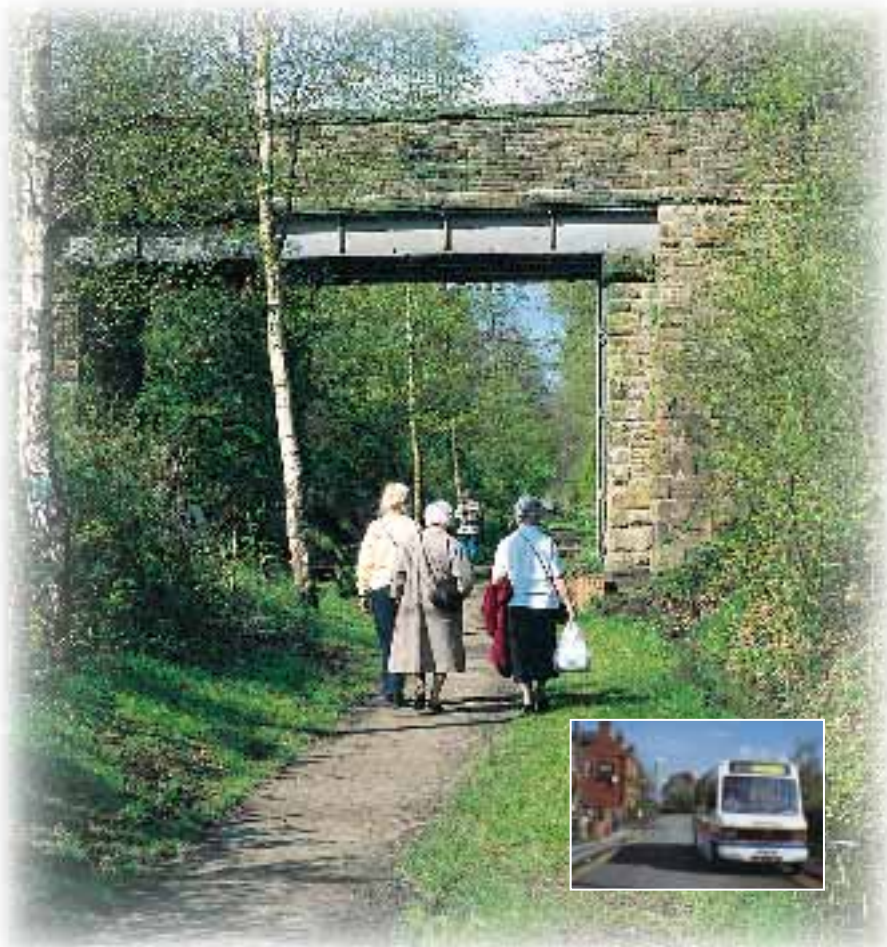


Green Walks

They're good for you and the environment!



Poynton and Disley

Take a bus or train ride out and a healthy walk home

Green Walks ... Routes to healthy living!

Both Poynton and Disley are surrounded by a network of footpaths, tracks, canal towpaths and the trackbeds of old railways and tramways. Many of these provide superb walks, with good views of the surrounding countryside and often with features of historical interest too.



The walks in this booklet show how easy it is to explore your local countryside on foot. Walking helps to keep you fit - that's official! So these are routes to healthy living. They're also very easy to reach by just a short bus or train ride to the starting point, so no need to use a car. For short journeys like these, that's healthier for the environment, too. So there are benefits both for you and for the environment. That's why we've called them Green Walks!

Travelling by bus or train also has other advantages. There's no need to walk in a circle back to the start, and no worries about parking or whether it's safe to leave a car in an isolated spot. Using public transport out and walking back means there's no problem of missing a bus or train to get home, so you can take as long as you like on the walk!

Bus times are displayed at most bus stops, or you can call Cheshire Busline on 01625 534850. Train times are posted up at the station, or you can call 0345 484950. And of course by using other buses or trains via Hazel Grove or Stockport it's also possible to reach the Disley walks from Poynton and vice versa. Finally, it's advisable to wear sensible footwear, especially for the walks which go through woodland or farmland. Any of the walks could be muddy and slippery after rain.

Here's wishing you the best of walking!

