



The views from craggy **Helsby Hill** (141m) stretch from the Clwydian mountains in the west to the cathedrals of Liverpool to the north. Recent additions to the view are the windfarm on Frodsham Marsh, which came into operation in February 2017, and the Mersey Gateway bridge, which opened in October 2017. Also visible are the M56 motorway (opened 1971) and the Manchester Ship Canal (opened 1894).

Much older is the **Iron Age hillfort** around the summit, though its remains are largely invisible to the non-specialist eye.

Netherton Hall  
Frodsham  
Overton



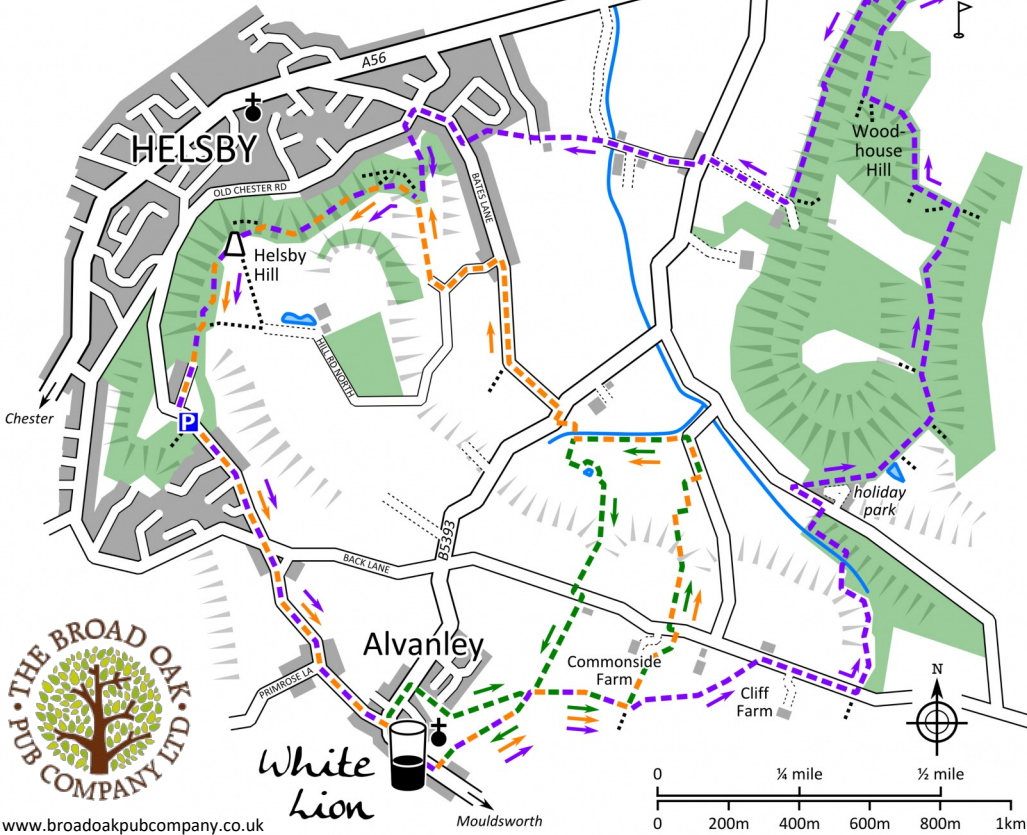
**Jacob's Ladder** is a short scramble up a sandstone cliff. Although not part of the route as described, enterprising walkers can try it out, returning via Baker's Dozen steps on the Sandstone Trail. The scramble starts at the junction of the Trail with the Carriage Drive above Netherton.



**Commonsie Farm** is a pretty thatched cottage on the slopes below Alvanley. It is a Grade II listed building.



The **Sandstone Trail** is a 34-mile long-distance footpath from Frodsham to Whitchurch in Shropshire. It mostly follows the wooded Mid-Cheshire Ridge, offering some of the most scenic walking in the county and fine views from the numerous sandstone edges.



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White Lion

**THE WHITE LION**  
Manley Road, Alvanley, Cheshire WA6 9DD  
tel 01928 722949  
website [www.whitelionalvanley.co.uk](http://www.whitelionalvanley.co.uk)  
email [info@whitelionalvanley.co.uk](mailto:info@whitelionalvanley.co.uk)

**OPEN:** Mon to Sat 12 noon–11pm  
Sun 12 noon–10.30pm  
**FOOD SERVED:** Sun to Thu 12 noon–9pm  
Fri to Sat 12 noon–9.30pm  
**Netherton Hall:** tel 01928 732342

# Three circular walks from the White Lion

Alvanley, Cheshire



**Alvanley stroll**  
2 miles: Fairly easy  
A pleasant stroll around the village and surrounding farmland, with wide views in all directions.

