

Walks for All in Cheshire East

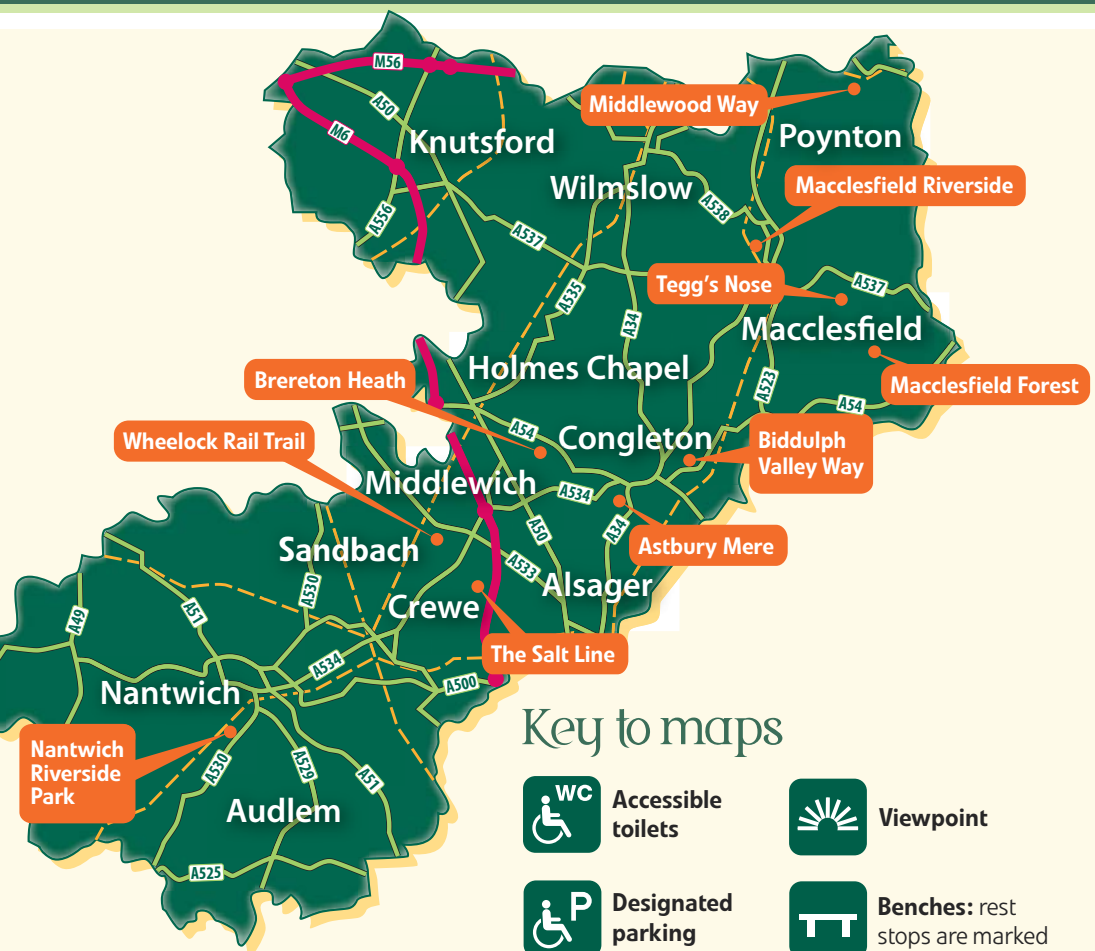
Steps and stiles can be a problem for many of us, so why not take a walk where you won't encounter any? Ten routes of varying lengths are suggested here to give you a flavour of the Cheshire East countryside. Explore, take healthy exercise and enjoy a sense of wellbeing from being outdoors!

The routes generally have a hard, compacted surface although you might find some paths with a loose surface which may be muddy in winter. The walks are either circular back to where you started, or linear so you can retrace your steps or arrange for a friend to collect you at the end. The walks are described and shown on a map so that you can make your own decision as to where you go and how far you walk.

Don't forget to wear clothing and footwear appropriate to the time of year and weather conditions. RADAR keys are not available on site, so if you need access to a disabled toilet, it's best to obtain a key before you go either from RADAR or from your local Tourist Office.

For details of accessible bus services and times, phone Traveline on 0871 200 22 33 or go to www.cheshireeast.gov.uk





Key to maps



Accessible toilets



Viewpoint



Designated parking



Benches: rest stops are marked on the maps.



Refreshments



Picnic area



Gate: a hand gate generally accessible for wheelchairs and pushchairs.



Kissing gate: a gate which opens into an enclosure. Some are fitted with RADAR keys for easier access.



Gap: a gap between posts that would generally enable a pushchair or wheelchair to fit through but prevent access to motorbikes. These barriers offer a gap of approximately 90 cm at ground level, decreasing to a width of 75 cm at 60 cm above the ground, and a width of 45 cm at a height of 120 cm above the ground.

