Cycle Map 1 - Routes from Frodsham

North

0 1 2 3 4 km

1:45,000

Frodsham inset - overleaf

Boat Museum

Restricted byway diverted around Protos - use the dotted line.

Bluebell tea room

Davenports tea room

Stonyford tea rooms and gardens

Delamere Visitors' Centre

TRACS UK cycle hire & bike shop

CONNECTING WITH ELTON, INCE, ELLESMERE PORT

Bike: Hybrid / Mountain
Distance: 9 miles (Ellesmere Port)
Time: 45 mins
Bikeability level: 2

Connecting Frodsham and Helsby with Ince, Elton and Ellesmere Port via the Frodsham Marshes.

Leave Frodsham via LINK ROUTE B or C. If leaving via Route B ride down Matty's Lane into Hatley Lane and right into Straight Length. From Helsby leave via Raike Lane. Left along Lordship Lane into marsh Lane and past the fertiliser works. Turn right, staying on marsh Lane and follow until joining with The Square and then either left down Station Rd to Elton, or straight on into Pool Lane to the Pool Lane roundabout for Ince and right to Ellesmere Port.

Caution poor surfaces and potholes in places.

HELSBY CIRCULAR

Bike: Any
Distance: 9 miles
Time: 1 hour 15 mins
Bikeability Level: 2

A short circular taking in Helsby Hill and Quarry avoiding busy roads. Helsby connection to Delamere Forest and other routes through Kingsley.

Leave Frodsham on the A56 cycle lane to Helsby, or if a quieter route is desired via Frodsham LINK ROUTE B to Foxhill. Continue on the B5393 then right into Botes Lane and left into Old Chester Rd (caution narrow carriageway). Leave Helsby via Alvanley Rd, Back Lane and Commonside. Return to Frodsham via LINK ROUTE A or LINK ROUTE B, or join the ◆ ◆ or ■ ■ routes.

Don't miss: Exploring Helsby Quarry.

DELAMERE FOREST CIRCULAR

Bike: Hybrid / Mountain
Distance: 16 miles
Time: 1hr 45mins
Bikeability Level: 2

A hilly climb to leave Frodsham but almost traffic-free (extreme caution on the Manley Rd bend) and a pleasant view from the top. Once in the forest there are many options to vary and explore, plan on ½ day with younger riders.

Leave Frodsham via LINK ROUTE A. Enter the forest through the Waterloo Gate at the end of Waterloo lane (muddy after rain). Once in the forest follow the main trail to the right then left, then turn right after passing the small cottage on the left side. Follow this trail to cross the main road at the car park, from there continue to the forest HQ, cafe and bike shop. Explore the forest or continue uphill to Old Pale. An alternative route back is to leave the forest at the Manley Common gate and turn right into New Pale Rd and follow to the end, cross Manley Rd and return to Frodsham via Ridgeway, Foxhill and LINK ROUTE B.

Don't miss: 7 County View from Old Pale

WEAVER VALLEY CIRCULAR

Bike: Hybrid / Mountain
Distance: 15 miles
Bikeability Level: 2 (3 on Sutton Causeway)
Time: 1hr mins+

A pleasant circular from Frodsham taking in Aston, the Weaver valley and Kingsley. Opportunities for further exploration of The Bridgewater Canal and some hilly climbs in places. Plan on 1/2 day with youngsters.

Route: Leave Frodsham via LINK ROUTE D to the Swing Bridge. At Sutton Weaver turn right and follow Aston Lane until the turn at the end but continue straight on past the Weaver Cottages on the left. The lane turns to gravel and continue through, passing under the railway, through the gate and follow the track to Dutton Lodge farm. Turn right after passing through the farm buildings and after 200yds go through the gate on the left (marked) and pass through the field on the bridleway down to the Weaver. Turn left at the river, over the bridge then cross the Dutton locks.

The option exists to continue up the tow path road to join with the Bridgewater Canal at Bartington (The Bridgewater Canal towpath is muddy after rain and includes a number if stiles). Otherwise cross the locks and pick up the path on the other side to Pickerings Cut. Join the road and ride up the hill for 1/3 mile then right into Ball Lane. At the end of Ball Lane turn right onto the main road to Kingsley, but after 1/4 mile turn left into Chapel Lane then right into The Hunt. At the end of The Hunt turn right down the hill then immediately left into Dark Lane. Cross the main road and return to Frodsham via LINK ROUTE A or LINK ROUTE B.

Don't Miss: The wreck of the MV Chica in the Weaver Navigation. Its fascinating history can be found online.

