Eddisbury Lodge

Delamere Forest Centre **Start & finish**

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Finding your way
The numbers on this map relate to the directions below. There are no trail markers so follow these instructions carefully.

Wild Running Delamere

Distance: 10.1km/6.3 miles
Ascent: 280 metres

Start/Finish: Delamere Forest Centre
Grid Reference SJ 548 704

Route highlights

Hill Climb   Wildlife   Sculptures   Arthur's Seat

Exciting twisting trails   Open hilltop at Old Pale Heights

Look for the location points posts with numbers on to help you follow the instructions below.
From the Visitor Centre and café (location point 14 – a post with the number 14 on) follow the orange 'Old Pale Trail' and run back along the entrance road and past the Delamere Forest Office. Turn right into the field **(overflow car park)** and continue on a path parallel to the road. Turn right **(location point 12)** on a track that heads south through the middle of **Eddisbury wood**. This brings you out on a path at the edge of the woodland. **Fork right**, heading straight back into the woods and following a **path for another 100 metres**. Turn left at the **T-junction** and then cross straight over the track at **location point 9**.

1 **0.9km/0.6 miles** Follow the path as it continues through and then around the edge of the woodland. When you reach the corner of the woods, continue to follow the path, turning right and running through fields around the edge of the trees. Cross the break between the woods and continue around the edge turning sharp right at the next corner and following the path past Eddisbury Hill Fort back to the main track junction at location point 6.

2 **2.2km/1.4 miles** Cross the track and continue on a path through woodland to the edge of the clear area that is Old Pale Heights. Follow the path as it forks left to the Old Pale Stones (location point 7).

See reverse for more details →

3 **2.9km/1.8 miles** Turn left here and follow a track south-west around the right-hand side of the buildings, following the track as it forks left and continues around the hill (past location point 3) and slightly downhill into Nettleford Wood. Turn right at the T-junction and then left at a cross roads onto the Sandstone Way.

4 **3.7km/2.3 miles** Follow this track slightly downhill for about 100 metres then turn left onto a smaller path opposite a statue of a Wild Boar. Follow this trail up a short hill to the King's Chair and then right and downhill through the rock formations, trend right and back to the main path.

5 **4.2km/2.6 miles** Turn right up hill for about 300 metres where you can take a fun detour by turning left on a minor track. Turn right by a small wooden bridge and head up hill. Turn right at the track junction and then left when you get back to the cross roads (location point 2).

6 **4.7km/2.9 miles** Turn left up the Sandstone Trail for a few meters and then right onto a track heading east. Continue on this path through the break in the woods and then turn left at location point 1 and head up hill back to Pale Heights (location point 4). Turn left here and follow the track around the edge of the open area to the cross roads at location point 3.

7 **6.3km/3.9 miles** Continue on the path trending down hill around the wood. Follow this track north until you reach the main service road to Eddisbury Lodge. Turn right here and follow the track to location point 13 just before the main car park.

8 **7.4km/4.6 miles** Following the Old Pale Trail turn right (past location point 11) and then left along the track that runs south-east above the car park. Follow this to location point 10. Turn right here and head up hill through the woods and back to Pale Heights

9 **8.6km/5.3 miles** Turn right here and follow the track around the edge of Pale Heights to location point 8. Turn right here and run down the track following the Old Pale Trail back to location point 11 and then 13, past the main car park and then up the track back to the start point.

Welcome back to Delamere Forest Centre

delamere forest

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#EscapeTheStreets

Add this route to your **run tracking App**

Download the GPX file at **forestry.gov.uk/ wildrunning**