Walk 1: Higher Poynton - Poynton Coppice - Lady's Incline - Poynton

Distance: 3 miles (4.5 kms)

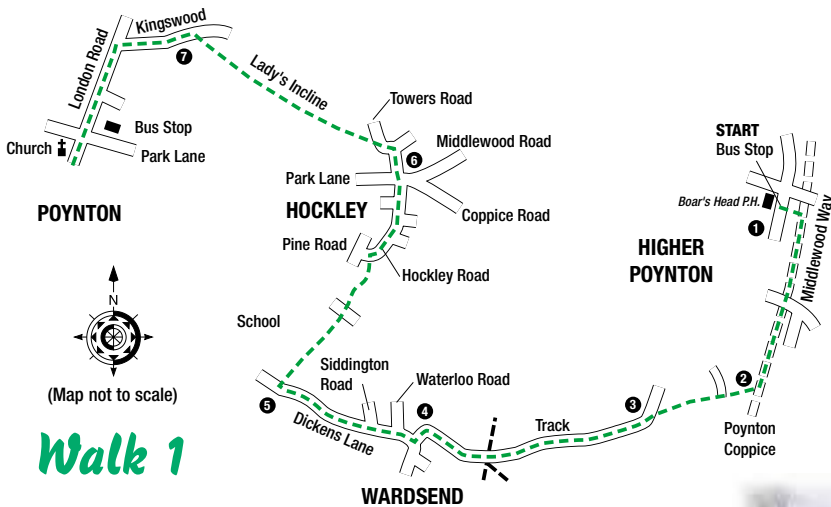
Allow 1½ - 2 hours

This walk starts at what used to be Higher Poynton station on the Marple to Macclesfield railway, now a walking and horse riding route. The Visitor Centre at Nelson Pit, nearby, describes the area's industrial past. Poynton Coppice, rich in wildlife, once provided timber for local collieries and mill machinery. Lady's Incline, near the end the walk, is part of the network of tramway inclines which once served the former Poynton coalfield.

Terrain: Tracks, woodland paths and short stretches of road. Easy going, on the level or downhill.

Refreshments: Boar's Head pub and Coffee Tavern at Higher Poynton.

Getting to the Start: Travel to Higher Poynton by bus from the bus shelter outside Boots the Chemists in Park Lane, Poynton (Stagecoach Manchester Service 191, hourly including Sundays). Ask for the Boar's Head.



Walk 1

- From the Boar's Head cross the road and follow the ramp, signposted 'Middlewood Way', down onto the old station platform. Keep right along the platform, away from the bridge. At the far end cross the horse track onto the parallel footpath and continue ahead. Pass under Shrigley Road Bridge.
- Just before Poynton Coppice car park, turn right and go through the stile behind the information board. Ignore the steps down to the woodland walk, and follow the upper path, signposted 'Ward's End'. After a gate ignore the right fork and continue through the woodland.
- Bear left where a track joins from the right, by a plant nursery. Continue to join a rough road with houses on the right. Follow the road downhill.
- Reaching a busier road by a bridge, turn right by Bridge Cottage and keep straight ahead, passing Waterloo Road and Siddington Road on the right.
- At the far end of the playing fields turn right just before Oak Cottage onto a tarred footpath along the edge of the playing fields. Cross a road and continue between two fences. Reaching a bend on Pine Road, keep straight ahead. At the road with the no entry signs, fork left.
- Reaching Middlewood Road at the junction with Coppice Road, turn left. Just before the Post Office turn right into Towers Road. Leave the road just after the first bend and follow a track on the left, signposted 'Lady's Incline' and 'Poynton'.
- At the far end pass to the right of a gate and in a few yards reach a road at the entrance to the Kingswood estate. Turn left on this estate road, which leads to the main London Road. Turn left on the main road and continue to Poynton Church.



Poynton Coppice



Higher Poynton

Walk 2: Furlane Ends (Wood Lanes) - Macclesfield Canal - Prince's Incline - Poynton

Distance: 4 miles (6.5 kms)

Allow 2 - 2³/₄ hours

A walk through pleasant tranquil countryside but with reminders of this area's industrial past. The Macclesfield Canal, designed by Thomas Telford and built in 1831 to open up trade between Manchester and the Potteries, is now used for pleasure cruising. At Higher Poynton the Visitor Centre at Nelson Pit is worth a short detour. Leaving the canal the walk follows Prince's Incline, part of the network of tramway inclines which once served the Poynton coalfield.

