

LONG WALKS



LONG WALK on Wednesday 20th May **Helsby and Frodsham Hills**

MEET at **9.30** in the Station Road Car Park,
Neston

DISTANCE 6.0 miles

TOTAL ASCENT 400 metres

LEADER Derek Hollingsbee

The walk starts from the car park at Helsby Quarry not far from Junction 14 of the M56.

It is mostly through woodland and fields. There are good views towards Liverpool over the Mersey estuary to the north and the Welsh hills to the west.

It is 6 miles but undulating, the main ascent being up steep steps in the middle of the walk but most of the paths are good. However, we will have plenty of time to complete the walk so needn't rush.

There are no facilities on this walk except picnic tables at the end.

PLEASE CONTACT ROSEMARY IF YOU WOULD LIKE TO COME

Rosemary Hollingsbee
walking@nestonu3a.org.uk

Please note all walks are undertaken at your own risk.

- 1. You are responsible for your own safety and for your personal possessions.**
- 2. Please remember to bring your Membership card with you with the In Case of Emergency information completed.**
- 3. Please bring masks in case there is opportunity to stop for a break where the venue might require them.**
- 4. The walk leader reserves the right to cancel the walk due to severe weather or another emergency.**
- 5. Please remember to check your emails before you leave home in case the walk is cancelled at short notice.**

YOUR PERSONAL RISK ASSESSMENT

Whilst there are now no Government restrictions in place please use common sense when deciding whether attend a walk. If you have a cough, cold or feel unwell then please consider the safety and wellbeing of other members of the group.