

Route Description

Route L7 - Checkley, Knighton & Norton in Hales (21 miles-harder)

A grand circular tour to the east of Audlem, packed with interest (picturesque countryside, views, a bridleway, a ford and more!).

- The route follows back roads and 'B roads' but a short 0.8 mile section of the busy A529 is involved from Hankelow northwards. Alternatively, this section has a good footway which can be walked with cycles, but cycling on it is not permitted.
- The route follows a bridleway to the north east of Woore, which links Checkley Lane to Gravenhunger Lane.
- The bridleway section at Gravenhunger Lane has a muddy and slippery section of track which can be very wet after rain. Be prepared for lying water on this section unless conditions are very dry. The route is not recommended in winter conditions after prolonged rain.
- The main road crossings of the A51 (twice) and the A525 (twice) require care.
- 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.
- There is a pretty detour as an alternative to the main route by way of Dingle Lane and Yew Tree Lane. This route passes the boundary of Bridgemere Garden Centre. This involves a short section of the A51, where great care should be taken. Also, Dingle Lane has a ford through which care should be taken and brakes tested afterwards. The ford should not be attempted if fast flowing.

Refreshments:

- The Hinds Head, Norton in Hales
- A slight detour to Woore gives access to The Coopers Arms.
- Woore Fruit Farm Cafe.
- The detour via Dingle Lane and Yew Tree Lane gives access to Bridgemere Garden Centre cafes.





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/