



BOLLINGTON

Live!

Food & Drink special

inside:

Christmas treats

Around Bollington
with a knife and fork

Fair trade-fair play

Kids corner

Real beer cheer

Where does our food
come from?

The butcher, the baker...





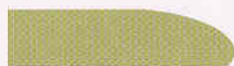
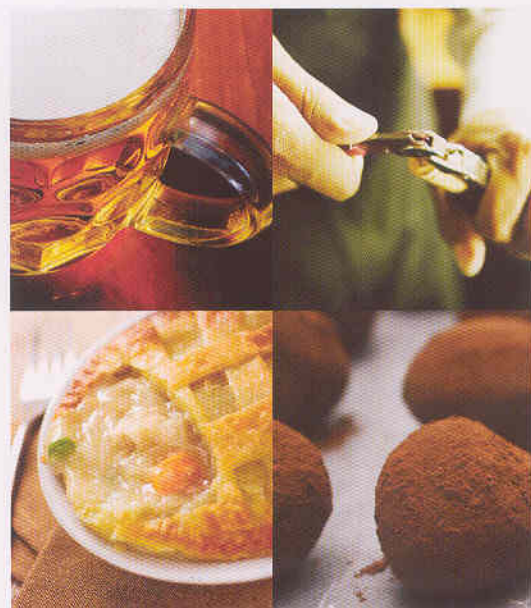
mmm...



Welcome to the first ever Bollington Live! food and drink special edition. We hope you enjoy reading it as much as we have enjoyed putting it together. We hope you try making some of our Christmas treats or perhaps you might check out some of the dozen or so pubs and restaurants reviewed here!

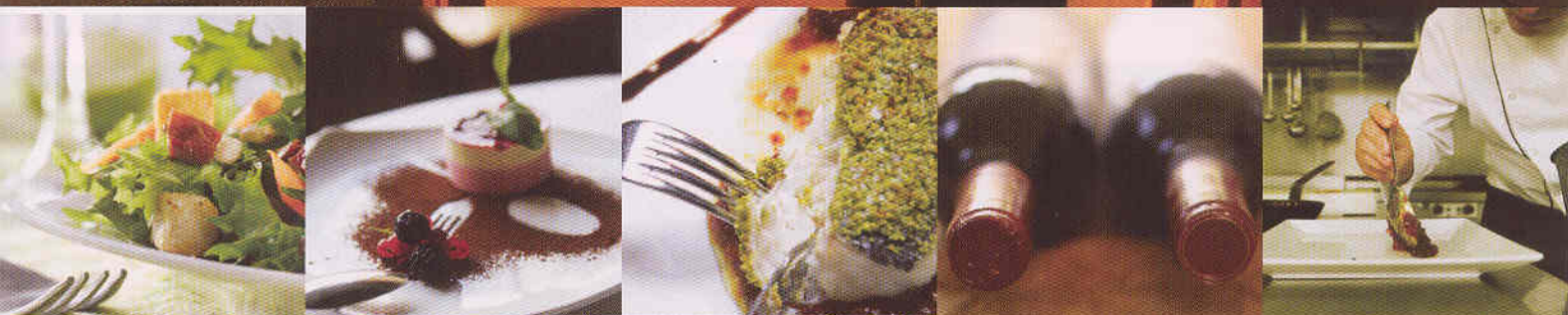
contents

- 04 Christmas Treats
- 06 Around Bollington With a Knife & Fork
- 10 Fair Trade - Fair Play
- 12 Kids Corner
- 14 Real Beer Cheer
- 15 Where Does our Food Come From?
The butcher the baker...
- 16 Directory of Food & Drink Places



The Spaghetti House is well-known among the local palate for its wide variety of product ranging from the very popular pizza and spaghetti to the locally adapted European, rice platters, as well as the authentic dish of fettuccine and ravioli. The full range of over 100 items has been a competitive edge and a formula of success to a specialty restaurants in the ever competitive environment. The Spaghetti

in may imported image of a European family restaurant creating a cosy and friendly ambience more to the highest standard tourists and locals alike.



WOW...

its here – the first ever Bollington Live! food and drink special edition. With a lot of fun mixed with a lot of hard work we have finally made it to print so what do you think? Let us know by emailing us at foodanddrink@happy-valley.org.uk. All comments will go into a prize draw and the winner will receive a meal for two at the Church House with a bottle of wine!! So get those comments coming in!

