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The ideal hike? Take it on Trust

Q WE'RE going to be in Shropshire for Christmas this year. Can you suggest a good outing for someone keen to enjoy a little fresh air and post-Christmas dinner exercise?
Max Bryant, by email

A THE National Trust (www.nationaltrust.org.uk/events) has an extensive programme of Christmas/New Year walks billed as 'winter wonderland trails' in England, Wales and Northern Ireland.

In Shropshire, you can enjoy an organised walk at Attingham Park on Boxing Day from 11am to 1pm. The Trust says the beautiful grounds of the estate will also be open to independent walkers until dusk. Normal admission charges apply, and there is an event charge of £6 per adult and £3 per child for the organised walk. For more information, call 01743 708123. Booking is not required.

There is also a Boxing Day walk at the Quarry Bank Mill and Styal Estate in Cheshire from 10am to 12pm where you can hike along the

riverside, and through farmland and woodland, in the valley of the River Bollin. Booking is not necessary for this event. For more details, call 01625 445845.

Q MY WIFE and I travelled by train across Russia last year and enjoyed it immensely. This year, to celebrate our 25th wedding anniversary, we are after something a bit special. Can you recommend any other particularly unique journeys by train?
Steve Wicks, Manchester

A THE 1,000-mile trip from Brisbane to Cairns on The Sunlander is a great experience and listed by the Society of International Rail Travelers as one of the world's 25 great train journeys.



Ask Frank Barrett



Read Frank's blog at www.travelmail.co.uk

BOXING CLEVER: Get out on an organised National Trust walk

It takes up to 32 hours but a choice of overnight sleepers, dining, lounge and club cars makes it a smooth and relaxing trip. You could even team this with a stopover in Sydney to make it a truly unforgettable journey.

Wexas Travel offer tailor-made packages, including flights and accommodation, year-round and are currently offering free return flights with Qantas to Sydney or Brisbane with every journey booked in the premium 'Queenslander' class.

Tickets on The Sunlander are available from £525pp based on twin share. Details from Wexas Travel (0845 643 6568, www.wexas.com).

DO YOU HAVE A QUESTION FOR FRANK? Drop him a line at Ask Frank, Mail on Sunday Travel, Northcliffe House, Derry Street, London W9 5ES. askfrank@mailonsunday.co.uk. Fax (020) 2103 2194. We regret that due to the large number of requests we receive, we may not be able to reply personally to all correspondence.