**Helsby Hill**  
3.4 miles: Moderate  
A rewarding field and woodland walk to a local landmark with a commanding view over the Mersey estuary.

**Woodhouse and Helsby Hills**  
6.6 miles: Moderate  
Two hillforts, mixed walking in farmland and woodland, and rocky outcrops with wide views.

# Alvanley stroll

## 2 miles: Fairly easy

*Allow 1½ hours. One moderate descent and ascent; some rough ground and short stretches may be muddy or overgrown at times.*

**1** From the front door of the White Lion, facing the church, turn left and walk along the main village street. **2** At the junction with Helsby Road, follow the road round to the right, past the telephone kiosk. **3** Cross the entrance to Church Way and continue. **4** Turn right between metal barriers onto a signposted and surfaced footpath, along the edge of a housing estate. **5** At the end, go through a kissing gate into a field and bear left across the field to a further kissing gate. **6** Turn left briefly between fence and hedge, then bear half-right across another field. **7** Go through a gap and follow the right-hand edge of the next field. **8** On reaching a kissing gate (on your right) at a junction of paths, turn 90 degrees left (ignoring a path leading diagonally left to a stile). **9** Walk across to the projecting corner of the fence and continue ahead (with the fence on your right) towards the thatched farmhouse of Commonsides Farm. **10** Cross a stile and continue to the corner of a riding menage, where the path goes through a metal hand-gate and skirts to the right of the garden to emerge through a final kissing gate into a road. **11** Take a few steps to your left and then turn right by a wooden kissing gate. **12** Follow the path straight across a field and then walk to the left of a wooded area. **13** Turn half-right through a hedge to descend an overgrown field dotted with rabbit holes. **14** After a wooden kissing gate, bear right then left round the edge of a field. **15** Turn right over a footbridge and follow the path out to another road. **16** Turn left and walk downhill until the road bends right. **17** Take a path on the left that follows a ditch on your right. **18** At a junction of paths by a footbridge, turn left, uphill and away from the bridge, along the field edge. **19** Follow the field edge round to the left, skirting an old pit, until you find a wooden kissing gate in a bracken corner. **20** Walk up the field with a valley to your left to another similar kissing gate and continue beyond until you reach the road. **21** Turn left for a short distance, then turn right through a metal kissing gate before a bungalow. **22** Walk up the left-hand side of the field to a kissing gate and follow the right-hand field edge thereafter. **23** Go through a kissing gate you passed before, but this time continue along the field edge ahead of you (with views to the church on your right) to emerge in Alvanley near the White Lion.

## Helsby Hill

### 3.4 miles: Moderate

*Allow 2½ hours. Some moderate ascents and descents, uneven surfaces and steep drops. Some road walking.*

**1** From the front door of the White Lion, facing the church, cross the road and turn right past the lych gate. **2** Before the first house on the left, turn left and follow the field edge to a kissing gate on your

right. **3** Pass briefly between hedge and fence, then turn right across the field on your right. **4** Go through a gap and follow the right-hand edge of the next field. **5** On reaching a kissing gate (on your right) at a junction of paths, turn 90 degrees left (ignoring a path leading diagonally left to a stile). **6** Walk across to the projecting corner of the fence and continue ahead (with the fence on your right) towards the thatched farmhouse of Commonsides Farm. **7** Cross a stile and continue to the corner of a riding menage, where the path goes through a metal hand-gate and skirts to the right of the garden to emerge through a final kissing gate into a road. **8** Take a few steps to your left and then turn right by a wooden kissing gate. **9** Follow the path straight across a field and then walk to the left of a wooded area. **10** Turn half-right through a hedge to descend an overgrown field dotted with rabbit holes. **11** After a wooden kissing gate, bear right then left round the edge of a field. **12** Turn right over a footbridge and follow the path out to another road. **13** Turn left and walk downhill until the road bends right. **14** Take a path on the left than follows a ditch on your right. **15** At a junction of paths, turn right to cross a footbridge, then left to reach a road. **16** Turn right, then left into Bates Lane. **17** Follow the road for 500 yards then turn left into Hill Road North. **18** Follow the road uphill for 200 yards then turn right into a driveway with a footpath sign. **19** Beyond the house, follow a level path until you pass a couple of gates and reach a path junction; cross the stile on your left. **20** Take the higher path (signposted to "Hill Top"). **21** Climb up through the trees until you emerge in an open area above the crags of Helsby Hill. **22** Having admired the view, pass the trig point and follow the path above the cliff edge which passes below a field then drops down into the trees and starts to descend. **23** When you reach the top of a road, go through the gate and descend to the road junction. **24** Turn left past the car park for Helsby Quarry and follow the road past Alvanley House. **25** Keep on along past The Paddock, Alvanley Drive and Nemos Close. **26** Keep straight on along Helsby Road at the junction with Back Lane. **27** After a stretch with no footway, pass the end of Primrose Lane as you approach Alvanley. **28** When you meet the B5393, turn right and pass the Primary School on your way back to the White Lion.