WIND FARM CIRCULAR

Bike: Hybrid, Mountain
Distance: 5 miles
Time: 45 mins+
Bikeability Level: 1 (2 on Frodsham roads)

A reasonably flat easy route around the wind farm. Generally traffic free but mind the pot holes on the gravel roads. A good safe ride for youngsters new to cycling. Take in the wildlife on The Marshes and the mighty wind turbines.

Starting at Castle Park, either leave through the Netherton Drive entrance. Ride up Netherton Drive right down Howey Lane (caution no footway at bottom), dismount and cross the A56 at the pelican crossing. Down Matty's Lane, turn left into Hatley Lane, pass Warburton's farm and then right into Straight Length. At the end turn left into Lordship Lane and from there explore the wind farm and observe the wildlife.

For an alternative route back to Frodsham, join Moorditch Lane and cross over the M56 at Marsh Lane to arrive back into Frodsham along LINK ROUTE C.

DELAMERE – STONYFORD CIRCULAR

Bike: Hybrid, Mountain
Distance: 3.5 miles
Time: 40 mins
Bikeability Level: 1 (2 on roads)

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

Start at the Delamere Forest or via any of the routes leading to the forest. Leave the forest at the entrance road to the station. Cross the road and on the right hand side of the drive to the golf club, follow the bridleway marked with a U (horseshoe shape) alongside the quarry (Close any gates behind you). Arrive out on the Stonyford road, turn left and down 200 yds to Stonyford gardens. Leave the gardens turning left down the hill, then up and after 200yds left into Gallowscliff Lane. Follow for ¾ mile, at the right turn continue straight ahead onto the bridleway to the Whitegate car park. Cross the B5152 and take the left trail to return to the visitor's centre or join any of the Delamere Forest trails.

Don't Miss: A well-earned rest and cuppa at Stoneyford Cottage Tea Room – mention this map and receive a discount.
Groups please ring first: 01606 888970

NORLEY AND STONEYFORD CIRCULAR

Bike: Any
Distance: 20 miles
Time: 2hrs 40mins
Bikeability Level: 2

A hilly climb out of Frodsham followed by a longer route suitable for fitter cyclists and those extending into road riding.

Leave Frodsham via LINK ROUTE A. At Kingsley turn right into Dapmore Lane at the school entrance. At the end of Dapmore Lane after 100yds on the B5152 turn left into Dark Lane. Cross Brookside into The Hurst and at the end right into Roddy Lane and right into Beech Lane. After passing through Norley and down Cheese Hill Lane for the option to connect with Sandiway turn left into Cuddington Lane. Otherwise the Stoneyford Gardens are 200yds on the right. For the route back to Frodsham via Delamere Forest take Gallowscliff Lane on the left at the bottom of Cheese Hill and once through Norley left into Post Office Lane and left again into School Lane for Hatchmere. After the forest right into Dark Ark Lane then right into New Pale at the top of the hill. From New Pale re-enter Frodsham via Bushells Lane and LINK ROUTE A or Netherton and LINK ROUTE B

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A selction of cycle-specific roadsigns relevant to the routes shown

For further details, see the current version of the Highway Code https://www.gov.uk/guidance/the-highway-code
Department for Transport website https://www.gov.uk/government/collections/cycling



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Mapping Data source - Ordnance Survey Open Data.
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Family friendly

Cycle Frodsham

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Notes for this map...

Key to Right of Way/Permissive routes that are shown on map (source – data.gov.uk):



☺ **BUSY ROADS** If the traffic looks too busy for you, or if you're just not sure – dismount and walk on the footway. Unless marked to the contrary, it is not permitted to ride on the footway alongside the road. Check for the 'dual use' sign to know for sure.

☺ **SHARE WITH CARE** Remember, some paths are shared use – please watch out for others and don't be afraid to ring your bell. There is a code of conduct which provides advice for users of shared paths at: www.cyclinguk.org/article/campaigns-guide/sharing-paths-walkers-code-of-conduct-for-cyclists

☺ **FOOTPATHS** Some paths that link the quiet roads in Frodsham are Footpaths only – see www.gov.uk/right-of-way-open-access-land/use-public-rights-of-way. Where there is a footpath between quiet roads, the map displays the footpath sign: Public Footpath

☺ **THE COUNTRYSIDE CODE** Close any gates behind you and be mindful of livestock disturbance. Don't leave the marked path on farmland.

