New edition 2013

Walks for All in Cheshire East

A selection of walks for all abilities, including those with pushchairs, wheelchairs and mobility scooters.





Walks for All in Cheshire East



Steps and stiles can be a problem for many of us, so why not take a walk where you won't encounter any? Ten routes of varying lengths are suggested here to give you a flavour of the Cheshire East countryside. Explore, take healthy exercise and enjoy a sense of wellbeing from being outdoors!

The routes generally have a hard, compacted surface although you might find some paths with a loose surface which may be muddy in winter. The walks are either circular, taking you back to where you started, or linear so you can retrace your steps or arrange for a friend to collect you at the end. The walks are described and shown on a map so that you can make your own decision as to where you go and how far you walk.

Don't forget to wear clothing and footwear appropriate to the time of year and weather conditions. RADAR keys are not available on site, so if you need access to a disabled toilet, it's best to obtain a key before you go either from RADAR or from your local Disability Information Bureau.

For details of accessible bus services and times, phone Traveline on 0871 200 22 33 or go to www.cheshireeast.gov.uk



Whilst every effort has been made to make the walk details as comprehensive as possible, no responsibility can be taken for any changes to the routes or facilities which occur after the publication of this booklet (July 2013)

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Other roads Railway line Rivers & lakes

Woodland

Slope, steeper >>> than 1:10

Built up area



gate generally accessible for wheelchairs and pushchairs.



which opens into an enclosure. Some are fitted with RADAR keys for easier access.

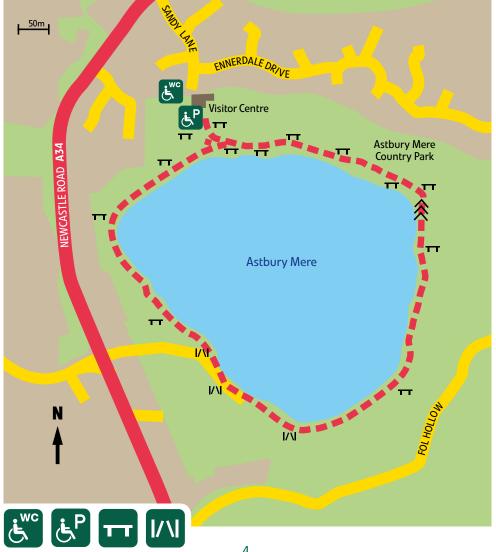


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Gap: a gap between posts that would generally enable a pushchair or wheelchair to fit through but prevent access to motorbikes. These barriers offer a gap of approximately 90 cm at ground level, decreasing to a width of 75 cm at 60 cm above the ground, and a width of 45 cm at a height of 120 cm above the ground.

Astbury Mere Country Park

Less than a mile from Congleton town centre you can enjoy a stroll through wildflower meadows and admire the views across the mere towards Congleton Edge and Mow Cop. The mere is used for fishing and water sports as well as being a haven for waterfowl.



Suggested Route

DISTANCE: 2 km / 1¹/₄ mile circular route.

ALLOW: 30 minutes – 1 hour.

SURFACE: The path has a mainly even, compacted stone surface and offers a 2 metre width throughout. There is a 10 metre long slope of 1:10 gradient at the northeast corner of the lake.

PATH FURNITURE: There is a chicane barrier at the start of the route giving a width of 1 metre. At the southern side of the lake, there are two barriers offering gaps of 1.1 metres. At a further barrier, there is a gap of 1.1 metres between posts, but the available flat area of ground between these posts is 70 cm. There are two locations where dropped kerbs creating 3 cm steps are found. There is seating alongside the mere, with views over the water.

VISITOR INFORMATION

LOCATION: Astbury Mere is located in Congleton on Sandy Lane and is signposted off the A34 Newcastle Road.

POSTCODE FOR SATNAV: CW12 4FP.

PARKING: A free car park is available at the visitor centre and is accessible for minibuses. There are two designated disabled bays by the start of the trail. The car park is open 9am to 5pm and longer in summer.

PUBLIC TRANSPORT: A bus service operates along the Newcastle Road, with a bus stop at Sandy Lane.

TOILETS: Toilets are provided at the visitor centre, including an accessible toilet with a RADAR lock.

