Cycling for All around Audlem



Route Description

Route A2 – Overwater Marina (5 miles-easy / moderate)

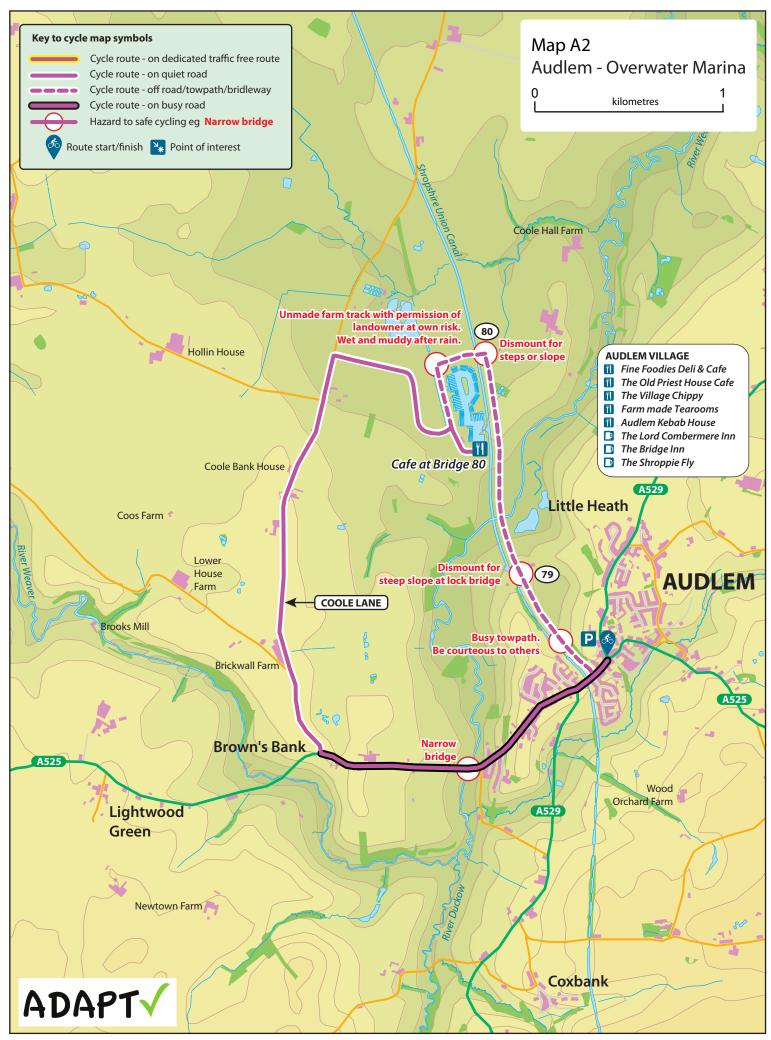
This can be our shortest ride and may be rewarded with a cuppa at the cafe at its destination. A perfect way to limber up before tackling some of our longer routes.

The multi-award winning Overwater Marina provides peaceful moorings for narrowboats as well as a small touring caravan site and holiday lodges and other boating facilities. So, there are always lots to watch from the on-site canal-side cafe. The marina prides itself on being a model for environmental sustainability.

There are two separate ways to reach the marina from Audlem by cycle, which can potentially be linked together to provide a circular route. Although taking much the same time, the options are quite different in their characteristics, so here's some notes to help you choose:

- Route A2 (by road via Coole Lane) (6.4 miles-easy)
 - o This longer route is all on-road but does involve a 1 mile section of the A525 Whitchurch Road to Coole Lane.
 - o This is a busy main road requiring caution, especially around the narrow bridge crossing the River Weaver.
 - o There are short sections of moderate gradient either side of the bridge over the Weaver, but otherwise the route is largely flat.
- Route A2* (by towpath and farm track) (3.8 miles-moderate)
 - This route is more direct and is almost all off-road, so traffic free and very pleasant in favourable conditions. This option is not recommended in wet or icy winter conditions.
 - Approximately half of the towpath section is on hard surface, with the remainder on compacted earth which can be muddy and slippery after rain.
 - Access at the Audlem end is flat, but at Bridge 80 there is a flight of steep steps to be negotiated. Cycles can however be wheeled next to
 the steps. Dismounting is essential. Please ensure you close the gate at the top of the steps properly.
 - After the bridge, if travelling from Audlem, the route follows a farm track, the first section of which is classified as a footpath, but the landowner has given permission for it to be cycled at the rider's own risk. The second portion of the track is on private land and the landowner has also given permission for it to be cycled at the rider's own risk, but points out that this permission does not infer any future rights to it as a footpath.
 - o On the farm track sections, you may encounter closed gates. If so, please ensure that they are closed again after you.
 - o The towpath can be busy with walkers at weekends. Please be courteous and follow the towpath code.
 - The towpath route option is generally flat with no steep gradients, other than other the bridge 80 step, see above and also one very short steep lock approach at Bridge 79, where dismounting between the lock and the bridge is recommended.

Refreshments: - The Cafe at Bridge 80



Cycling for All around Audlem



Cycling Code of Conduct

Ä Cycle with care

Ä Always follow the Highway Code

Ä Be considerate to other users and give way to pedestrians and horse riders

Ä Take particular care at junctions, when cycling downhill and on loose or uneven surfaces

Ä Ride in single file on narrow or busy roads

Ä Consider wearing a helmet and high visibility clothing

Ä Check your cycle is fully roadworthy before setting out

Ä Fit a bell and use it – don't surprise people

Ä By law, you need to use front & rear lights and a red rear reflector & pedal reflectors at night.

Towpaths and Bridleways

Ä Be aware that our routes include canal towpaths with low bridges and uneven brick surfaces under bridges, and line of sight is often poor. Some bridges at locks have steep slopes on their approach. Take particular care at all bridges and consider dismounting if not confident about the conditions.

Ä Ground conditions on towpaths and bridleways can be poor after rain. Make sure your cycle is suitable for the conditions. Towpaths and bridleways are not recommended in wet or icy winter conditions.

Ä On canal towpaths always follow the 'Towpath Code'

Ä Horse riders have right of way on bridleways.

Canal and River Trust 'Towpath Code'

- **1. Share the space** towpaths are popular places to be enjoyed by everyone. Please be mindful of others, keep dogs under control, and clean up after them.
- **2. Drop your pace** pedestrians have priority on our towpaths so cyclists need to be ready to slow down; if you're in a hurry, consider using an alternative route for your journey.
- **3.** It's a special place our waterways are living history, with boats, working locks and low bridges so please give way to waterway users and be extra careful where visibility is limited.

About ADAPT

ADAPT is a local community group in the Audlem area committed to finding ways to enjoy living well today while safeguarding the future.

We do this by:

- Growing our own food and selling surplus on our seasonal Saturday stall in Audlem
- Exploring and promoting energy efficiency and alternative sources of energy
- Promoting public transport and cycling
- Supporting our home-produced food ventures
- Developing woodland management skills

The name 'ADAPT' stands for Audlem & District Acting Positively for Transition.

Find us on Audlem Online - http://adapt.audlem.org

ADAPT's cycle rides

Why not join one of ADAPT's regular cycle rides, which normally follow the routes in this leaflet. You'll receive a warm welcome and travel at a modest pace suitable for all. All ages are welcome, but children under 18 should be accompanied by an adult. Check out the Audlem Online link below for details of our programme.

http://adapt.audlem.org/maps/cycleprog.html

Details will also be posted on Facebook.com/AudlemCW3/

Users of all routes shown on this guide do so entirely at their own risk. Whilst every care has been taken in the production of this guide, ADAPT cannot guarantee the accuracy of the information herein and accepts no responsibility for any error or omission. ADAPT shall not be liable for any death, personal injury or damage to property arising from the use of any of the routes indicated in this guide. The representation of a track or path is no evidence of a right of way. It should be noted that off road sections of routes will not be passable by bikes after or during unfavourable weather conditions. ADAPT does not accept responsibility for the actions of any traders mentioned in this quide.

This guide has been prepared with support from Cheshire East Council's Participatory Budgeting Programme 2017 aimed at improving Public Health.