

## Route Description

### **Route L15 - Mucklestone & Loggerheads (17 miles-harder)**

Visit three counties in one ride! Beautiful countryside throughout and great views.

This is hillier than most of our routes, but the gradients are generally moderate and the views make it worthwhile. There are 4 main climbs: one moderate ascent either side of Norton in Hales, the gradual climb to Mucklestone and the steeper unmade track, Rock Lane, towards Loggerheads. The village of Loggerheads takes its name from that of the public house, which used to be known as The Three Loggerheads (meaning "The Three Fools").

- The exit and return to Audlem involve a short stretch of the A525, where care should be taken.
- The crossing of the A525 at the end of School Lane requires care
- The double roundabout junction with the A53 at Loggerheads is busy and complex. Take great care if crossing to The Loggerheads pub on the south side.

Places of Interest:

- Mucklestone Nurseries, Rock Lane

Refreshments:

- The Hinds Head, Norton in Hales
- The Loggerheads, Loggerheads



# 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.

## Bridleways

- Ground conditions on bridleways can be poor after rain. Make sure your cycle is suitable for the conditions. Bridleways are not recommended in wet or icy winter conditions.
  
- Horse riders have right of way on bridleways.

*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.

## 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/