

Stoak and Thornton-le-Moors

Country, field and lane walk

Distance: 6.9 miles (11.1km) **Ascent:** 47m (154ft) **Time:** Allow 2h 45m to 4h 45m

Map: OS Explorer 1:25k (266) Wirral & Chester / Caer

Start/Finish: OS Locate SJ 451 721 **what3words** ///routs.mock.chairing

A walk through villages and nature parks. From the hostel driveway turn left onto Ince Lane, right along the main road and right onto Hassals lane. Follow the lane to Gowy Woodland Park. Take the path through the trees and head down the steps to the footbridge. Cross the footbridge (large steps on both sides). Follow the river bank under pylons, turn left and follow parallel to the pylons to a second bridge. Continue to a stile in the left corner which is not immediately visible. Follow a clear, signed, path to the road. Turn right and follow Picton Lane to cross the motorway, drop down onto the canal towpath and head away from the motorway. At the second bridge (Dension's Bridge) leave the canal and follow the path to Gowy Meadows Nature Reserve. Follow the signed path to Thornton Le Moors. Turn right onto Thornton Green Lane, cross the motorway, turn right onto Cryers Lane, which becomes Ince Lane and back to the hostel.

Hazards

Caution required on the road sections. No footpath on Picton Lane or Thornton Green Lane (after the village). Large steps of 50cm both sides of first footbridge. Animals in fields. Take care alongside the ditch in Gowy Meadows.

Accessibility

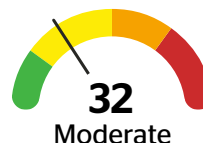
There are stiles and steps on the route and paths and gates less than one metre wide. The footpath on Ince Lane is narrowed in places by vegetation and overhanging branches. No laid path from canal at Dension's Bridge.

Navigation

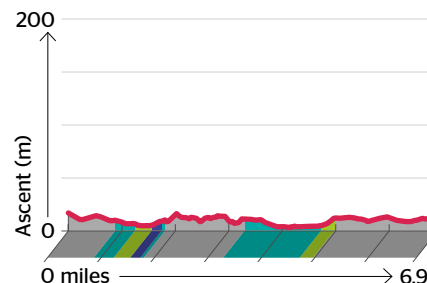
Generally well signposted, apart from a short section from the river towards Picton.

Terrain

Tarmac roads and lanes. Good, clear, paths on grass through Gowy Meadows. Some paths less clear between Gowy Woodlands and Picton. Generally flat, apart from joining and leaving the canal towpath.



- Paved
- Grass
- Unpaved (flat)
- Unpaved (uneven)



★ Points of interest (see map)

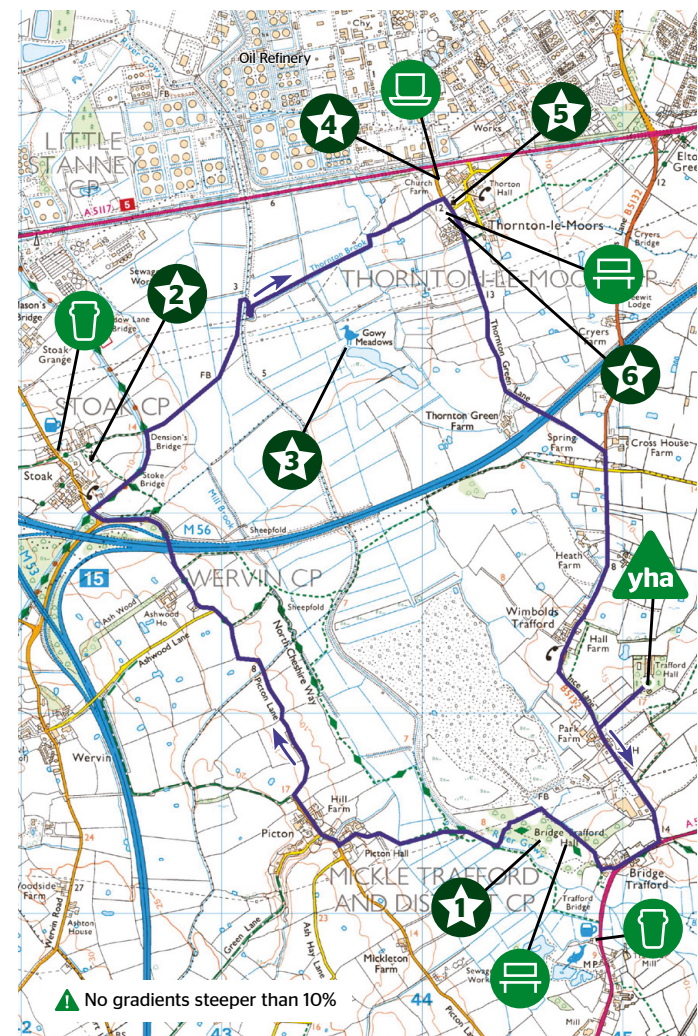
Lovely countryside and canal with great views of the oil refinery. **1** Gowy Woodland Park, **2** Church in Stoak with Commonwealth war graves, **3** Gowy Meadows Nature reserve, **4** Hayrack Church Farm Park and Café, **5** Church in Thornton Le Moors, **6** play area.





🚻📺🗑️ Facilities (see map)

Pubs a short detour away in Stoak and Bridge Trafford. Café at the farm park in Thornton-le-Moors.

🪑 Seats on route (see map)

Scan or click to view this route on the OS Maps App – also a route profile and GPX



-  **Not wheelchair accessible**
-  **Not a touch free route**
-  **Not pushchair accessible**
-  **Not stile free**

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

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Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- For further information on how to stay safe visit adventuresmart.uk

In case of emergency call 999 (or text 999 if pre-registered) and use OS Locate or what3words to provide a detailed description of your location.

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks



Countryside Code

Respect everyone

- Be considerate to those living in, working in and enjoying the countryside.
- Leave gates and property as you find them.
- Do not block access to gateways or driveways when parking.
- Be nice, say hello, share the space.
- Follow local signs and keep to marked paths unless wider access is available.

Hazards

- Take extra care and stay alert where a right of way crosses a railway line.
- When walking on a road without a pavement keep to the right-hand side, so that you can see oncoming traffic. Keep close to the side of the road, and walk in single file if necessary. It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.
- Give wild animals, livestock and horses plenty of space.

Protect the environment

- Take your litter home – leave no trace of your visit.
- Do not light fires and only have BBQs where signs say you can.
- Always keep dogs under control and in sight.
- Dog poo – bag it and bin it – any public waste bin will do.
- Care for nature – do not cause damage or disturbance.

Enjoy the outdoors

- Check your route and local conditions.
- Plan your adventure – know what to expect and what you can do.
- Enjoy your visit, have fun, make a memory.

What to wear

- Comfortable clothing suitable for the conditions.
- Use several layers, so you can add and remove clothing to regulate your temperature.
- Extra warm clothes in case it gets colder.
- Hat, gloves and scarf.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning comfy socks.
- Comfortable well fitting trainers, walking shoes or boots.

Kit

- Map and compass.
- Water, lunch and snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Torch and spare batteries.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Picnic blanket.
- Waterproof baseball cap, if you wear glasses.
- Walking poles.
- Tissues and hand sanitiser.