Terrain: Canal towpath, tracks and paths. Easy going, on the level then gently downhill.

Refreshments: Miner's Arms pub and Ken's Cafe at Furlane Ends; Boar's Head pub and Coffee Tavern at Higher Poynton.

Getting to the Start: Travel to Furlane Ends (sometimes called Wood Lanes) by bus from the bus stop outside the TSB bank in London Road South, Poynton (Arriva Midlands North Service 392, approx. every 2 hours but few on Sundays). Ask for the Miner's Arms. N.B. On Sundays board the bus at the stop in Chester Road, immediately outside the Church.

1. From the bus stop opposite Wood Lanes Methodist Church go over the cross roads, cross the railway bridge, pass the cafe and up some steps to the canal. Turn left on the towpath for a mile and a half.
2. For a detour to the pub, cafe or Nelson Pit Visitor Centre at Higher Poynton, just beyond Bridge 15 (number shown on metal plate on bridge), follow the towpath over a ramp and go through a stile on the left into the car park. Follow the access road opposite to the Visitor Centre.



Macclesfield Canal

The Boar's Head pub and Coffee Tavern are just across the bridge. Return to the canal and continue on the towpath.

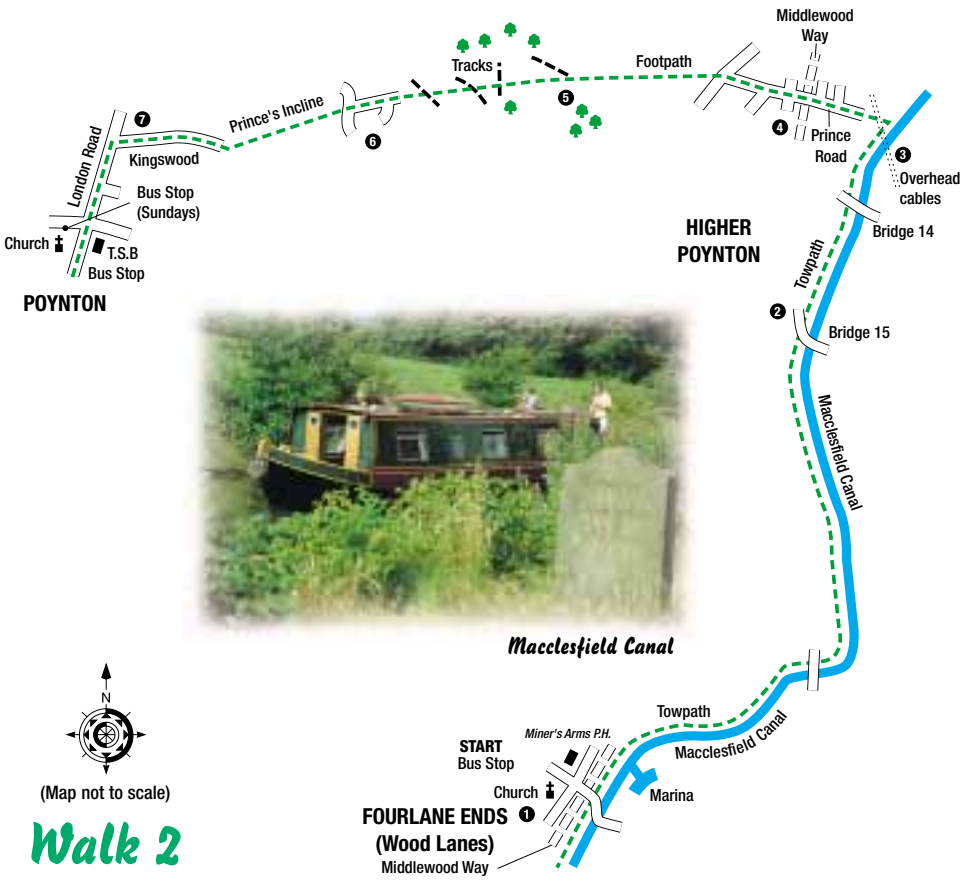
3. Just after walking below power cables which cross the canal soon after Bridge 14, pass to the right of a small copse with an old wooden building in it. Just beyond, turn left over a stile, signposted to Prince's Incline and Middlewood Way. Cross a stile, pass some houses and cross a bridge over the Middlewood Way.
4. Carry straight ahead down Prince Road, ignoring all turnings. Cross a busier road and pass to the left of the house named Bluebell Rise, through a stile to the right of a gate, signposted to Prince's Incline and Poynton. Continue on the rough path through woodland. Cross a metal stile and then, just after an information board on the right describing the Inclines, go through a stile to the right of a gate.
5. Take the left fork immediately beyond the gate and continue downhill past a golf course, then over another stile to the right of a gate, across a rough track, and down steps opposite. Continue straight over another track which crosses at an angle and go through the stile beyond.

