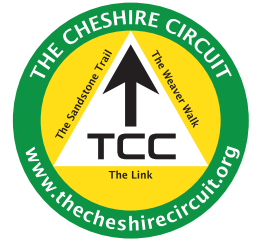
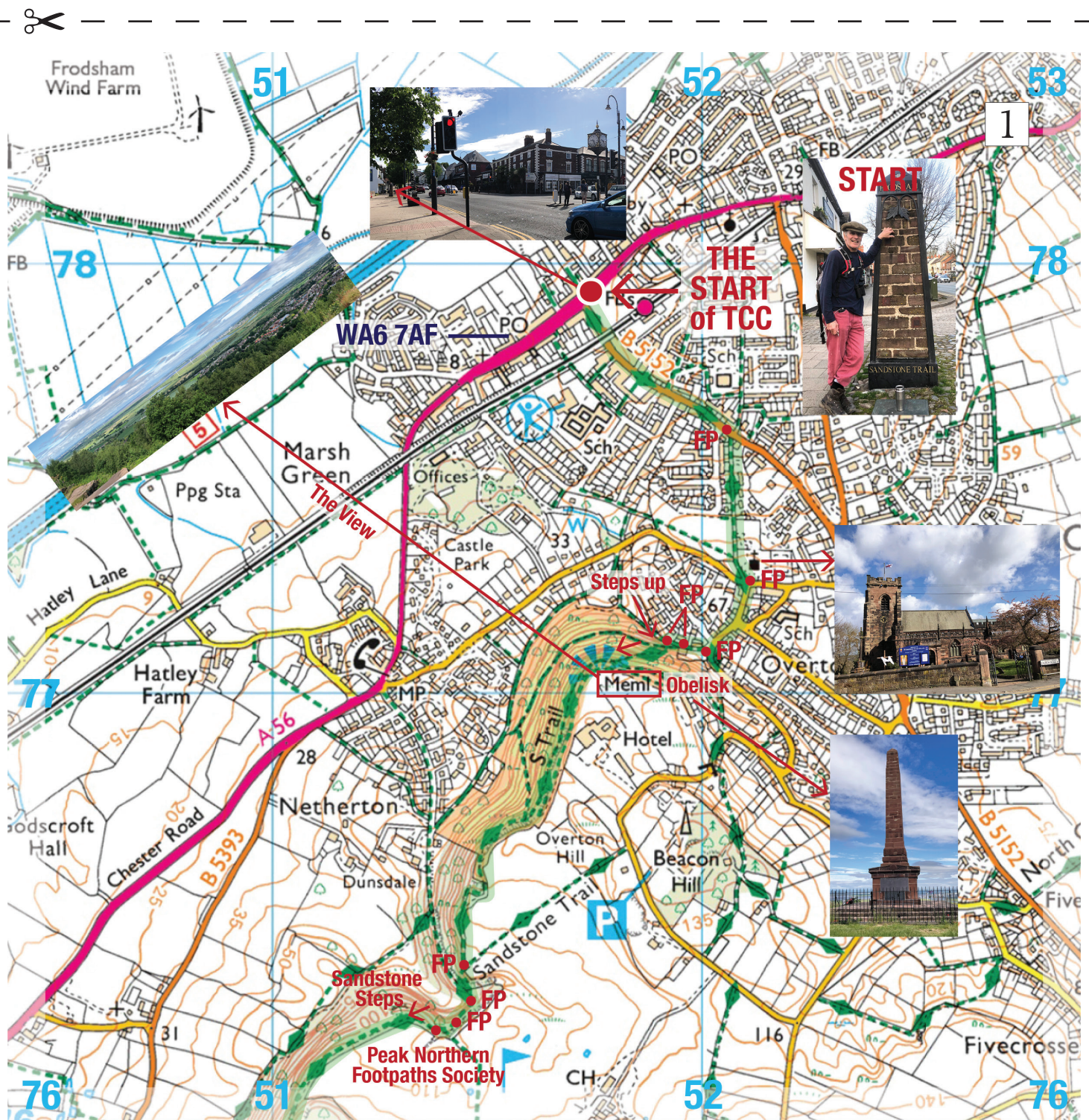


Map 1 – We begin at the Sandstone Trail, obelisk outside The Bears Paw. We soon pass the lovely Saint Lawrence Parish Church and follow the route to the memorial obelisk. Here there is a spectacular view across the Mersey and on a clear day you can see the Liverpool Cathedral, wind turbines on Frodsham Marshes, Runcorn Bridge and round to Fiddlers Ferry Power Station. As we follow a sandstone ridge you soon learn why this part of TCC was so named.

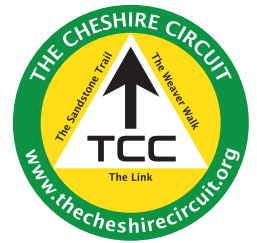


Map 1 is up and down, though not difficult could be described as strenuous.





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