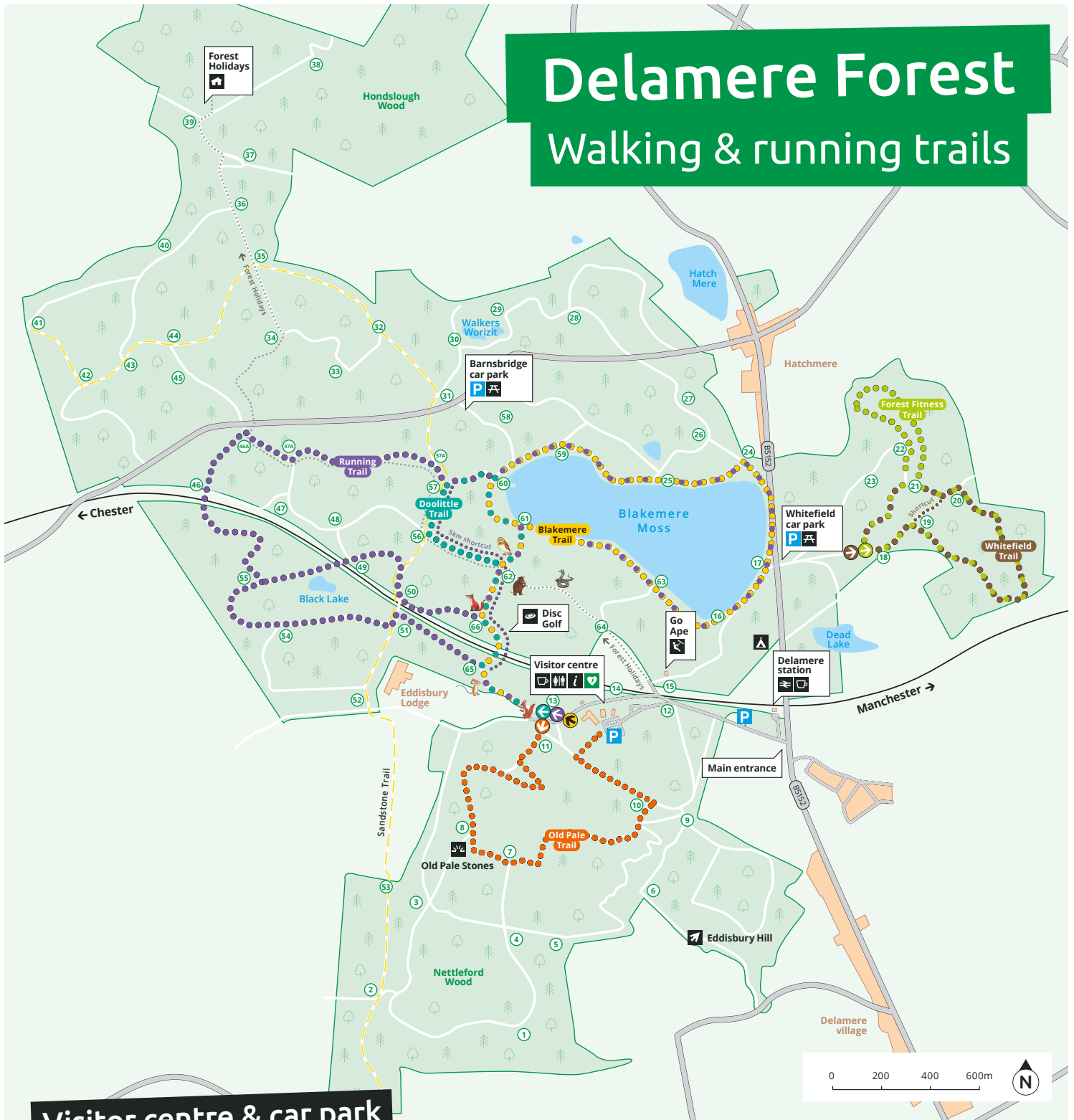


Delamere Forest

Walking & running trails



Visitor centre & car park



Key

- | | |
|--------------------------------|---------------------|
| Car parking | Go Ape |
| Cafe | Viewpoint |
| Toilets | Ancient monument |
| Bike hire | Campsite |
| Information | Train station |
| Picnic area | AED machine |
| Play area | Numbered posts |
| Disc Golf | Gruffalo sculptures |
| Route to Forest Holidays | |

Walking & running trails

at Delamere Forest

Wander into the heart of the forest with trails that take you through wetlands and towards spectacular views.

Waymarked trails

Old Pale Trail ●●●

3.2 km (2 miles)

Old Pale Heights is the highest point in the Cheshire Plain, offering sweeping views of landmarks and seven counties. In warmer months, spot rare butterflies, and choose to return the same way or take a circular route back through a different part of the forest. Allow up to 1½ hours if walking.

Running Trail ●●●

10 km (6 miles)

With 1k, 2k, 3k, and 5k options, with the 10k route taking up to 3 hours and the 5k up to 2 hours, if walking. The 10k follows trails along the railway, loops around Blakemere Moss, and returns via the picnic area.

Whitefield Trail ●●●

2.1 km (1½ miles)
900 m (½ mile) with shortcut


This trail combines wellbeing areas alongside child-friendly play features. Relax, smile and take a deep breath of forest air! Allow up to 1 hour if walking.

Forest Fitness Trail ●●●

3 km (2 miles)

Tackle fitness zones along the trail with challenges for all levels, from beginners to experienced fitness enthusiasts. Share the fun! Allow up to 1½ hours if walking.

Shared-use trails

 These trails are shared with cyclists, so please be aware of other users.

Doolittle Trail ●●●

3.4 km (2 miles)

 suitable for all-terrain mobility scooters

Enjoy a gentle walk through some of the forest's highlights, including mature beech, chestnut, and Scots pine trees. The route also passes Doolittle Moss, a rich habitat for wildlife adapted to its wet conditions. Look out for dragonflies, damselflies, cotton grass, and water-retaining sphagnum moss. Allow up to 1½ hours if walking.

Blakemere Trail ●●●

5 km (3 miles)

 suitable for all-terrain mobility scooters

This popular route, also used for the weekly Delamere parkrun, winds through mature trees that provide shade or shelter year round. It passes Blakemere Moss, a birdwatcher's haven home to Black gulls, rare Mediterranean gulls, and a variety of wintering wildfowl. Allow up to 2 hours if walking.

Emergency info

Key location: Delamere Forest, Northwich, Cheshire, CW8 2HZ
Grid ref: SJ548703
W3W: ///relocated.grasp.pylons

Nearest A&E hospital: Countess of Chester Hospital, Liverpool Road, Chester, CH2 1UL
T: 01244 365 000

Nearest access road: B5152

Mobile phone coverage: Good

In case of emergency, call 999. Inform Forestry England
T: 0300 067 4340
(Mon to Fri, 9am-3pm)

The Forest Code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

Non-compliant e-bikes are not allowed in the forest.

Join today

As a member you'll be supporting Delamere Forest and get free onsite parking, forest updates and discounts.

**forestryengland.uk/
membership**