FOR MORE INFORMATION:

www.itravelsmart.co.uk/travel-smart/cycle/
www.itravelsmart.co.uk/wp-content/uploads/ELLESMERE_FINAL_v2.pdf
www.cyclinguk.org/
www.forestry.gov.uk/forestry/infd-922lc3
canalrivertrust.org.uk/enjoy-the-waterways/cycling

FOR ADJOINING MAPS:

www3.halton.gov.uk/Pages/traffic/cycling.aspx
www.forestry.gov.uk/pdf/DelamereMap.pdf/$file/DelamereMap.pdf
www.chestercyclecity.org
www.sustrans.org.uk
www.cycle-route.com

This map has been produced by:

Weaver & Sandstone Cycle Forum

www.cyclenorthcheshire.com

FRODSHAM LINK ROUTE A

Frodsham to Newton avoiding main roads

From Castle Park Leave Frodsham via Park lane, Churchfields, Hillfield Rd, then turn right up Bellmonte. Turn left into Penkman's Lane Lane just past the entrance to Greenacres. At the end of Penkmans Lane right into Manley Rd (CAUTION BLIND CORNER) then left into Hazlehurst and right into Top Rd. At the end of Top Rd right into Dobers Lane and follow to Newton.

From Newton connect to:

DELAMERE FOREST CIRCULAR
NORLEY AND STONEYFORD
WEAVER VALLEY CIRCULAR

FRODSHAM LINK ROUTE B

Frodsham to Netherton avoiding main roads.

Leave Frodsham via Castle Park, Howey Drive and Howey lane (caution the junction at the bottom with Carriage Drive). Cross at the pelican crossing to the Netherton Hall connecting to:

ROUTE TO HELSBY HIGH SCHOOL
WIND FARM CIRCULAR
CONNECTING WITH INCE, ELTON. ELLESMERE PORT

Alternatively stay on the A56 (take care crossing Carriage Drive) and turn left at Tarvin Rd to connect with:

DELAMERE FOREST CIRCULAR
HELSBY CIRCULAR
ALVANLEY, AND THE CHESTER GREENWAY

FRODSHAM LINK ROUTE C

Frodsham to Lordship Lane avoiding main roads.

From Castle Park leave Frodsham via Fountain Lane and cross the main road into Marsh Lane. Continue straight on into Brook Furlong to cross over the M56 and arrive at the start of lordship Lane.

From Lordship Lane connect with:

ELTON, INCE, ELLESMERE PORT
WIND FARM CIRCULAR

FRODSHAM LINK ROUTE D

Frodsham to Swing Bridge avoiding main roads.

Leave Castle Park at the Fountain Lane entrance, cross over and along the path running alongside the railway Dismount and walk through the tunnel and arrive on Main St at the Queen's Head. Cross over and past the Devonshire Bakery turn left down Ship St. Pass Saltworks Play Area and left to follow the vehicle track after 100yds turn right to follow the path (NCR5) to The Quay. At the A56 cross the Stone Bridge then turn left down Mill Lane and follow to re-join the A56 at Sutton Causeway. Caution traffic volumes on Sutton Causeway – push your bike on the footway if necessary.

From the Swing Bridge connect to:

RUNCORN CYCLE NETWORK (See Cycling Runcorn map)
WEAVER VALLEY CIRCULAR

See map overleaf for further details of these routes.

Bike Shops in Frodsham shown on this map:

1 Twelve50 Bikes
2 Cars 'n' Bikes
3 Frodsham Bike Project
4 TRACS UK (on map overleaf)

The National Standard for cycle training

See the Cheshire West & Chester information panel (below) about Bikeability

Department for Transport and Bikeability scheme websites' references:

https://www.gov.uk/guidance/the-national-standard-for-cycle-training

https://bikeability.org.uk/

What is Bikeability?