## Woodhouse & Helsby Hills

### 6.6 miles: Moderate

*Allow 3–4 hours. Some moderate ascents and descents with short rocky or uneven sections, and some steep drops. Muddy or overgrown in places in season. Some road walking at the end.*

**1** From the front door of the White Lion, facing the church, cross the road and turn right past the lych gate. **2** Before the first house on the left, turn left and follow the field edge to a kissing gate on your right. **3** Pass briefly between hedge and fence, then turn right across the field on your right. **4** Go through a gap and follow the right-hand edge of the next field. **5** On reaching a kissing gate (on your right) at a junction of paths, turn half-left and walk diagonally to a stile by a gate.

**6** Cross and continue in a similar direction to a kissing gate. **7** Cross a paddock behind the farm to a kissing gate in the far left-hand corner. **8** Follow the right-hand side of the next field to a kissing gate into a lane. **9** Turn right and follow the road for 300 yards, passing a series of entrances. **10** Beyond a layby, cross and turn left at a Sandstone Trail fingerpost signposted to Woodhouse Hill and Frodsham. **11** Walk down the right-hand side of a series of fields until you reach a footbridge into a wood. **12** Swing left past a bench, then turn right up the wooded bank (steps) before dropping to meet the road opposite a holiday park. **13** Turn left for a short distance then leave the road, turning hard right into a track behind the mobile homes (still following the Sandstone Trail). **14** Pass a pond and continue along the Trail as it slowly ascends, ignoring Woodland Trust paths to right and left. **15** After a sunken section with rocky outcrops, you reach a T-junction with a bench at the woodland edge; turn left. **16** Follow the path just inside the wood with open fields to your right, then bear left alongside the mossy remains of a wall as you skirt Woodhouse hillfort on your left. **17** Guided by Sandstone Trail waymarks, descend steps to a contouring path; turn right past a bench and viewpoint. **18** Wind past a golf course on your right and descend a rocky section then bear left over a footbridge below more rocks. **19** At a junction turn left, signposted "Carriage Drive" (unless you wish to try the Jacob's Ladder scramble up the cliff ahead of you, returning via the Baker's Dozen steps on the Sandstone Trail). **20** The Carriage Drive descends below a red sandstone cliff to meet a wall on the left. **21** To visit the Netherton Hall, carry on ahead descending alongside the wall to meet the metalled road, which you follow to the A56 and the pub, returning the same way. **22** Otherwise, leave the Carriage Drive down the stone steps, then descend steeply down the hillside. **23** Bear left within the wood across the bottom of a valley then climb a wooded spur beyond. **24** Follow the path as it twists and turns along the bottom of the wood until you meet a metalled drive. **25** Turn right and follow the drive down to Tarvin Road. **26** Take a few steps to the left then turn right down Chestnut Lane. **27** Beyond the last of the houses cross a footbridge and go through the gate in front of you. **28** Follow the path ahead along a field edge and then between gardens to a road. **29** Cross and go through a kissing gate opposite, bearing right across the field to enter another narrow path between gardens. **30** When you emerge in Bates Lane, turn right and walk down to the junction with Old Chester Road. **31** Turn left for a short distance, then turn left up a narrow path (signposted Helsby Hill) before a white-painted cottage. **32** Climb the wooded hill to a path junction, where you turn right over a stile.

Now follow steps **20** to **28** of the **Helsby Hill** walk to climb to the viewpoint of Helsby Hill and return to the White Lion.



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