

Route Description

Route A5 – Sound & Aston (11 miles-easy / harder)

This short circular route takes us to the north-west of Audlem through quiet lanes with two options for completing the turn to start the return journey. These are:

- Route A5 (10 miles-easy) through the picturesque villages of Sound and Aston
 - Travel a short distance on the busy A530, where care is required (*easy*).
- Route A5 * (11.7 miles-harder) via the ford
 - Extend the journey slightly to avoid the main road and return via Wrenbury Heath and Woodcotehill Lane (*harder*).
 - This lane is a mixture of metalled roadway and unmade track, with a deep ford in the middle. Do not cycle through the deep ford, but instead dismount and walk your cycle round the footpath and causeway on the east side of the ford. Cycling is not permitted on the footpath and care should be taken in walking with a cycle as the path is narrow and on a steep bank. The south end of the path can be muddy and slippery after rain and use of this alternative route is not recommended when river levels are high. To the north of the ford, the track is fairly steep.
- The two crossings of the main A530 at Aston and Sound require care.








Refreshments

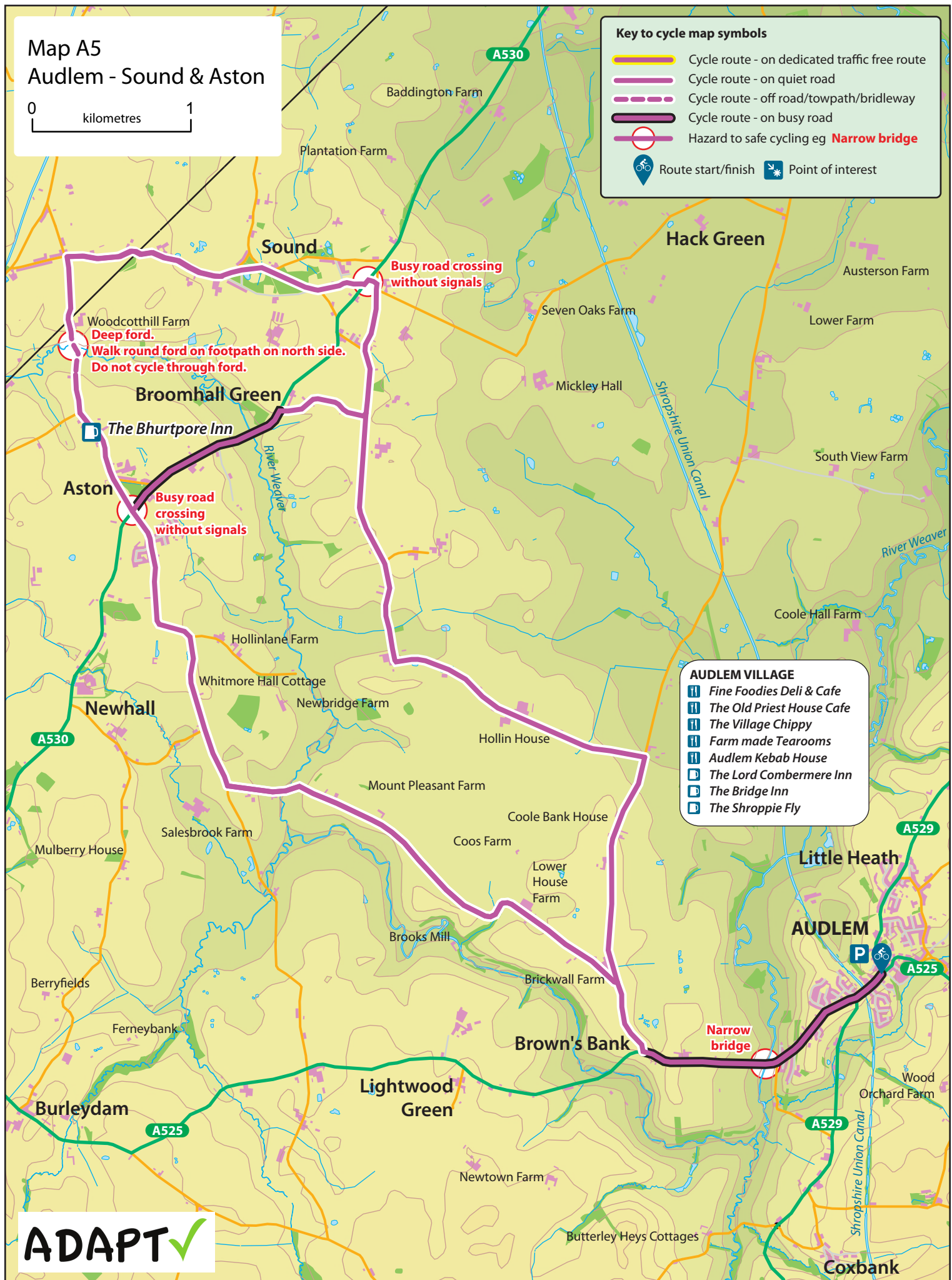
- The Bhurtpore Inn, Aston

Map A5 Audlem - Sound & Aston

0 kilometres 1

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.

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/