

Route Description

Route L1 – Norton in Hales & Adderley (13 miles-moderate)

A short, but rewarding ride offering stunning views and quiet open countryside.

Once past the short section of A525 leaving Audlem, this route is largely on back roads and lanes and travels through the pretty village of Norton in Hales.

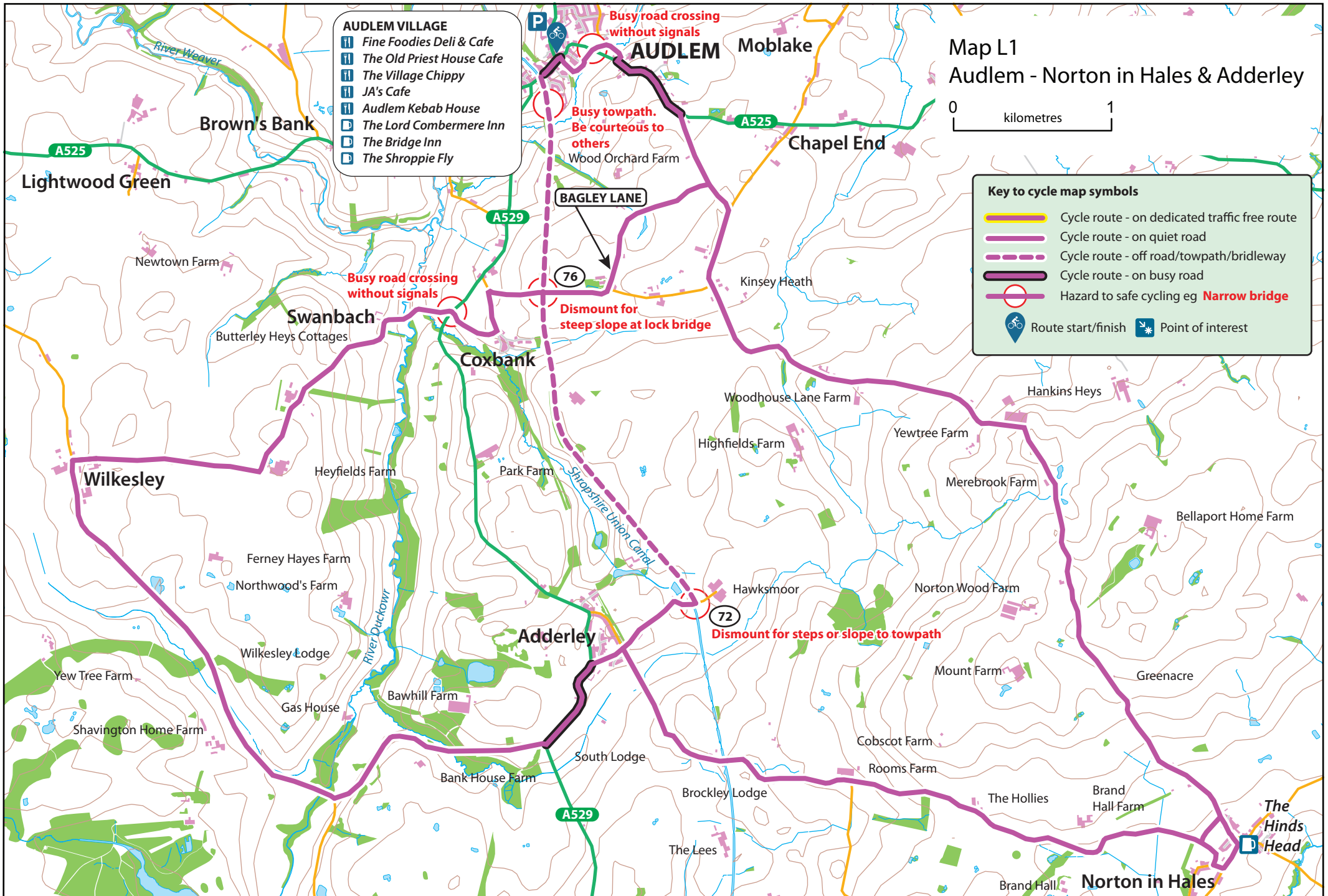
There is a fairly lengthy climb of moderate gradient to the north of Norton in Hales. However, it's worth the effort as the views from the summit can be stunning. The remainder of the route is fairly flat.

You have the option of returning:

- on the on-road route (L1 total distance 15.2 miles) via a short section of the A529 to back lanes skirting Shavington Park to Wilkesley, Coxbank and further back lanes to the south-east of Audlem.
 - Care must be taken on the short main road sections and the A525 crossing at School Lane.
 - The crossing of the main A529 road at Coxbank has limited line of sight and requires great care.
- or via the towpath from Hawkesmoor Bridge (No 72), Adderley (Route L1* total distance 10.7 miles)
 - The towpath can be muddy and slippery after rain. Not recommended in wet or icy winter conditions.
 - Towpath access at the Audlem end is flat, but at Adderley a short steep slope is involved where cyclists should dismount
 - The towpath between Audlem Wharf and Bridge 76 can be busy with walkers at weekends. Please be courteous and follow the towpath code.

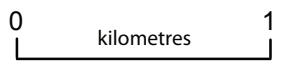
Refreshments:

- The Hinds Head, Norton in Hales



- AUDLEM VILLAGE**
- Fine Foodies Deli & Cafe
 - The Old Priest House Cafe
 - The Village Chippy
 - JA's Cafe
 - Audlem Kebab House
 - The Lord Combermere Inn
 - The Bridge Inn
 - The Shroppie Fly

Map L1
Audlem - Norton in Hales & Adderley



Key to cycle map symbols

- Cycle route - on dedicated traffic free route
- Cycle route - on quiet road
- Cycle route - off road/towpath/bridleway
- Cycle route - on busy road
- Hazard to safe cycling eg **Narrow bridge**
- Route start/finish
- Point of interest

Cycling for All around Audlem



AUDLEM AND DISTRICT ACTING POSITIVELY FOR TRANSITION

Cycling Code of Conduct

- Cycle with care
- Always follow the Highway Code
- Be considerate to other users and give way to pedestrians and horse riders
- Take particular care at junctions, when cycling downhill and on loose or uneven surfaces
- Ride in single file on narrow or busy roads
- Consider wearing a helmet and high visibility clothing
- Check your cycle is fully roadworthy before setting out
- Fit a bell and use it – don't surprise people
- By law, you need to use front & rear lights and a red rear reflector & pedal reflectors at night.

Towpaths and Bridleways

- 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.
- 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.
- On canal towpaths always follow the 'Towpath Code'
- 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 guide.

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