

WALK 1 - Stamford Bridge, Watling Street, Barrow Mill (3 miles)

1 Take the road opposite the bus shelter, signposted to the Village Hall, before the hall turn right along the signed path (when a kissing gate is reached there is a choice of going left down a sunken lane a medieval cart track which was used to bring hay up from the Townfield strips this is a permissive path which crosses the meadow to join the public footpath to Tarvin) or continue following the wall of the Old Rectory and the churchyard to join a short lane going left to meet the B5132 Barrow Lane. Go down the hill for about 100 yards and then take the signposted path through a gate on the left. Go across the meadows on a well trodden path to a footbridge over Milton Brook, continue beside the hedge to rejoin the B5132 in about 300 yards. If the meadows are very wet the Jubilee Footway leaves this footpath through a gate on the right as you leave the B5132. This avoids walking on the road as far as Milton Brook and was created by Barrow Parish Council in Jubilee year 2012. Barrow Parish Council hope with the landowners agreement that this path could continue from Milton Brook to Stamford Bridge, making this a much safer pedestrian route.

2 Turn left along Lansdowne Road and in about 250 yards take the signposted path into the field on the left. You are now just on the Tarvin side of the parish boundary and on the site of Watling Street, the roman road which ran from Chester to Northwich (Salinae) and thence to Manchester and Carlisle. The road left Chester via the Eastgate, through Boughton and along the present Vicar's Cross Road to a stone ford across the Gowy at Stamford Bridge. A roman terret ring was found here in 1957 when the river was being straightened. There is nothing here to indicate the road itself but further on, near where it rejoins the A54 by Street Farm, workers draining nearby fields in 1885 discovered a gravel bank paved with boulders. Further evidence of Roman tiles and potsheds were found. Your route follows the line of the old road beside the hedge for about three quarters of a mile; after crossing four fence lines you will see a robust stile in the hedge on the left where the path from Barrow Mill to the western end of Tarvin crosses your path.

3 Cross this stile and follow the headlands of Park Hall fields (the farm can be seen to the right ahead). Continue straight ahead over a stile to a point where another stile, with stone uprights, takes you through the hedge on your left. Fifty yards further there is a stile on the right and over this the path follows straight on beside the hedge to descend by a flight of stone steps to the lane beside Barrow Mill. The former Mill, whose pond was fed by the same brook which supplied Duddon and Tarvin Mills, was in operation, augmented by steam power, until the 1940's. It had been burned down and rebuilt in 1810 and in 1971, when the four storey section was. The mill house and the remains of the mill are now both residential dwellings. From here, go up Mill Lane to the Village Hall with the hand pump and street light opposite at the centre of the road junction (see illustration on front cover). The pump was presented to the village in 1979 and positioned over the site of the old well. Proceed on along the road, past the White Horse Inn and Village Stores, to arrive at your starting point.