Continue through several more stiles and gates, keeping in the same direction throughout.

6. Pass to the right of a large stable building, then cross over a road with houses on both sides. Carry on through the trees and eventually reach a gate leading onto a residential estate road. Ignore the arrow on the gatepost and continue ahead onto the estate road near the 'Kingswood' sign. Turn right on this road which leads to the main London Road.
7. Turn left on the main road and continue to Poynton Church.



Prince's Incline



Macclesfield Canal



Walk 2

Walk 3: Adlington - Middlewood Way - Hope Lane - Poynton

Distance: 5 miles (8 kms)

Allow 2½ - 3¼ hours

A walk of contrasts, from peaceful farmland to the outskirts of Poynton. Adlington Hall, near the start, is a part Georgian and part Elizabethan mansion, home of the Legh family and open on certain days. Part of the walk follows the Middlewood Way, a path created from the trackbed of the former Marple to Macclesfield railway which closed in 1970.

Terrain: Fields, paths, tracks and minor roads. Mostly easy going on the level or downhill, with one gentle climb. First section can be muddy after rain.

Refreshments: Legh Arms pub at Adlington; Miner's Arms pub and Ken's Cafe at Fourlane Ends.

Getting to the Start: Travel to Adlington either by train from Poynton station (hourly on weekdays but very few on Sundays) or by bus from the bus stop outside the TSB bank in London Road South, Poynton (Stagecoach Manchester Service X1, approx. every 3 hours, daily). Ask for the Legh Arms.

1. **From the bus stop** walk back to the cross roads. Turn right by the Legh Arms into Brookledge Lane and continue over the railway bridge. **From Adlington station** go through the gate on the platform, turn left up the track to reach the road by the bridge, then turn right.
2. From the bridge continue on the road and take the second road on the right (Wych Lane). At the last of the houses keep straight ahead on a rougher track. Leave this where it bends sharp right and cross a stile ahead. Continue in the same direction through the field beyond. Cross a stile to the right of a gate, just in front of a large barn. Soon cross another stile by a gate, between the barn on the left and a farmhouse on the right. Continue ahead on the farm track for a short distance.