REFRESHMENTS: Refreshments are available at local outlets in town and usually at weekends and school holidays at the water sports centre on the southern side of the mere.

FURTHER INFORMATION: The visitor centre is open from 9am to 5pm. The park is owned by Astbury Mere Trust and managed on their behalf by the Cheshire East Countryside Ranger Service:

TEL: 01260 297237

EMAIL: astbury@cheshireeast.gov.uk





Biddulph Valley Way

The Biddulph Valley Way follows the route of a disused railway which carried coal between the Potteries and Congleton for over 100 years. Today, this is a tranquil route that allows visitors to enjoy the delightful Cheshire East countryside. The route offers views of the impressive railway viaduct over Dane-in-Shaw Pasture and a chance to spot a kingfisher.

Suggested Route

DISTANCE: $3.5 \text{ km} / 2\frac{1}{4} \text{ mile}$ one way to Whitemoor Nature Reserve, or $7 \text{ km} / 4\frac{1}{2} \text{ miles}$ return walk.

ALLOW: 2 - 3 hours.

SURFACE: The surface of the route is generally flat and made of compacted stone with loose material. Path widths are over 1 metre throughout.

PATH FURNITURE: There is a motorbike barrier at the Brook Street end of the path and where the route passes under the railway. These barriers would generally enable wheelchairs and pushchairs to access the Way. There are 6 benches located along the length of the path.



VISITOR INFORMATION

LOCATION: The Biddulph Valley Way is best accessed off the A54 Brook Street in Congleton.

POSTCODE FOR SATNAV: CW12 1RG.

PARKING: There is a small lay-by on Brook Street by a telephone box, located between Tommy's Lane and Brunswick Street. Alternatively, a small amount of parking is available along the track leading off Brook Street to the Way.

PUBLIC TRANSPORT: The Way is close to Congleton railway station and can be reached via the canal towpath and a set of steps. Public bus services run along the A54 Brook Street.

TOILETS: No toilets are available on the route. Facilities are available in Congleton town.

REFRESHMENTS: No refreshments are available on the route. Facilities are available in Congleton town.

FURTHER INFORMATION:

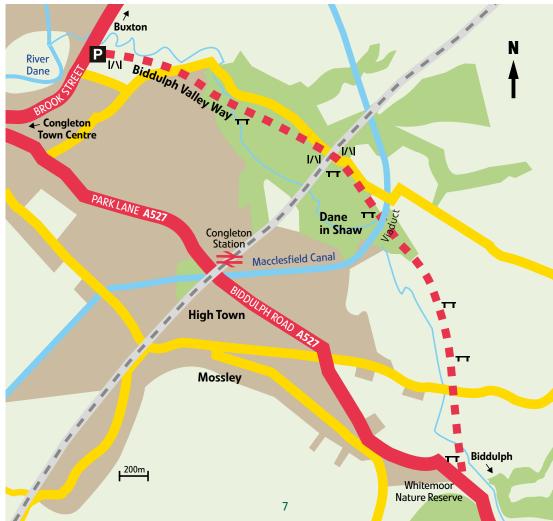
Contact the Countryside Ranger Service:

TEL: 01260 297237

EMAIL: rangers@cheshireeast.gov.uk







Brereton Heath

Designated as a Local Nature Reserve, Brereton Heath lake is surrounded by wildlife habitats managed by the Countryside Ranger Service. These can be enjoyed by visitors via the 'Brimstone Trail' lakeside route and the woodland paths. Fishing day tickets are available at the bank side from Wheelock Angling Society.

Suggested Route

DISTANCE: 1.6 km / 1 mile. circular walk along the Brimstone Trail.

ALLOW: 30 minutes - 1 hour. plus time to enjoy the wildlife and scenery.

SURFACE: The Brimstone Trail route around the lake is generally firm and even with a width of between 1 and 2 metres. Some sections are surfaced, one of which has a steep gradient of 1:10 over 30 metres. Other sections of the path are unsurfaced with loose gravel and compacted stone. One section at the east side of the lake has a cross-slope of 1:8 for 5 metres.

PATH FURNITURE: There are no gates on this route. There are benches located at intervals around the lake and a picnic area behind the visitor centre.

