

## 87. Delamere Forest

Distance 5 miles/8km

Ascent 214 metres

Start/finish Delamere Forest Park, CW8 2JD

Run back along the road and past the FC offices, turn R through the overflow car park and join the path through Eddisbury Wood. Turn L around the edge of the forest, then R along the eastern edge up Eddisbury Hill. Turn R onto a track near the top, trending L to reach the masts at Pale Heights (1.7 miles/2.8km). Turn L here and cross the meadow then follow the small path trending L join the old Roman road in the SE corner of the wood. Turn R and follow this back into the woods (3 miles/4.8km). Turn R up a steep path past the King's Chair then back down L to the path. Turn L past the wild boar sculpture then R onto a small path that curves R over some wooden walkways and north to the main path. Turn R here then L onto the Sandstone Way, follow this to the edge of the wood and take a small path R uphill and back to the masts at Pale Heights (4 miles/6.4km). Turn L and follow the main path north, downhill around a couple of bends and back to the start.

Miles	Km	Directions
0.0	0.0	Run back along the road and past the FC offices, turn right through the overflow car park and join the path through Eddisbury Wood to a path junction.
0.5	0.8	Turn left around the edge of the forest, then right along the eastern edge up to a path junction on Eddisbury Hill.
1.1	1.7	Turn right onto a track near the top, trending left to reach the masts at Pale Heights.
1.7	2.8	Turn left here and cross the meadow then follow the small path trending left to join the old Roman road in the SE corner of the wood.
2.5	4	Turn right and follow this path back to a gate into the woods.
3	4.8	Turn right up a steep path past the King's Chair then back down left to the path.
3.2	5.1	Turn left past the wild boar sculpture then right onto a small path that curves right over some wooden walkways and north to the main path.
3.4	5.4	Turn right here then left onto the Sandstone Way, follow this to the edge of the wood.
3.7	6	Take a small path right uphill and back to the masts at Pale Heights.
4	6.4	Turn left and follow the main path north, downhill around a couple of bends and back to the start.