

## Route Description

### **Route L6 – Brown Moss & Alderford Lake (29 miles-moderate)**

Here's a chance to enjoy two beautiful attractions in one ride, with a circular loop taking in Brown Moss Countryside Heritage Site. This is a Nature Reserve and Site of Special Scientific Interest located south of Whitchurch. Popular with nature lovers and dog walkers, it is worth exploring on foot. Stout footwear is required and the path round the pool can be very muddy after rain. Please keep to the footpaths and away from the edges of the pools. Cycles can be parked on the car park. Do not cycle on the reserve.

Alderford Lake was created from the sand and gravel pit used in the building of the Whitchurch bypass. Today it offers a landscape of scenic beauty, with circular walks, wild swimming in season (charges apply) and refreshments at the cafe, which gives a 10% discount for visitors who arrive by bike!

- **Route L6 (29.3 miles-moderate)**
  - The exit from Audlem is achieved by back lanes to the south of Audlem.
  - This involves setting off in the opposite direction from Whitchurch but only for a short distance to pick up the quiet lanes. This avoids lengthier sections of busy main road involved in the more direct routes.
  - This includes a short section of the A525 Woore Road. Care is required here and also at the crossing of the A525 at the end of School Lane.
  - The crossing of the main A529 road at Coxbank has limited line of sight and requires great care.
  - The crossing of the A41 Dual Carriageway at Prees Heath is effected by using the footpath crossing to the north of Prees Heath roundabout. Outward bound cyclists must dismount at the end of the lane and walk north for a few metres on the grass verge to where the footpath forms a break in the central reservation barrier arriving in the car park of the Raven Hotel. Cross on foot with extreme care as this road is busy and fast. There is, however no need to cycle on it at all, if the footpath crossing is used. Returning cyclists should reverse the process.
  - The centre of Tilstock operates as a small one way system with which you should comply.
- **Route L6\* (29.6 miles –moderate)**
  - West of Ightfield, the southern section of the routes circular loop offers the option of a section of bridleway through a working farm- Lea Hall. The surface is generally good with a short stretch in the middle which can be muddy. Please be aware and respectful of farming activities if using this section and look out for agricultural vehicles.

#### Places of Interest:

- Brown Moss Countryside Heritage Site
- Alderford Lake

#### Refreshments:

- The White Lion, Ash Magna
- The Raven Hotel, Prees Heath
- The Horseshoes, Inn, Tilstock
- Alderford Lake Cafe (10% discount to those arriving by bike!)
- Transport Cafes, Prees Heath

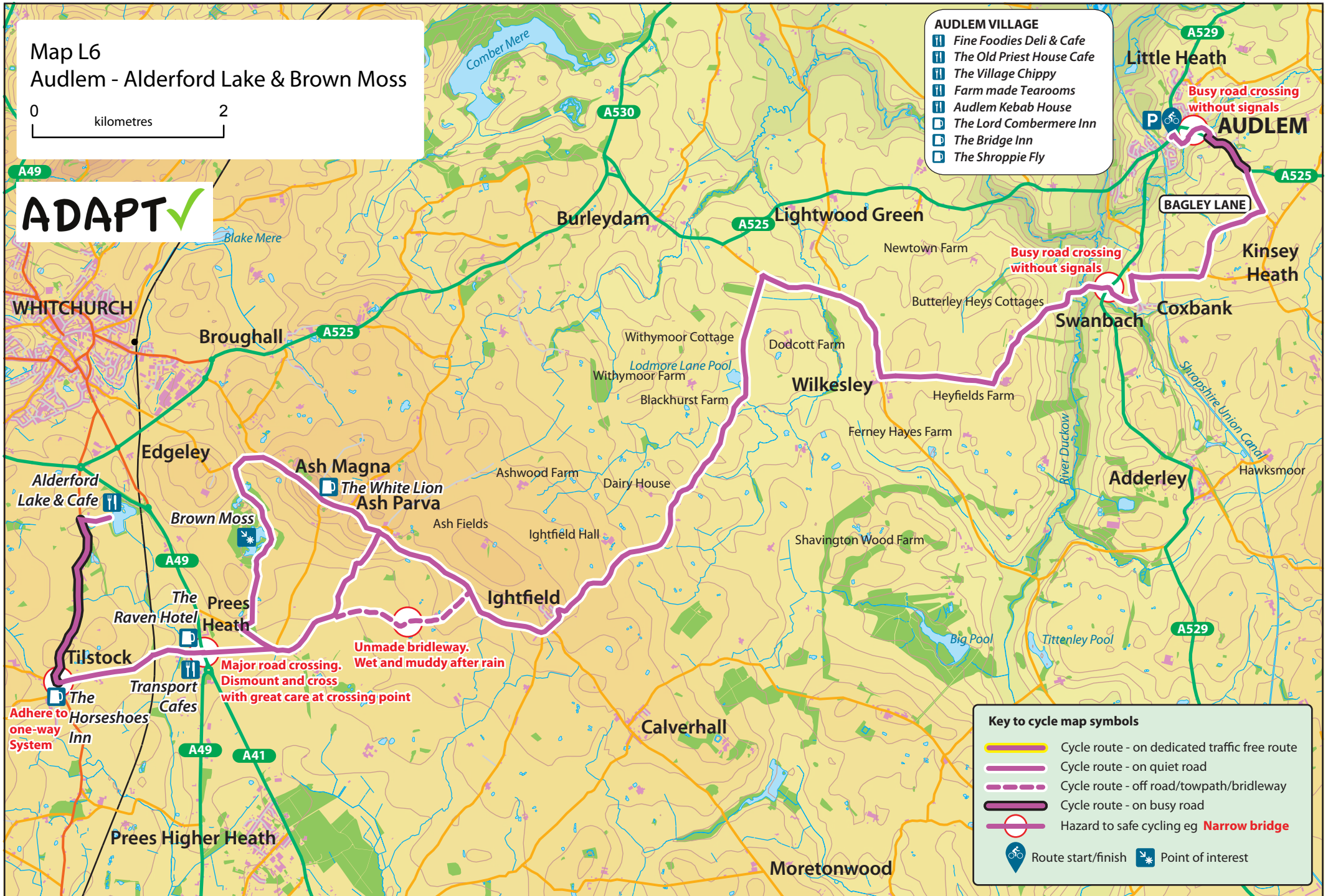
Map L6  
Audlem - Alderford Lake & Brown Moss

0 2  
kilometres








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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





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# 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/