Other information on the maps is shown as follows:

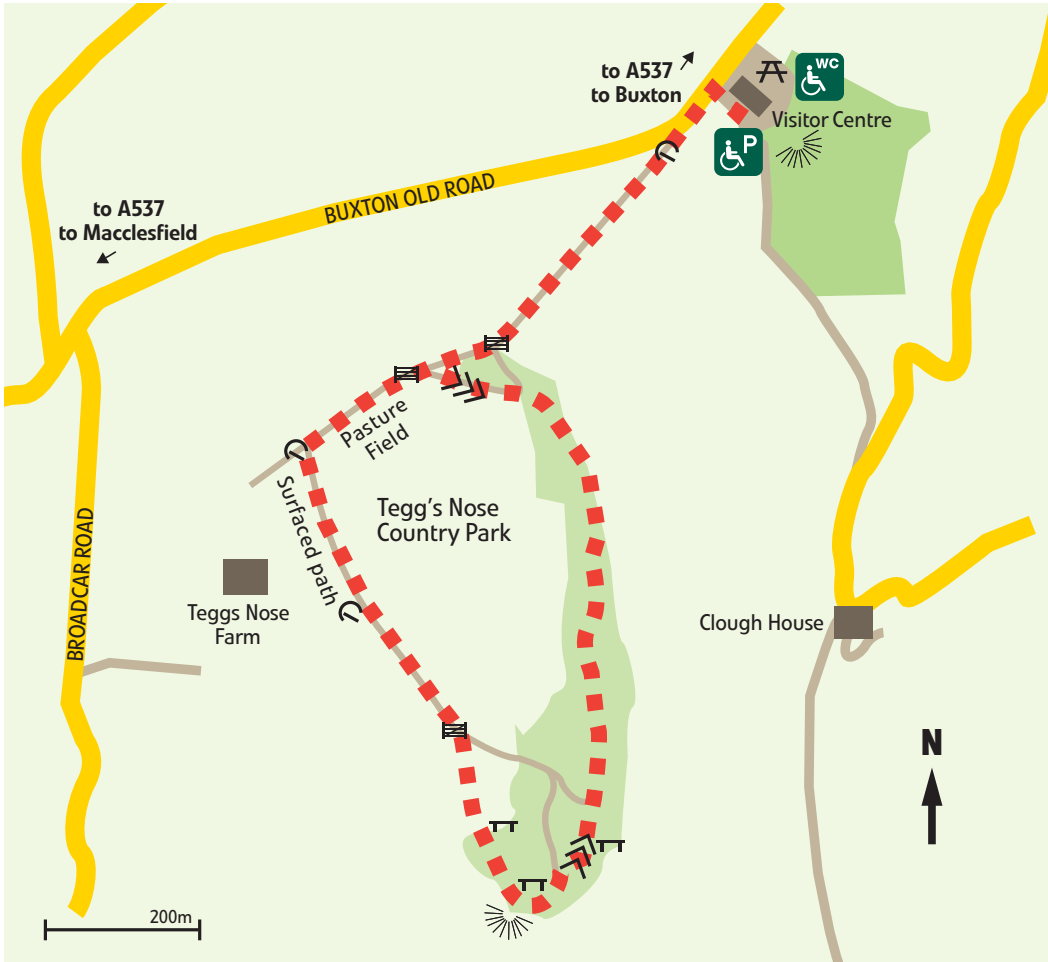


Slope, steeper than 1:10

Built up area

Tegg's Nose

Discover Tegg's Nose Country Park and experience Cheshire East's wild hill country where rock dominates the landscape. From this walk you will be able to enjoy exhilarating views over the Cheshire plain and, on a clear day, you might even see the cathedrals of Liverpool or the Welsh Hills on the horizon.



SUGGESTED ROUTE

DISTANCE: 2.75 km / 1 mile circular walk.

ALLOW: 30 minutes – 1 hour, plus stops.

SURFACE: The paths are largely unsurfaced, compacted stone, some with steep gradients up to 1:6 and uneven rock surfaces. Part of the route is on a grass field (in which cattle may be grazing between April and November). Path widths are between 1 and 2 metres.

PATH FURNITURE: The route passes through 3 kissing gates, one (offering a 60 cm gap) adjacent to an unlocked field gate, the other two being fitted with a RADAR lock for 2-way opening (offering a width of 125 cm). The route also passes through 3 wicket gates that open both ways and are fitted with trombone style handles. The minimum width of these gates is 120 cm, and the latches are located at 110 cm from the ground.

DESCRIPTION: Follow the track into Tegg's Nose Country Park which climbs gently towards the quarry through the kissing gate/field gate. It then continues to a two-way wicket gate from which the circular loop begins. Continue straight through to another two-way gate. Now the path enters the pasture field. At the other side of the field is the RADAR kissing gate which leads onto a surfaced path climbing up to the left. Follow this up through another RADAR kissing gate and to a two way opening wicket gate with adjacent field gate. Go through this gate and onto a flat track running around the south side of Tegg's Nose. Benches are located here from which you can admire the views. The path continues (avoiding the steps on the right) to join back with the entrance track which will lead you back to the visitor centre.



VISITOR INFORMATION

LOCATION: The Country Park is located on the Buxton Old Road and is signposted off the Macclesfield to Buxton road, the A537, to the east of Macclesfield. Postcode for satnav: SK11 0AP.

PARKING: A minibus-accessible pay and display car park is available on site. Permits are available. There are 2 designated disabled parking bays and blue badge holders can park free of charge.

PUBLIC TRANSPORT: No public transport runs to the Country Park. Public bus services operate to Langley and along the A537 New Buxton Road.

TOILETS: Toilets are available on site, including an accessible one with RADAR lock access.

REFRESHMENTS: No refreshments are available, although an ice cream van visits the site at times during the summer. Picnic benches are located in the car parking area.

FURTHER INFORMATION:

A rangers' office and visitor centre is located on site and is open daily from 9am – 4.30pm. An audio trail CD is available for Tegg's Nose Country Park:

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