On the Middlewood Way

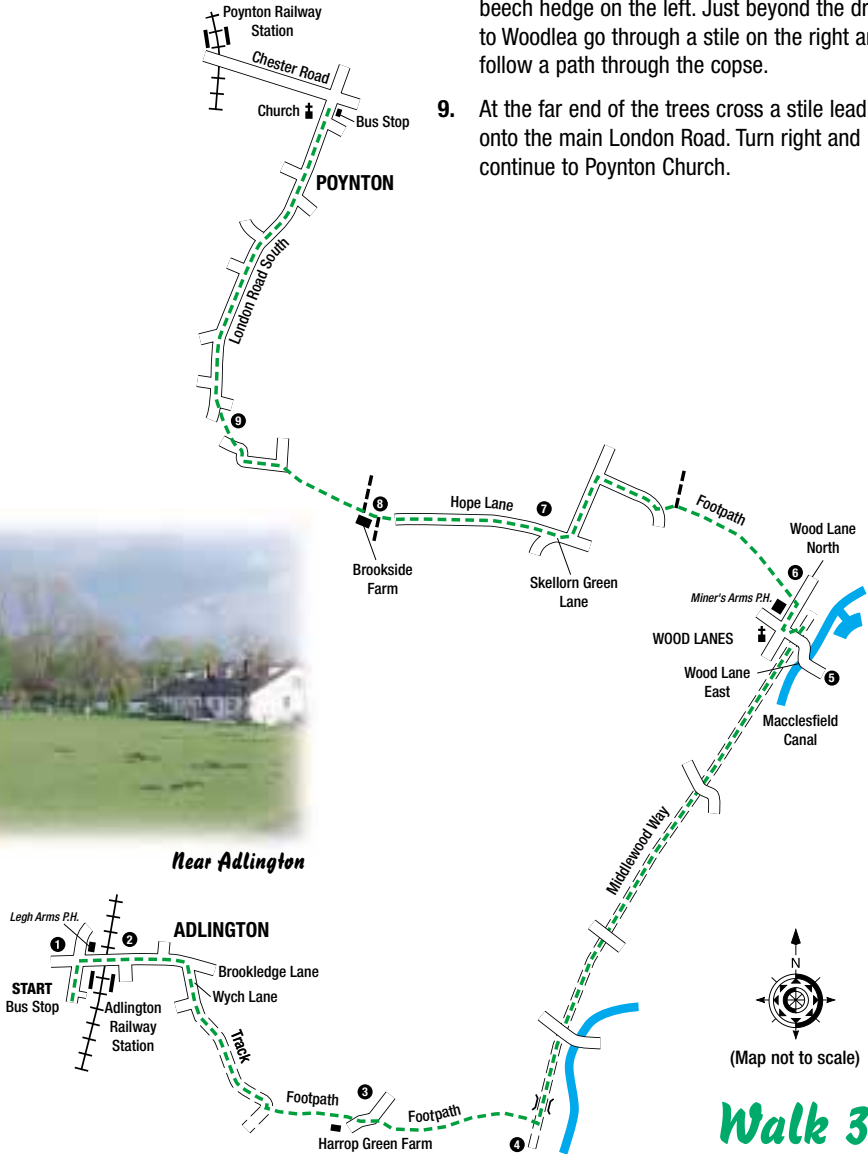
3. After crossing a very small brook go through a stile with footpath signpost on the right. Go through the field, under power cables, keeping to the right hand side, along the hedge. Follow the direction shown by the next signpost and head diagonally left across the field to another stile among the trees, just to the right of a pond. Cross here and keep straight ahead across the large field beyond, aiming for some isolated trees in the middle of the field. Pass between the second and third of these and bear slightly left. In the far corner a bridge under the old railway soon comes into view. Go through a stile by a gate immediately to the right of the bridge and reach the Middlewood Way.
4. Turn left and follow the Middlewood Way for a little over a mile.
5. At the fourth bridge (Wood Lane East) go through a barrier and turn left up steps just beyond the bridge, signposted 'Miner's Arms'. At the top of the steps turn right to the cross roads. Turn right again here, up Wood Lane North past the Miner's Arms.
6. Just beyond the pub car park turn left over a stile by some holly bushes, signposted 'Wardsend'. Follow the raised track over a stile, through a holly hedge and through gorse bushes to another stile in a wire fence.

Beyond, leave the raised track and bear right on the path, slightly downhill. Keep to the left of another holly hedge and cross another stile ahead. Keep straight on, to the left of another long holly hedge. Just before the end of the field turn diagonally left to a gate and go through the stile on the left of it. Turn right onto the track, which becomes cobbled. Reaching a road, turn left. At a T-junction, turn right into Skellorn Green Lane.

7. After 100 yards fork right into Hope Lane. Follow this for some distance to Brookside Farm, where the lane ends.
8. Beyond the lane continue on the grassy footpath straight ahead. Cross a footbridge and continue to the left of an industrial estate. Cross another footbridge to the left of a bungalow and reach a road at the junction of several drives. Continue down the road, with a beech hedge on the left. Just beyond the drive to Woodlea go through a stile on the right and follow a path through the copse.
9. At the far end of the trees cross a stile leading onto the main London Road. Turn right and continue to Poynton Church.



Near Adlington



Walk 3

Walk 4: Newtown - Peak Forest Canal - Disley Golf Course - Disley

Distance: 3¾ miles (6 kms)

Allow 2 - 2½ hours

This walk, mainly along the Peak Forest Canal towpath, provides good views across the Goyt valley and up to the High Peak. The canal was built in 1800 to carry limestone from quarries in the Buxton area. New Mills has a fascinating history and an interesting Heritage Centre which is worth a visit. The walk provides a glimpse of several local industries, including a sweet factory and a large paper mill.

