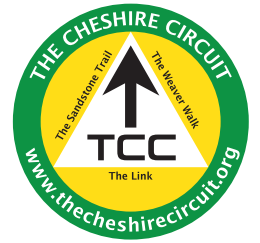
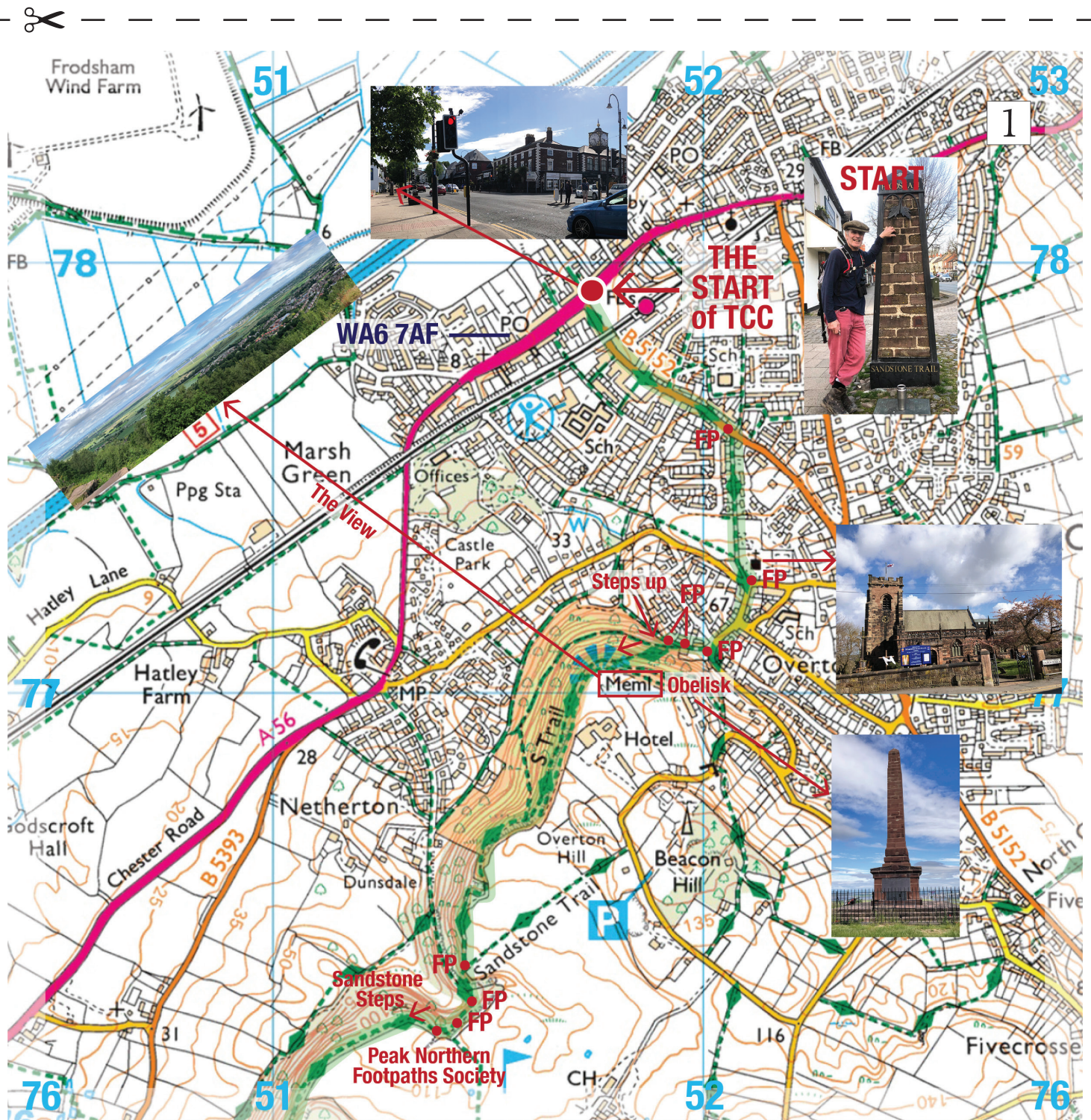


Map 1 – We begin at the Sandstone Trail, obelisk outside The Bears Paw. We soon pass the lovely Saint Lawrence Parish Church and follow the route to the memorial obelisk. Here there is a spectacular view across the Mersey and on a clear day you can see the Liverpool Cathedral, wind turbines on Frodsham 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.

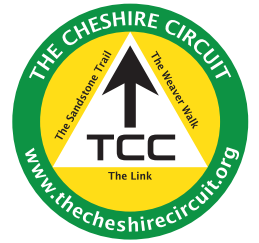


Map 1 is up and down, though not difficult could be described as strenuous.



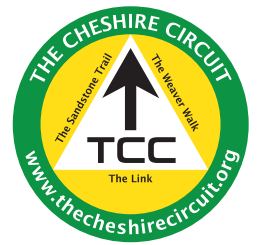


The walk continues to Woodhouse Hill and Hill Fort. We see proper red sandstone cliff faces – hence the name Sandstone Trail for this section of TCC. Some up and down but not too strenuous. The map finishes at Alvanley Cliff with some fine views to the West.



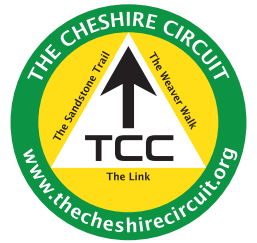


We walk from the sandstone ridge past Manly Knoll and into the western edge of Delamere Forest Park. An easy walk with some tarmac but not too much traffic.





An easy walk through Delamere Forest. There are many paths so do take care with your navigation.





An interesting walk beginning at Eddisbury Lodge passing close to the electronic/radio masts on Pale Heights. Walking up to the trig point is a worthwhile deviation. Admire the Boar's Head by the Kings Chair; take care crossing the busy A54 and enjoy the views East at Primrose Hill.