VISITOR INFORMATION

LOCATION: The Reserve is situated on Davenport Lane off the A54 between Holmes Chapel and Congleton.

POSTCODE FOR SATNAV: CW12 4SU.

PARKING: The Reserve is open from 8.45am to 8.30pm in summer and from 8.45am to 5pm in winter. There is a pay and display car park. Annual permits are available. Blue badge holders can park free of charge and there are 4 designated bays for disabled parking.

PUBLIC TRANSPORT: A bus service operates along the A54 with a stop at Davenport Methodist Chapel.

TOILETS: Toilets are available on site, including an accessible toilet with a RADAR lock.

REFRESHMENTS: A refreshment van is sometimes available on site.

FURTHER INFORMATION:

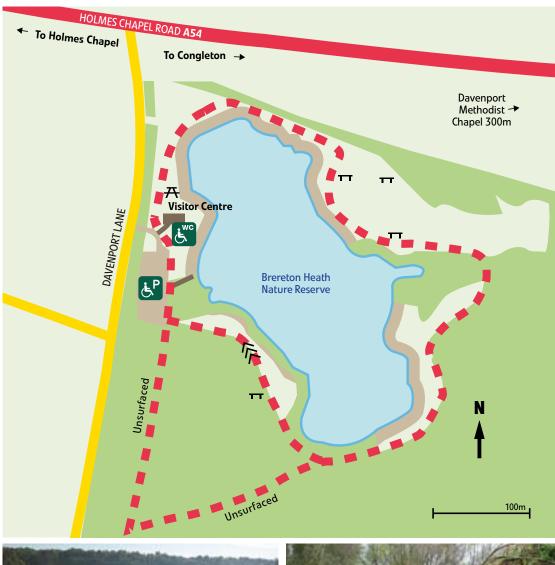
There is a Rangers' office and visitor centre on site:

TEL: 01477 534115

EMAIL: brereton@cheshireeast.gov.uk

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www.facebook.com/breretonheathLNR











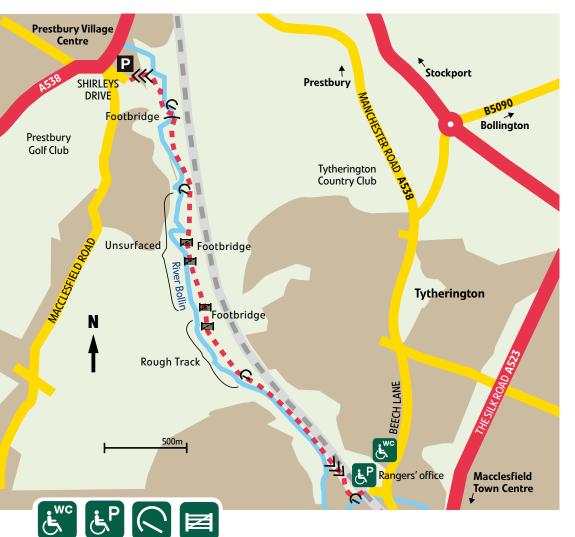






Macclesfield Riverside Park

Situated in the delightful Bollin Valley, the Macclesfield Riverside Park provides a recreational park close to the heart of the town. The park has a variety of habitats and is a great place to watch wildlife. You may see the herd of Longhorn cattle, an ancient and docile breed, which grazes the meadows to help preserve plant species diversity.



Suggested Route

DISTANCE: 3 km / 2 miles one way, or 6 km / 4 miles return walk.

ALLOW: $1 - 1\frac{1}{2}$ hours one way, or 2 - 3 hours return.

SURFACE: The path leaving the Rangers' office is made of compacted stone and has a width of between 1 and 2 metres. There is a slope of gradient 1:10 over a distance of 20 metres. In the central section of the park, the route is unsurfaced and follows a grass track. At the northern, Prestbury end, the path is 1 metre wide and uneven with steep gradients up to 1:6.

PATH FURNITURE: The route passes through a number of hand gates, kissing gates and bridges. The kissing gates are fitted with RADAR locks (at a height of 90 cm from the ground) for 2-way opening to offer a width of 1.2 metres. The minimum width on the bridges is 85 cm and there are steps of 25 cm onto one of the bridges. The least accessible part of the route is located at the Prestbury end, so you may wish to return to the Rangers' office when you reach the bridge over the River Bollin.