Terrain: Canal towpath, woodland footpath, tracks and minor roads. Mostly easy going on the level, but with a steady climb towards the end.

Refreshments: Various pubs at Newtown.

Getting to the Start: Travel to Newtown either by train from Disley station (hourly but check for alterations on Sundays) or by bus from the lay-by opposite the Hungry Horse restaurant (Ram's Head), Disley (Trent Service 199, every half hour, daily). Ask for the Swan Hotel.

- 1. From the bus stop** (at the corner of Meadowside) continue on the main road to the traffic lights. Opposite the Swan Hotel turn left down Albion Road and continue over the railway bridge. **If arriving by train** at New Mills Newtown station, go through the station car park to join the main road at the North Western Hotel.
2. Carry on downhill and cross the canal bridge. Turn right into Victoria Street, signposted 'Peak Forest Canal Towpath'.
3. At the end of Victoria Street reach the canal and turn right onto the towpath. Pass under Bridge 28 (number shown on metal plate on opposite side of bridge) and continue along the towpath, past a factory on the right.
4. Leave the towpath just before Bridge 23, opposite a drive on the right leading to some buildings. Turn left over the bridge and cross the stile. Follow the right hand of the two waymarked paths, down a bank towards the holly trees, to a stile in the fence. Cross the stile and continue on a rough path along the edge of the wood. Keep to the path which bears left, away from the canal, and climbs up into the wood. Cross a stream and leave the wood by climbing up a steep bank to the right of some buildings, reaching a track by a gateway.
5. Turn left through here on the track, passing to the left of a chimney. At the bottom of the slope, where another track joins from the left, bear right and keep to the right of a pond just below the chimney.



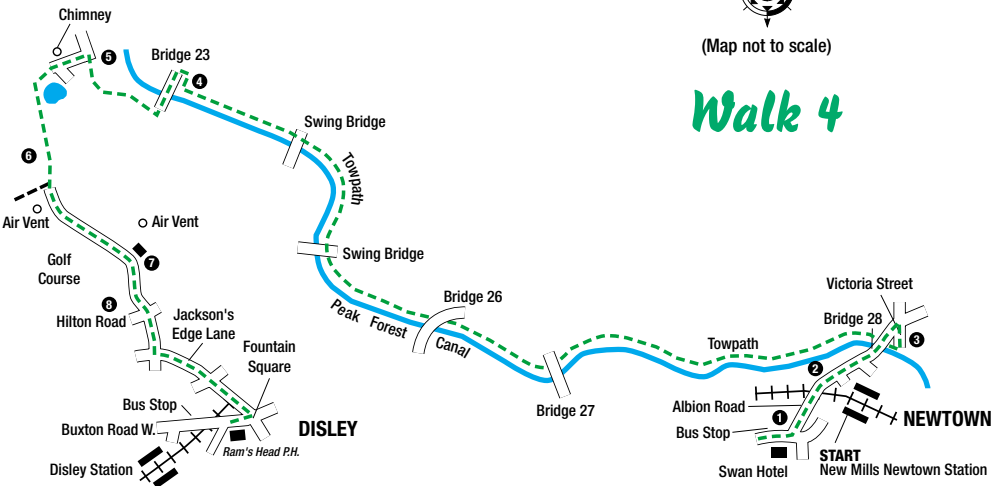
Turn left round the far end of the pond through a grassy area. Cross a stile to the left of a gate and continue uphill.

- Reaching a golf course, follow a low grassy ridge straight ahead, towards a high bank covered with gorse bushes. At a footpath signpost turn left on the track, which continues to the left of the bank. Just beyond the bank, on the right, is a circular air vent for the railway tunnel below. Continue between two walls then bear left on a track. Pass to the right of some buildings, with another air vent visible on the left, and reach a footpath signpost by the tarred road leading into the golf course car park.



The Canal Towpath

- Turn right on the road, slightly uphill, passing the end of a belt of pine trees up on the right. Keep on the road and leave the golf course at the entrance.
- Cross over the end of Hilton Road and continue ahead along a road with houses on both sides. Turn left at the cross roads, by Dystlegh Grange, and follow the road downhill to Disley village.