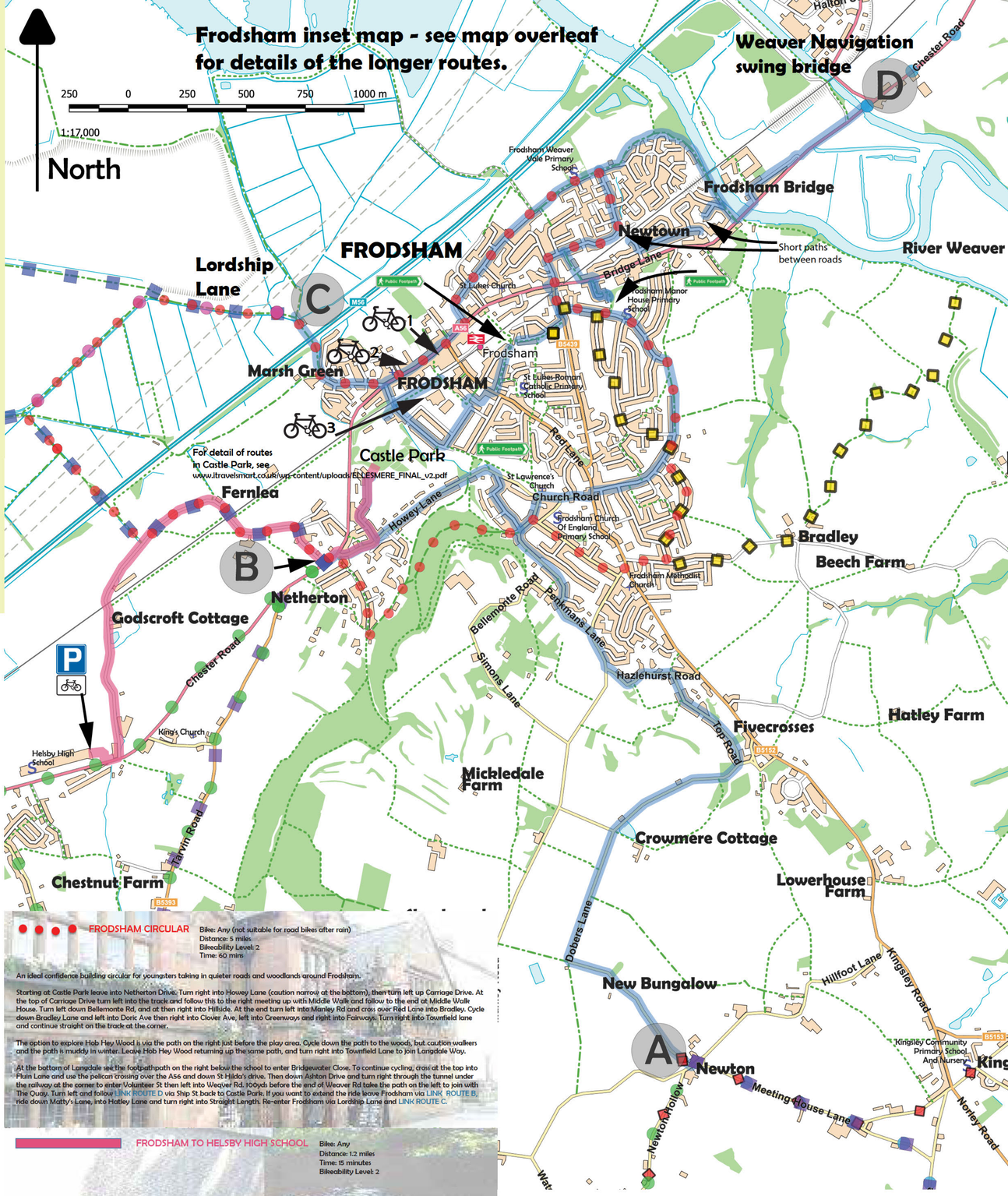
Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

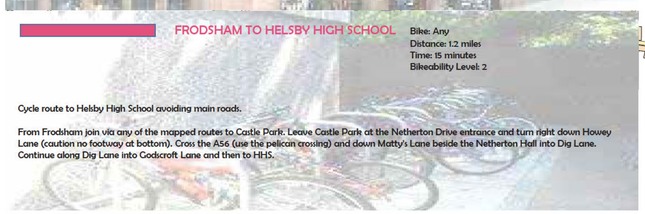
There are three Bikeability levels. A child will typically start Bikeability lessons once they have learnt to ride a bike, with 10-11 year olds progressing through to Level 2, and then Level 3 at secondary school (11-18 year olds). Certificates and shiny luminous badges for each level are awarded to children who successfully complete each course and children are encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

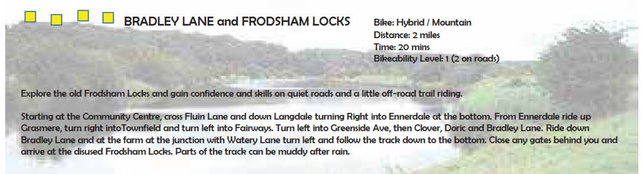
Bikeability was developed by more than 20 professional organisations including the Royal Society for Prevention against Accidents and is supported by cross-Government departments including the Department for Transport, Department of Health and Department for Children, Schools and Families.

So far, more than 250,000 young cyclists have been trained and hundreds of thousands of coveted Bikeability badges have been awarded. The aim is for half a million children to be Bikeability trained by 2012 and the ultimate vision is that no child should leave primary school without the opportunity to take part in Bikeability training.

If you want to find out more about Bikeability courses, please contact Cheshire West and Chester Council on **0300 123 7036** or visit our website *www.cheshirewestandchester.gov.uk*







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