

Route Description

Route A1 – Hankelow & Kinsey Heath (*6 miles- easy / moderate*)

A very short but pleasant tour of the back lanes around Audlem. Great way to stretch your legs in less than an hour.

There is the choice of using the towpath at one end of the trip, or to cut short by the A525 to the east of Audlem and Paddock Lane.

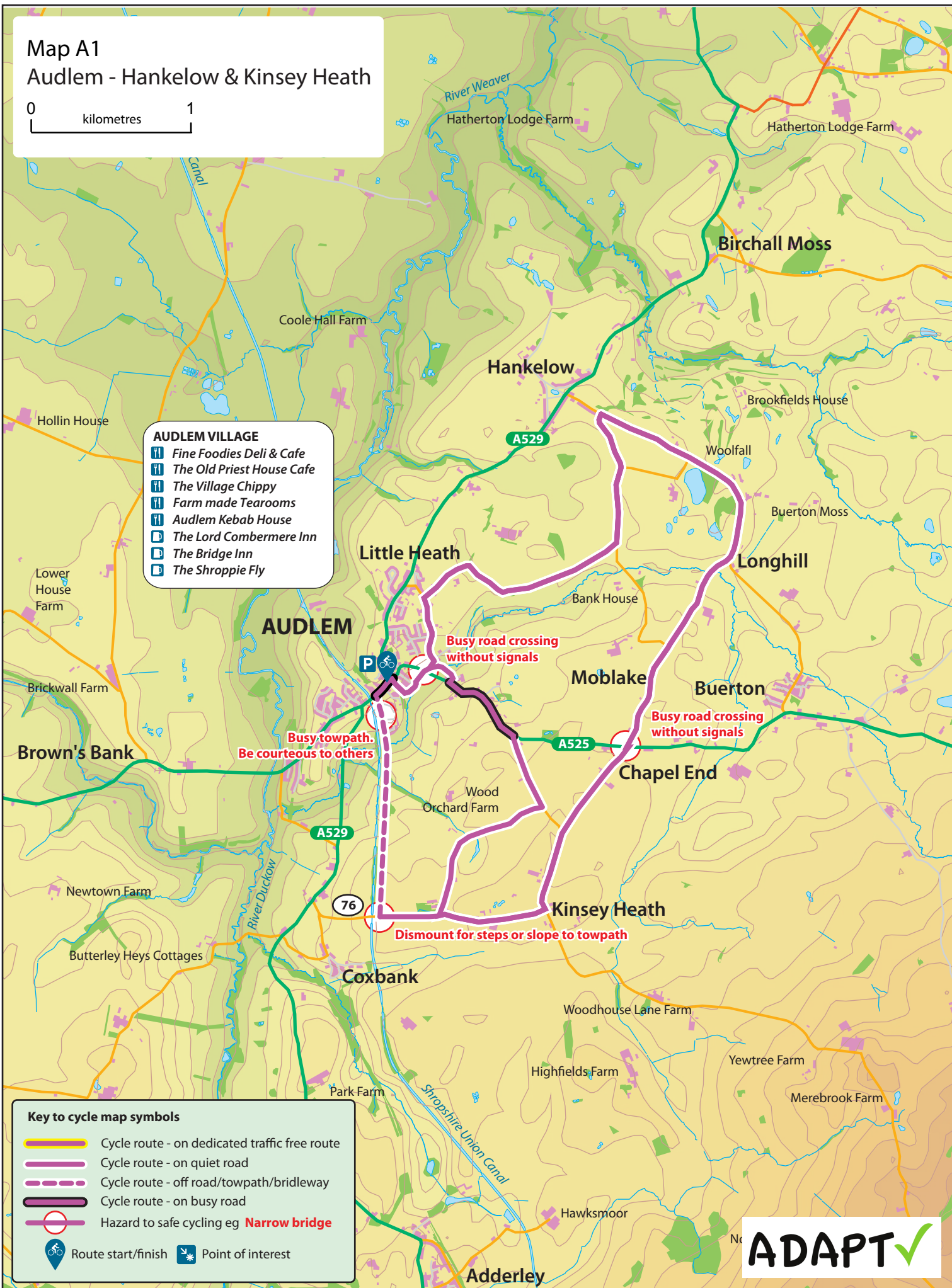
- The route involves either:
 - Route A1 (*6.3 miles-easy*) - Back lanes to the south of Audlem.
 - This option avoids the towpath section, but does include a short section of the A525 Woore Road and an additional crossing of it at School Lane. Care is required here.
 - Route A1* (*6.0 miles-moderate*) - The canal towpath from Audlem Wharf to Bridge 76.
 - The towpath section is on hard base, with a partial surface covering of earth which can be muddy and slippery after rain.
 - Access at the Audlem end is flat, but at Bridge 76 a short steep slope is involved both on the towpath and the access ramp. Cyclists should dismount between the bridge and the road.
 - The towpath can be busy with walkers at weekends. Please be courteous and follow the towpath code.
- Both options involve crossing the A525 at School Lane and Chapel End, where care should be taken.

Map A1 Audlem - Hankelow & Kinsey Heath



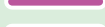




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AUDLEM VILLAGE

-  Fine Foodies Deli & Cafe
-  The Old Priest House Cafe
-  The Village Chippy
-  Farm made Tearooms
-  Audlem Kebab House
-  The Lord Combermere Inn
-  The Bridge Inn
-  The Shroppie Fly



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

ADAPT ✓



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.