VISITOR INFORMATION

LOCATION: The park is most easily accessed off the A538 Beech Lane in Macclesfield where there is a Rangers' office.

POSTCODE FOR SATNAV: SK10 2SL.

PARKING: A free car park, accessible for minibuses, is available at the Rangers' office on Beech Wood Mews, with 2 bays designated for disabled parking. Free car parking is also available in Prestbury off Shirleys Drive.

PUBLIC TRANSPORT: Public bus services operate along Beech Lane and to Prestbury. There are rail services to Macclesfield (1 mile away from the Rangers' office) and to Prestbury (1 mile from the northern end of the path).

TOILETS: Toilets, including an accessible toilet (requiring a RADAR key), are located at the Rangers' office.

REFRESHMENTS: No facilities are available on site. Refreshments can be found in Macclesfield and Prestbury.

FURTHER INFORMATION: The park is owned by Cheshire East Council and managed by the Bollin Valley Partnership:

TEL: 01625 511086

EMAIL: bollin@cheshireeast.gov.uk **WEB:** www.bollinvalley.org.uk

Macclesfield Forest

Macclesfield Forest is the last remnant of the Royal Forest of Macclesfield and is now a working forest managed by United Utilities. Situated within the Peak District National Park, the forest is mainly pine with a native broad leaf tree planting programme. The forest is home to a herd of red deer and the Trentabank Reservoir is host to a number of wildfowl species and the largest heronry in the Peak District.

Suggested Route

DISTANCE: 300 metres / ½ mile, circular walk, signposted from the car park.

ALLOW: 15 – 30 minutes, plus time to enjoy the views over the reservoir.

SURFACE: The paths are unsurfaced routes of compacted stone of about 1 metre in width. In places the paths are uneven and may be muddy and have loose material on the surface. Gradients are largely flat, with a 2 metre steeper section of gradient 1:8.

PATH FURNITURE: There are two gates on the path which open both ways and offer a width of 155 cm. The latches are at a height of 90 cm from the ground. Benches and leaning posts are located by the reservoir and at intervals along the trail.

DESCRIPTION: This short walk takes you across the road from the visitor centre and into the Cheshire Wildlife Trust Reserve woodland. A path leads to the reservoir edge and then you can continue on, across the road and back to the visitor centre.

















VISITOR INFORMATION

LOCATION: Macclesfield Forest is situated to the east of Macclesfield. The Trentabank car park is accessed from the A523 via Langley.

POSTCODE FOR SATNAV: SK11 ONS.

PARKING: A minibus-accessible pay and display car park is available. 3 designated bays are available for disabled parking and blue badge holders can park free of charge.

PUBLIC TRANSPORT: The nearest public transport is by bus to Langley $2.5 \,\mathrm{km}/1\frac{1}{2}$ miles from the visitor centre. **TOILETS::** Toilets are available including an accessible toilet with a RADAR lock.

REFRESHMENTS: Refreshments are available in the summer and at winter weekends. There is a large, grassy picnic area which includes one table that has a space for wheelchair users.

FURTHER INFORMATION: Contact the Peak District National Park Authority Ranger Service which has a visitor centre on site:

TEL: 01260 252832

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EMAIL: martin.winder@peakdistrict.gov.uk

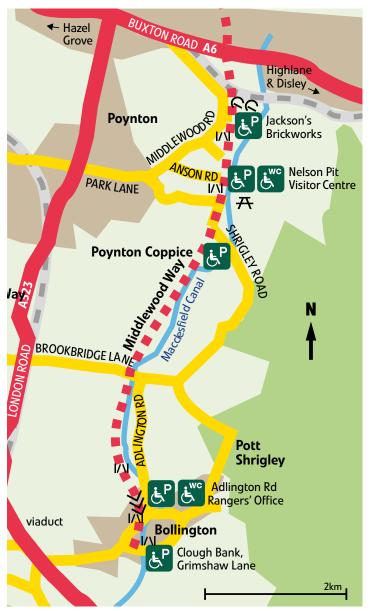
WEB: www.peakdistrict.org

Middlewood Way

The Middlewood Wav is a 16 km / 11 mile linear route following the former Macclesfield. **Bollington and Marple** Railway through picturesque Cheshire East countryside. It provides a relatively level route for all users along its wildlife corridor.

