

Cycling for All around Audlem



AUDLEM AND DISTRICT ACTING POSITIVELY FOR TRANSITION

Route Description

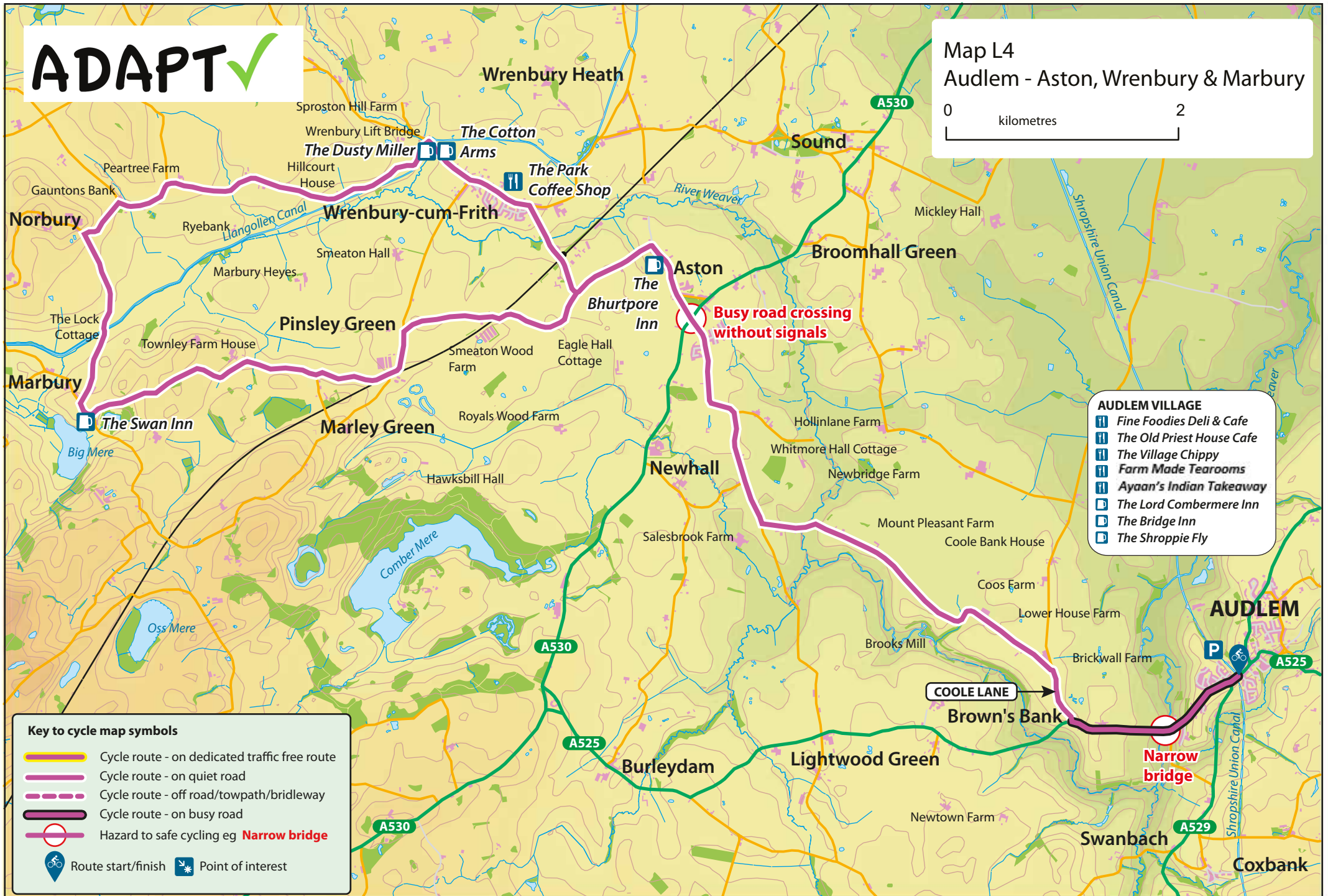
Route L4 – Aston, Wrenbury & Marbury (18 miles-easy)

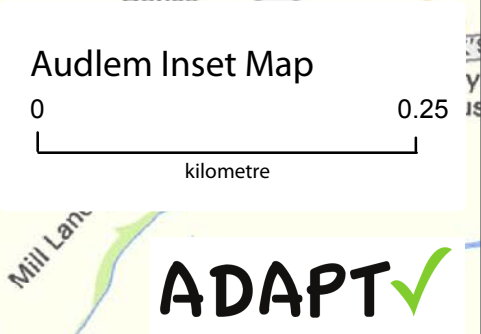
A trip out to the popular Llangollen canal's Wrenbury lift bridge, followed by a circular loop taking in the pretty rural hamlets of Marbury and Norbury. The lift bridge can be a hive of activity in the summer months and can make interesting viewing! Wrenbury village is a conservation area.

- A 1 mile section of the A525 Whitchurch Road to Coole Lane is involved in the exit and return to Audlem. This is a busy main road requiring caution, especially around the narrow bridge crossing the River Weaver.
- There are short sections of moderate gradient either side of the bridge over the Weaver, but otherwise the route is largely flat.
- Crossing the A530 at Aston requires care.

Refreshments:

- The Bhurtpore Inn, Aston
- The Park Coffee Shop, Wrenbury
- The Cotton Arms, Wrenbury
- The Dusty Miller, Wrenbury
- The Swan Inn, Marbury





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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.

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/