up the other side to join the track down to the Weaver. Several stiles must be crossed once through Hob Hey Wood.

Some of the tracks are boggy during Winter and can be muddy after rain