At Bollington the route passes high above the river on a viaduct offering views to the hills and mills of the area.







ROUTE: From lacksons' Brickworks to Nelson Pit and back.

DISTANCE: 4 km / 2½ miles return walk.

ALLOW: 1 - 2 hours.

SURFACE: The suggested route has a compacted stone surface. Elsewhere the route is unsurfaced and can be uneven and muddy in winter. Widths are generally between 1 and 2 metres. There is a steep ramp of 1:8 from the Way up to the Nelson Pit visitor centre. The southern section between the viaduct and Clough Bank carpark off Grimshaw Lane in Bollington is surfaced.

PATH FURNITURE: There are 2 kissing gates at Jacksons' Brickworks with field gates adjacent which are fitted with RADAR locks. At Nelson Pit there is a kissing gate offering a width of 1.03 metres. At Bollington, leading onto Grimshaw Lane there is a chicane barrier giving a width of approximately 1 metre and a field gate equipped with a RADAR lock.

The route contains several squeeze stiles (of minimum width 58 cm) with access beside them for pushchairs and wheelchairs (of width 82 cm and height 128 cm). There are numerous benches and picnic benches.

VISITOR INFORMATION

LOCATION: The Middlewood Way is easily accessible near Poynton to the north or in Bollington to the south.

POSTCODE FOR SATNAV:

Jacksons' Brickworks SK12 1UT.

PARKING:

JACKSON'S BRICKWORKS: A free car park, accessible for minibuses, with 3 designated disabled parking bays, open 9am-6pm in summer and 9am-5pm in winter.

NELSON PIT VISITOR CENTRE: A free car park with 5 designated disabled parking bays. Open at all times. There is a height barrier at the entrance to the car park though a layby can be used to set down and pick up passengers.

CLOUGH BANK: A free car park, accessible for minibuses, off Grimshaw Lane in Bollington, though it is often full during the working week.

ADLINGTON ROAD RANGERS' OFFICE: A free car park, accessible for minibuses, with 2 designated disabled bays, although access from the car park to the Middlewood Way is via a long set of steps.

PUBLIC TRANSPORT: Public buses serve Bollington and Nelson Pit Visitor Centre and there are rail services to Marple.

TOILETS: Public toilets (including one accessible with a RADAR key) are available at the Adlington Road Rangers' office and Nelson Pit visitor centre.

REFRESHMENTS: Refreshments are available on Shingley Road North near Nelson Pit visitor centre and in Poynton and Bollington.

FURTHER INFORMATION:

Contact the Countryside Ranger Service:

TEL: 01625 383700

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EMAIL: rangers@cheshireeast.gov.uk











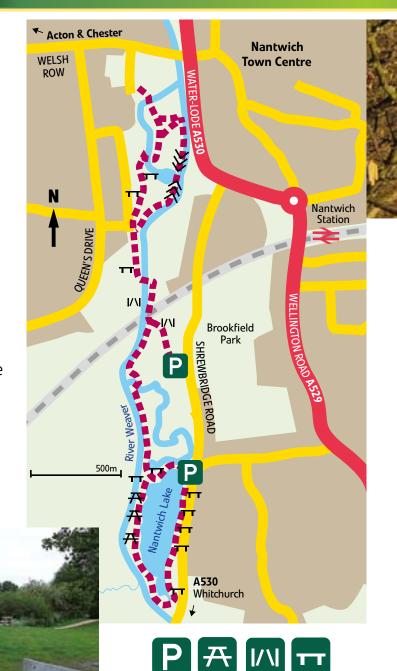




Nantwich Riverside

The riverside area of Nantwich offers a pleasant walk alongside the River Weaver and around Nantwich Lake within easy access of the historic town centre.

The riverside area is home to the saline spring which feeds the outdoor swimming pool and on which Nantwich's prosperity has been largely founded





DISTANCE: 3 km / 2 miles.

