

Seventy eight**FRODSHAM –FRODSHAM HILL.**

A splendid walk through mature woodland includes some fantastic views over the Mersey Estuary. Combine this with a village that has often won Cheshire's best kept village award and you have a top day out at modest cost and travel time.

Catch the stopping train to Newton-Le-Willows and change there to catch the Chester/North Wales train soon after on the same platform.

Alight at Frodsham Station. *The line emerges from a little tunnel in a sandstone cliff. This is the same red sandstone as found at Eccles.*

Leave the platform and turn right immediately. A narrow path takes you to the top of some steps.

Descend the steps to Church Street and turn left. *Over on the right is a National School building of MDCCCXXXV (1835).*

On the left is The Helter Skelter (*there used to be a large wooden helter skelter at the top of Frodsham Hill – sells various real ales on hand pumps, bar meals, and has a restaurant. Open daily. Tel: 01928 733361. Website: www.helterskelter-frodsham.co.uk*)

Walk 200 yards or so further along Church Street out of the centre. Pass a bus stop and where a street sign says Red Lane look across the road.

There is a set of steps. Go up these and follow the path to the top.

Opposite is The Ring o Bells *-an ancient pub with tiny rooms, sells real ales on hand pump. 12.00 to 14.00 with food, then 17.30 onwards. Tel:01928 732068. You are now in the village of Overton. On your left is the Parish Church of St Laurence –take a look it's an attractive building dating from 1180.*

Cross the road and go up Belle Monte Road straight opposite. You come to the centre of Overton. On the right is the Bull's Head *–real ales on hand pump, food 12.00 to 14.00 & 17.30-19.30 Tues – Saturday. Sunday 1200-17.00. Just along the road to the left is an old half timbered row of cottages.*

Continue. Where the road starts to bend left, fork right onto Middle Road (*signed for the Sandstone Trail*).

Go straight ahead (*ignore steps on left and road that drops to the right*). You now walk roughly level through woods below the cliff face.

The path drops to the right to run behind a Victorian mansion.

Where a road trails in from the right bear left along it and up to a gate. Go through and follow this track. (*On the right you pass a stone gateway – note how long and steep is the path down to Woodford*).

Keep along at the same level. Eventually the track starts to curve left round a vertical sandstone cliff and you come to a fingerpost.

Follow the sign left – *Sandstone Trail to Frodsham*.

Go up a lot of steps, then some more (*Baker's Dozen*), and then another flight! There is another finger post – follow the left hand path to Frodsham centre. *Just along there is a memorial bench with a view of Helsby Hill to the left. In front see the railway, Chester Road (A56), motorway, Manchester Ship Canal and Mersey. These sheer sandstone cliffs were cut by an ice sheet coming in from the sea.*

Continue along this path so that the golf course is on your right. *You could collect golf balls – some players need to improve their game!*

You come to a hotel on the right. *This is where the helter skelter and fun fair used to be.*

A little further on you come to a sandstone obelisk. *This is a cenotaph. The view is tremendous - going from the Welsh hills to Manchester and the Pennines. Below there is large scale chemical industry—Stanlow oil refinery, an ICI ammonia plant, and Runcorn ICI at Weston Point.*

Go right from the obelisk with a hedgerow on your right. You leave the area through the Cenotaph gates. Turn left and go downhill.

A few yards down go left in front of The Belle Monte Hotel. Then take the narrow path opposite its front door.

At the road turn left downhill. Follow it through Overton to the church. Take the path by the left of the church. Go down the steps at the end and turn left down the main road. This brings you back to the village centre.

Go under the railway. On the left is The Cholmondley Arms (*eccentric and real ale*). *Outside it is a listed telephone box!*

Cross to go up the street opposite. The railway station is on your right.

Go on to the near platform to catch a train to Newton le Willows.

Change at Newton le Willows for an Eccles train.

CATEGORY: SHORT MODERATE (steep steps)
WOODLAND, VIEWS, HILLS, PUBS,
CAFES.
RAIL FARE: category three.

MAP OS 1:50 000 sheet 117

Phillip's Street Atlas Cheshire.