Cycling for All around Audlem

ADAPT

AUDLEM AND DISTRICT ACTING POSITIVELY FOR TRANSITION

Route Description

Route N - Audlem to Nantwich *(13 miles-easy / moderate)*

Enjoy a pleasant rural route between Audlem and Nantwich, without the hassle of the busy and narrow A529! Typically, you can be there in 45 mins or so.

The route uses the rural back road, Coole Lane, with a half mile section of the A530 leading to Nantwich centre via traffic-free cycle paths.

The exit from Audlem is achieved either by:

- Route N *(14.7 miles-easy)* - By road via Whitchurch Road to Coole Lane
  - Avoiding the towpath section, this route involves a 1 mile section of the A525 Whitchurch Road to Coole Lane.
  - 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.
- Route N* *(12.2 miles-moderate)* - The canal towpath from Audlem Wharf to Coole Lane.
  - Approximately half of the towpath section is on hard surface, with the remainder on compacted earth which can be muddy and slippery after rain. Not recommended in wet or icy winter conditions.
  - Access at the Audlem end is flat, but at Coole Lane there are two options:
    - A short but <u>very</u> steep flight of steps to link directly at the road bridge 82. Cyclists must be confident that they can carry their cycle up or down these steps before attempting this option. Dismounting essential.
    - A ramp at Bridge 83, from where a short footpath links with Coole Lane. Cyclists must dismount and walk the short ramp and footpath section as cycling is not permitted. The towpath section between bridges 82 and 83 can, however, be muddy and slippery after rain.
  - The towpath can be busy with walkers and anglers at weekends. Please be courteous and follow the towpath code. Watch out for Anglers, use your bell well ahead and be prepared to dismount.
  - The towpath route option is generally flat with no steep gradients, other than one very short steep lock approach at Bridge 79, where dismounting between the lock and the bridge is recommended.

A route to Nantwich by towpath all the way is possible, but is bumpy and includes a wet section to the north of the A530. Overall, it is longer, slower and less comfortable than the routes above.

Places of interest:

- The Secret Bunker, Hack Green (Admission Charges apply)

Refreshments:

- The Cafe at Bridge 80 is a short detour from both route options. Refer to route A2 notes for details.

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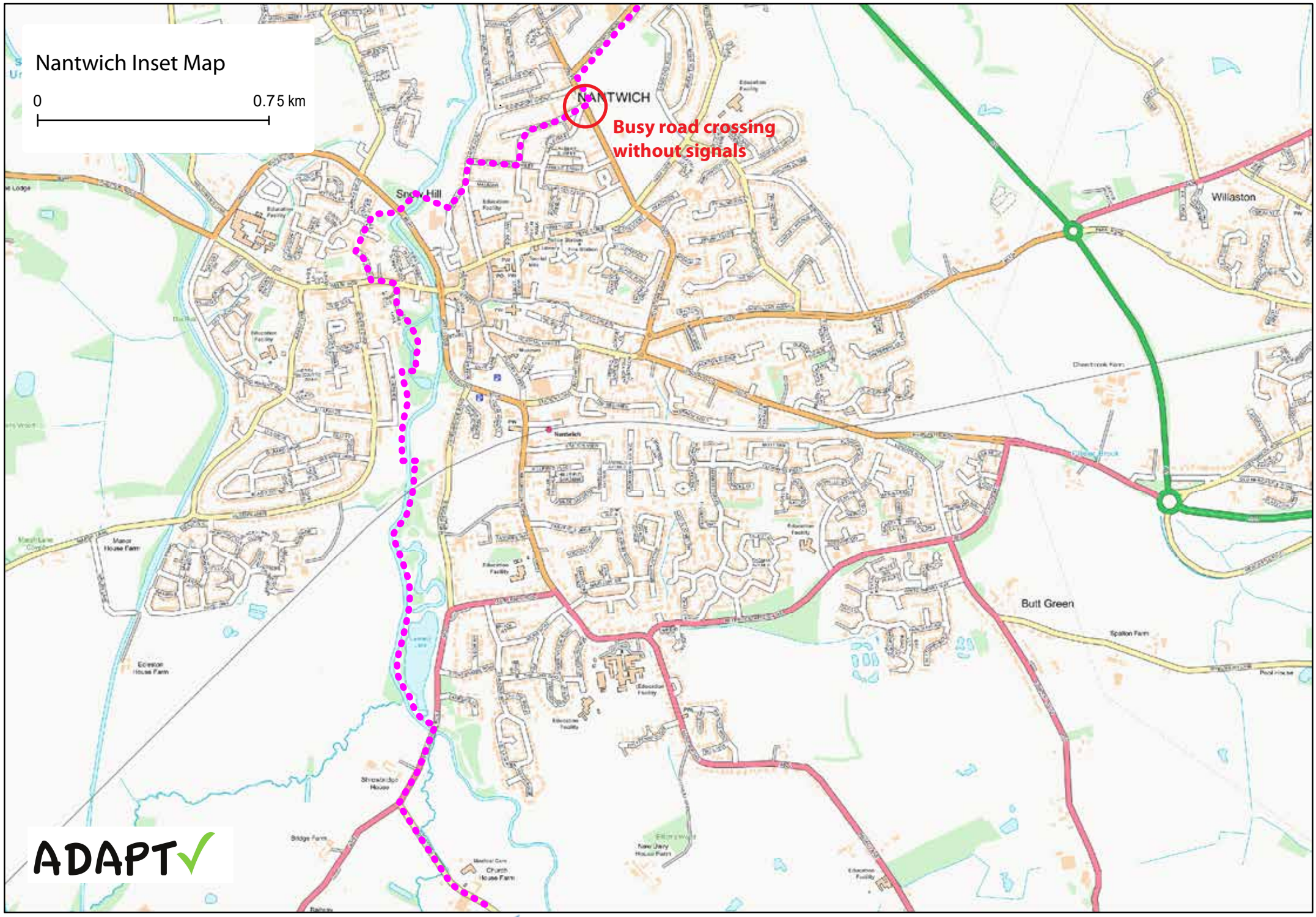

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Cycling Code of Conduct

- 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.

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.