ALLOW: 1 hour.

surface: The paths are mainly surfaced with occasional loose material, with some stretches of compacted stone that may become muddy. Widths are between 1 and 2 metres. There is a wide bridge over a weir on the River Weaver with approach ramps of gradient 1:8 over 5 metres.

path furniture: There are no gates or stiles on the paths in the riverside park. Benches are provided at intervals, most frequently around the lake. Where the path goes under the railway bridge, there is a wide chicane creating a width of 120 cm. To the south of the railway is a bridge with gaps of 1 cm between the decking boards.

DESCRIPTION: Parking at the lake car park, a figure of eight walk can be completed: one loop around the lake and another up through the Riverside Park.

VISITOR INFORMATION

LOCATION: Nantwich Riverside is located close to the town centre.

POSTCODE OF THE LAKE FOR SATNAV: CW5 7AF.

PARKING: Free car parking is available at the lake and off Shrewbridge Road (the access path from this car park has a chicane limiting the width of the path to 120 cm). Both car parks have uneven gravel surfaces. Minibuses can access each of the car parks.

PUBLIC TRANSPORT: Nantwich is well connected by bus and rail services, and has a number of bus routes within the town itself.

TOILETS: There are no toilet facilities on the route; facilities exist in the town centre.

REFRESHMENTS: There are no refreshments on the route; facilities exist in the town centre. Picnic benches are located around the lake and in summer months an ice cream van sometimes parks at the lake car park.

FURTHER INFORMATION:

Contact the Public Rights of Way team:

TEL: 01270 686029

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EMAIL: prow@cheshireeast.gov.uk

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The Salt Line

Running through farmland and woodlands from Hassall Green to Alsager, the Salt Line follows the route of a disused railway line. The line was used to transport coal and limestone to the chemical works which used brine in the manufacturing process, hence the name Salt Line. It now provides an important haven for a diverse range of plants and wildlife.

Suggested Route

DISTANCE: $2.5 \text{ km} / 1\frac{3}{4} \text{ miles one}$ way, $5 \text{ km} / 3\frac{1}{2} \text{ miles return.}$

ALLOW: $1\frac{1}{2} - 2$ hours.

SURFACE: The route is a 2 metre wide, even path with some loose material. The route is generally flat. Steep gradients of over 1:10 are found where the path crosses a road; for this stretch the path is surfaced. At the far southern end of the route there is a steep gradient to Sandbach Road – a good point from which to retrace your steps.

PATH FURNITURE: At the beginning of the route and at the road crossing there are motorcycle barriers generally enabling access for wheelchairs and pushchairs. There are a number of benches and picnic tables along the route, including a picnic table with space for a wheelchair approximately half





way along the route.



VISITOR INFORMATION

LOCATION: The Salt Line is best accessed off Hassall Road, between Alsager and Sandbach and is signposted off Betchton Road in Hassall Green.

POSTCODE FOR SATNAV: CW11 4YB.

PARKING: There is a free car park off Alsager Road that is accessible for minibuses, and has a gravel surface. There are no dedicated disabled parking bays. The car park closes at 8.30pm in summer and 5pm in winter.

PUBLIC TRANSPORT: Public bus services operate to Hassall Green, Lawton Heath End and Alsager.

TOILETS: No facilities are available on site.

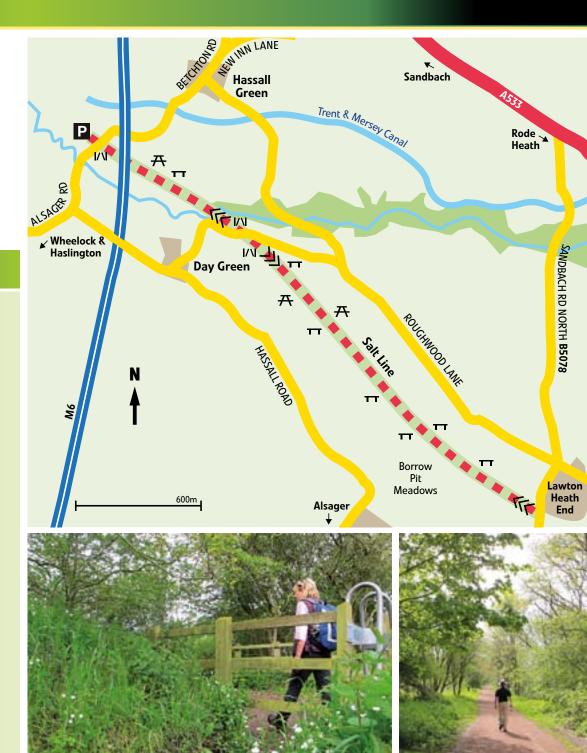
REFRESHMENTS: No facilities are available on site.

