



Countess of Chester Country Park

Trail Routes to walk/jog/run

Health Trail

Distance: 0.5 mile/0.8km
(10 minutes at easy walking pace)

A gentle circular route taking in the amazing three-piece Eagle carving by Simon O'Rourke and the park's wetland area. Return to the car park via the beautiful Fallen for the Fallen WW1 Memorial Bench & Poppy carved by Paul Edwards. This trail is ideal for helping you get back into exercise or for those with only a short time to spare!

Smile for a Mile

Distance: 1 mile/1.6km
(20 minutes at easy walking pace)

This one mile trail, based on a scheme used by many schools to improve the health and wellbeing of children, is great for all the family. It takes in open views over the grasslands in the centre of the park before returning around the edge of our Woodland Path Nature Reserve. For a slightly shorter route, go through the woodland itself and check out the homes of the creatures who live here.

This project has been supported by:



Friends of the
Countess of Chester
Country Park



If you would like to find out more contact:
friends.coccp@gmail.com

For more information and to download all our trail maps, please visit:
www.thelandtrust.org.uk/space/countess-of-chester-country-park

Countess of Chester Country Park is a Land Trust space which is managed by TCV.
In case of emergency, please call 999.
To report non-emergencies on site, call 101.
For all other site enquiries and information please call 0151 423 4433 or contact
The Conservation Volunteers, Pex Hill Visitor Centre,
Pex Hill Avenue, Cronton, Widnes WA8 5QW
www.tcv.org.uk or www.thelandtrust.org.uk

Follow us:



Twitter @thelandtrust



Facebook.com/thelandtrust



Instagram.com/thelandtrust_



Park managed by



www.thelandtrust.org.uk
The Land Trust is a registered charity. No: 1138337

Silva's Trail

Distance: 2 miles/3.2km
(40 minutes at easy walking pace)

This trail is in memory of a dog called Silva who loved to be walked here. Look out for the beautiful glass mosaic created by Aleta Doran in memory of Silva. Follow the northern edge of the park past Silva's memorial bench along an ancient bridleway to Knolls Bridge. Follow the Shropshire Union Canal towpath a little way before returning into the park crossing over a dry river bed, passing the Life for a Life Memorial Forest on the way to the car park.
















Chester parkrun

Distance: 3.1 miles/5km
(60 minutes at easy walking pace)

Explore this at your leisure or take part in the Chester parkrun, a free 5 km timed event that takes place at 9:00am every Saturday morning. It's open to all - walk, jog, run, volunteer or simply come and watch. The course includes a 2 lap grass path section which may be muddy after rain.

Register at: www.parkrun.org.uk/chester

- | | | | |
|---|---------------|---|---------------------------|
|  | ACCESS POINT |  | FOOTPATHS / CYCLE ROUTES |
|  | VIEWPOINT |  | GRASS PATHS |
|  | PARKING |  | CHESTER BROWN CYCLE ROUTE |
|  | STEPS |  | PUBLIC RIGHT OF WAY |
|  | RANGER CABIN | | |
|  | DEFIBRILLATOR | | |

-  START
-  2nd LAP
-  FINISH