Walk 4

Walk 5: Middlewood - Higher Poynton - Lyme Park - Disley

Distance: 5 miles (8 kms)

Allow 2½ - 3¼ hours

This walk is full of variety with superb views. It starts by following the trackbed of the former Marple to Macclesfield railway as far as the site of Higher Poynton station. On reaching Lyme Park, herds of red deer are likely to be seen. The 18th Century Elizabethan mansion of Lyme Hall is one of Cheshire's finest country houses, open on most days.

Terrain: Paths, tracks and minor roads. On the level at first, then a long steady climb, then mostly downhill.

Refreshments: Boar's Head pub and Coffee Tavern at Higher Poynton; cafes and tearooms at Lyme Park.

Getting to the Start: Travel to Middlewood by train from Disley station (every 2 hours but check for alterations on Sundays).

1. From Middlewood station go up steps to the bridge and turn left along the Middlewood Way. Follow the footpath, which is narrower than the horse track and easier to walk on.



2. For a detour to Jackson's Brickworks Conservation Area, turn sharp left on the signposted track just after some houses come into view on the left. Return the same way. Otherwise continue ahead, signposted 'Poynton'. Continue under Pool House Road Bridge and Prince Road Bridge.

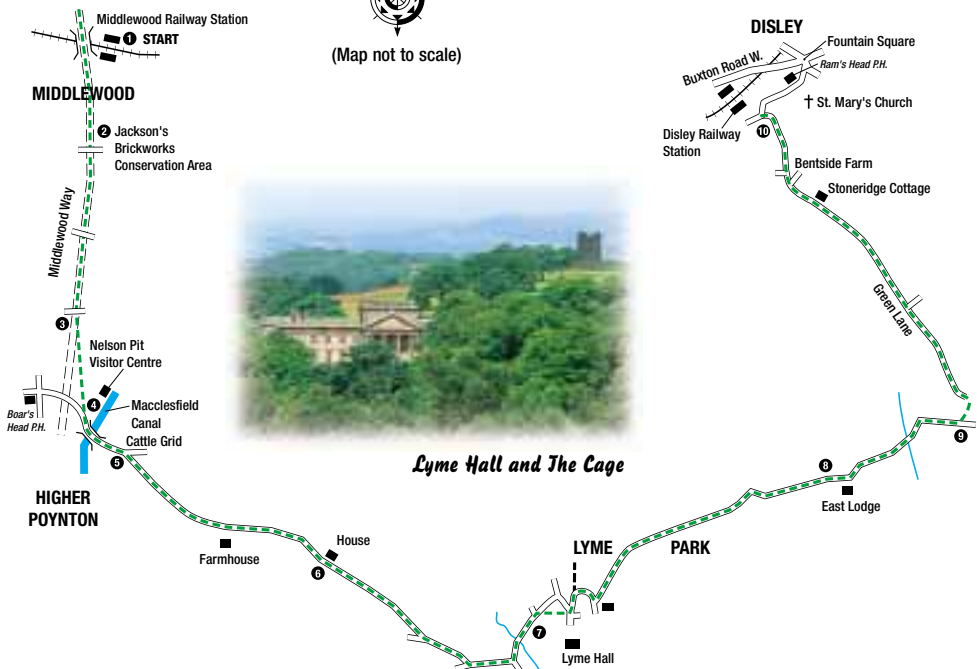


Deer, Lyme Park

3. Just beyond Barlow House Bridge, climb up left on the path to the top of the cutting, with fields on the left. At a junction just before some stables keep left on the higher path, signposted 'Nelson Pit Car Park'. Go up steps to a stile to reach a road by the entrance to Middlewood Stables.
4. For the Boar's Head pub and cafe, turn right over the bridge. To continue the walk, turn left, following the signpost to 'Canal' and 'Lyme Park', past Nelson Pit Visitor Centre which is worth a short detour. Continue uphill on the road, which bends to the right. Cross the canal bridge. Keep ahead on the rough road past Ivy Cottage.
5. Just beyond a house on the left cross a stile by a cattle grid and keep straight on, ignoring the left fork. Follow the long stony road ahead, left of the trees. Pass under power wires, through a gate by a cattle grid and continue downhill. Cross a stream and another cattle grid, pass a farmhouse and go through a gate. Carry on up the track, climbing towards an isolated house.
6. Go through a gate to the right of the house and enter Lyme Park. Carry on ahead, to the right of a wall. Good views now begin to open up. The track levels out, bends left and another track joins from the right. Reaching a junction, turn left on the road downhill. Lyme Hall mansion now comes into view. Reaching another road at a junction, bear left and continue down to the car park.