FURTHER INFORMATION:

Contact the Countryside Ranger Service:

TEL: 01260 297237

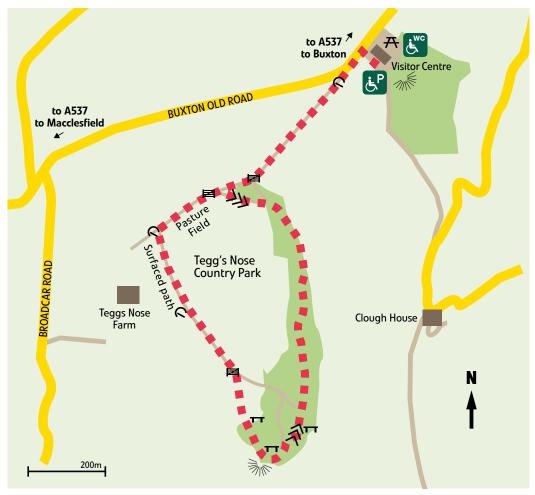
EMAIL: rangers@cheshireeast.gov.uk



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Tegg's Nose

Discover Tegg's Nose Country Park and experience Cheshire East's wild hill country where rock dominates the landscape. From this walk you will be able to enjoy exhilarating views over the Cheshire plain and, on a clear day, you might even see the cathedrals of Liverpool or the Welsh hills on the horizon.



















VISITOR INFORMATION

Suggested Route

DISTANCE: 2.75 km / 1 mile circular walk.

ALLOW: 30 minutes – 1 hour, plus stops.

SURFACE: The paths are largely unsurfaced, compacted stone, some with steep gradients up to 1:6 and uneven rock surfaces. Part of the route is on a grass field (in which cattle may be grazing between April and November). Path widths are between 1 and 2 metres.

PATH FURNITURE: The route passes through 3 kissing gates fitted with a RADAR lock for 2-way opening (offering a width of 125 cm). The route also passes through 3 wicket gates that open both ways and are fitted with trombone style handles. The minimum width of these gates is 120 cm, and the latches are located at 110 cm from the ground.

DESCRIPTION: Follow the track into Tegg's Nose Country Park which climbs gently through the kissing gate/field gate. Continue to a two-way wicket gate from which the circular loop begins. Continue straight through to another two-way gate. Now the path enters the pasture field. Continue downhill alongside the drystone wall on your right to a RADAR kissing gate which leads onto a surfaced path climbing up to the left. Follow this up through another RADAR kissing gate and to a two way opening wicket gate with adjacent field gate. Go through this gate and onto a flat track with benches from which you can admire the views. Continue along the path passing the guarry display. The path continues (avoiding the steps on the right) to join back with the track which will lead you back to the visitor centre.

LOCATION: The Country Park is located on the Buxton Old Road and is signposted off the Macclesfield to Buxton road, the A537, to the east of Macclesfield.

POSTCODE FOR SATNAV: SK11 0AP.

PARKING: A minibus-accessible pay and display car park is available on site. Permits are available. There are 3 designated disabled parking bays and blue badge holders can park free of charge.

PUBLIC TRANSPORT: No public transport runs to the Country Park. Public bus services operate to Langley and along the A537 New Buxton Road.

TOILETS: Toilets are available on site, including an accessible one with RADAR lock access.

REFRESHMENTS: No refreshments are available, although an ice cream van visits the site at times during the summer. Picnic benches are located in the car parking area.

FURTHER INFORMATION:

The visitor centre is open daily from 9am to 4.30pm.

TEL: 01625 374833

EMAIL: rangers@cheshireeast.gov.uk

LIKE TEGG'S NOSE ON FACEBOOK:

www.facebook.com/teggsnose

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The Wheelock Rail Trail

The Wheelock Rail Trail near Sandbach follows the route of a disused railway from Ettiley Heath to Malkins Bank. Today the trail is a rich haven for wildlife and wild flowers and provides a pleasant level and wide route through the Cheshire East countryside.