7. Climb up steps to the left of the refreshment hut. Turn sharp left directly opposite the iron gates which face the Hall, and take the middle of three roads, the one between some large blocks of stone, in line with a grassy tree-lined avenue beyond. Keep to the road as it bends right and climbs up towards another building. Fork left on the road in front of that building, keeping to the left of three blocks of stone, and stay on the road. A stone folly, The Cage, is prominent on the left. Stay on the road, which becomes rougher and heads for some trees. Superb views now open up into the Peak District.
8. Reaching the lodge which marks the boundary of Lyme Park go through the gate and carry straight on. Cross a bridge over a stream, then along a rocky stretch uphill.
9. Turn left opposite a track which joins from the right, leading from Drakecarr Cottage. Go through the gate and keep ahead following the footpath signpost to Green Lane. The path continues to the right of a fence and crosses a stream. It then bears left along the fence before veering right, away from it, heading for a gate across the dip opposite. Go through a stile to the right of this gate, just left of a large holly bush. Continue between the wall on the left and the hedge on the right. Pass to the left of a building where a track joins from the right and continue ahead on an old walled track. Descending, the outskirts of Disley can now be seen. Pass to the left of Stoneridge Cottage and continue past the drive to Bentside Farm, avoiding another track which joins from the left. The main track now becomes surfaced and descends between houses. Bear left by the track to St Mary's Church.
10. Pass the Old Vicarage and join a rough road, opposite the drive to a house called Woodburn. Turn right and follow this road down to Disley village centre.

Walk 5



Green Walks

They're good for you and the environment!

This booklet was researched and prepared by the Cheshire Group of Transport 2000, the national environmental transport campaign, in conjunction with Macclesfield Borough Council and the other sponsors shown below, whose support is gratefully acknowledged.



As the leading environmental transport campaigning body, Transport 2000 lobbies for sustainable transport policies which meet people's needs and cause the least damage to the environment. For further details contact the national headquarters, telephone 0171 388 8386. The Cheshire Group of Transport 2000 seeks to influence local transport policies in Cheshire, by monitoring transport developments and campaigning for improved facilities for pedestrians, cyclists and public transport users. For details of the Group's activities in Cheshire, telephone 01625 585878.



Macclesfield Borough Council is pleased to support the publication of this booklet. The problems of excessive car use can only be tackled if people walk and cycle more and make better use of public transport. These aims are at the heart of Local Agenda 21, a movement supported by the Borough Council which seeks to balance the protection of the environment with the desire for a high standard of living. For further information about Local Agenda 21 in Macclesfield Borough, telephone Paul Ancell on 01625 504672.



Cheshire County Council's TravelWise campaign seeks to raise awareness about the growing problem of car use. It seeks to encourage people to use their cars less, and whenever appropriate to use more sustainable means of travel such as walking, cycling and public transport. For further information telephone TravelWise Information Line on 03456 03456 (calls charged at local rates).



THE NATIONAL TRUST

The National Trust owns and manages Lyme Park, featured in Walk 5 of this booklet. The Trust encourages people to enjoy Lyme Park on foot, by cycle and by public transport.

For further information, including details of buses direct to Lyme Hall, telephone 01663 762023.



Stagecoach Manchester operates the bus services featured in Walks 1 and 3 of this booklet.



Arriva Midlands North operates the bus service featured in Walk 2 of this booklet. For information on times and fares contact the Customer Helpline on 0345 056005.



Trent Buses operates the bus service featured in Walk 4 of this booklet.



First North Western is the train operating company which serves Adlington, New Mills Newtown and Middlewood stations, featured in Walks 3, 4 and 5 of this booklet.

Disclaimer: Every care has been taken in ensuring the accuracy of the details given in this booklet, but neither Transport 2000, Macclesfield Borough Council nor the other sponsors mentioned can be held responsible for any inconvenience arising from any errors or omissions.

Photographs courtesy of Macclesfield Borough Council, Richard Doran, Martin Johnson and Keith Pennyfather.

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