Suggested Route

DISTANCE: $4.4 \text{ km} / 2 \frac{3}{4} \text{ miles return walk, or}$ $2.2 \text{ km} / 1 \frac{1}{2} \text{ miles one way. The Trail crosses the}$ busy Wheelock bypass (A534) towards its southeastern end, which must be crossed with care. For many, this marks a good point to retrace their steps back to Ettiley Heath.

ALLOW: 1 - 1 ½ hours.

SURFACE: Surfaces are firm and even, with some loose material. The path is between 2.5 and 3 metres wide throughout. One 50 metre section of the Trail is made of decking and has surface breaks of up to 2 cm and a 3 cm step. The route is generally flat; where the Trail crosses the A534 there are ramps of 1:8 gradient and dropped kerbs.

PATH FURNITURE: The Trail has 4 motorcycle barriers which offer a gap of 90 cm width at ground level, a width of 65 cm at 60 cm above the ground, and a width of 58 cm at 90 cm above the ground, generally accessible for a pushchair or wheelchair. Either side of the A534, there are also one-way hand gates giving a width of 90 cm and being operated by autolatches at a height of 110 cm from the ground. There are 3 benches along the Trail with ample space to park a wheelchair next to them. One involves a short, narrow ramp of gradient 1:6 to be rewarded by views over the tranquil countryside.







VISITOR INFORMATION

PARKING: The Wheelock Rail Trail can be accessed from several points. The easiest is at Elworth where you can park on Lodge Road. Postcode for satnay: CW11 3HD.

PUBLIC TRANSPORT: Buses run through Ettiley Heath close to the start of the Rail Trail and also through Wheelock.

TOILETS: There are no facilities on the route.

REFRESHMENTS:

There is a coffee shop on Lodge Road, Ettiley Heath and a variety of choices in Wheelock and Sandbach.

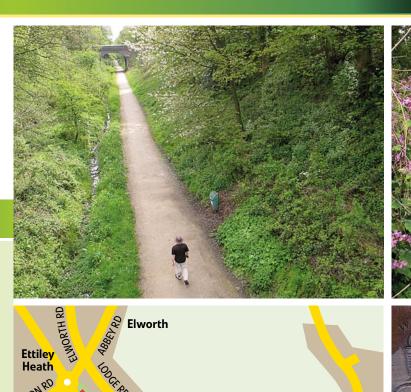
FURTHER INFORMATION:

Contact the Countryside Ranger Service:

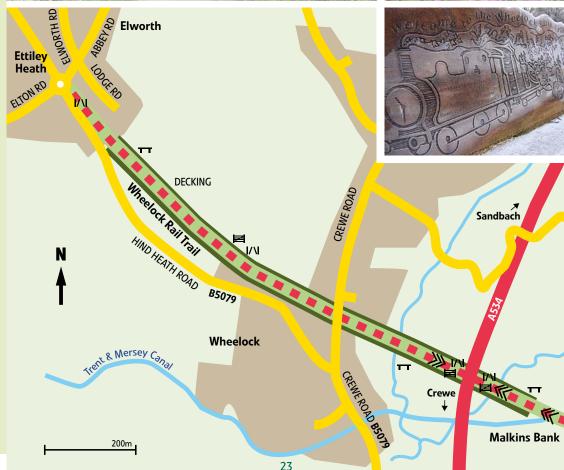
TEL: 01260 297237

EMAIL:

rangers@cheshireeast.gov.uk







Cet the Cheshire East Countryside Ranger Service event listings

delivered straight to your inbox every month by signing up to our newsletter:

WEB: www.cheshireeast.gov.uk/rangers EMAIL: rangers@cheshireeast.gov.uk

TEL: 0300 123 5500



Further suggestions and information on exploring the Cheshire East countryside can be found on the Discover Cheshire website at www. discovercheshire.co.uk

Public Rights of Way

WEB: www.cheshireeast.gov.uk/prow

EMAIL: prow@cheshireeast.gov.uk

TEL: 0300 123 5500

Please contact us if you would like to receive this leaflet in an alternative format such as large print.





DiscoverCheshire