A huge thank you to the businesses who have advertised in this special edition as without them we would

have not been able to go to print. The Bollington Live! Team worked extremely hard to put this issue together and special thanks is due to Jo Hadfield who designed and produced the magazine. Thanks are also due to everyone who contributed articles, especially the lovely page provided by the school children in Bollington.

No food and drink special would be complete without a word about healthy eating. We've all heard of 5-a-day – but is it worth it? YES!

Eating a variety of fresh fruit and vegetables each day does really make us healthier and there is so much variety to choose from. The next time you go shopping why not try picking up a fruit or vegetable you have never used before and try it! You could find yourself sipping salsify soup or feasting on fig tart!

Signing off we'd like to wish everyone a very happy and peaceful Christmas and all good wishes for the new year.

Christmas treats

Got 5 minutes to spare? Need to find the kids something fun to do? Then look no further – this chocolate truffle recipe works every time!

The truffles make ideal small gifts for teachers or friends and making them yourself adds a very personal touch. Or if you are invited out to dinner why not take some chocolate truffles instead of the usual bottle of wine?

You can leave out the alcohol if you want to with no adverse consequences! If you want the kids to help we suggest you prepare the truffle mixture for them (steps 1-3) and let them do steps 4 and 5.

Delicious! Chocolate Truffles

Truffle ingredients

- 4 oz (100 g) plain chocolate
- 2 oz (60 g) unsalted butter
- 2 oz (60 g) digestive biscuits
- 2 tbs cream
- Icing sugar
- Rum (optional)



Something to coat the truffles with once made, for example, cocoa powder, hundreds and thousands, desiccated coconut Petit four paper cases



method

1. Melt the chocolate and butter together in a bowl above a saucepan of boiling water
2. When melted, remove from heat and stir in the cream, biscuit crumbs and rum (if you are making these for adults)
3. Chill mixture for about 30 minutes, then remove from fridge and add enough icing sugar to form a soft paste and leave to cool totally in the fridge (a few hours)
4. Once cool put some greaseproof paper on a clean work surface or table, have your choice of truffle coating ready and begin forming small balls with the truffle mixture. This can be messy but fun!!
5. Roll each truffle ball in your choice of coating and put into individual petit four cases. Store in fridge (if there are any left!!)

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Yum Yum!

Having a party...?

Why not try out
our recipe for
egg nog.

Egg Nog

Ingredients for 20-25 servings

6 eggs (separated)
0.45 l sugar
0.5 l milk
1.5 l whipping cream
0.350 l whiskey
0.225 l rum
0.225 l brandy

method

1. Beat egg yolks and sugar until thick and lemon coloured
2. Heat the milk until it reaches about 70 °C. Take off heat
3. Add one ladle full to the beaten eggs/sugar beating continually
4. Then add the beaten eggs/sugar to the rest of the milk while mixing the milk. Heat to about 70 °C again
5. Remove from heat and then add the whipping cream and the alcohol stirring slowly
6. Finally, beat the 6 egg whites until stiff, but not dry, and gently fold whites into yolk mixture and pour your egg nog into bowl
7. Cover and chill overnight
8. Before serving, sprinkle lightly with nutmeg or cinnamon.... Enjoy!!



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'Around Bollington with a knife and fork'

Who would have thought it was possible to eat so well around Bollington in so many different styles of restaurants and pubs! We've visited around a dozen local haunts, quizzed the managers, the staff, the chefs and come up with some great round-ups of each eating place for you. Why not try a couple of places to eat you haven't been to before – a warm welcome awaits you in each and every one!

The address and telephone numbers of all the pubs and restaurants we have reviewed are listed on the back cover of this special edition.



The Windmill Inn

A true country pub with fine dining quality and a very warm welcome awaits you! Using local suppliers and organic produce Lloyd Treadway the chef puts his training in a three Michelin-starred restaurant in Italy into practice. A kids menu and daily specials are a particular attraction so book early!

Most popular starter: Crayfish salad

Most popular main: Pan fried cod with herb mash

Most popular desert: Sticky toffee pudding

Strangest request: Quails eggs with ketchup!



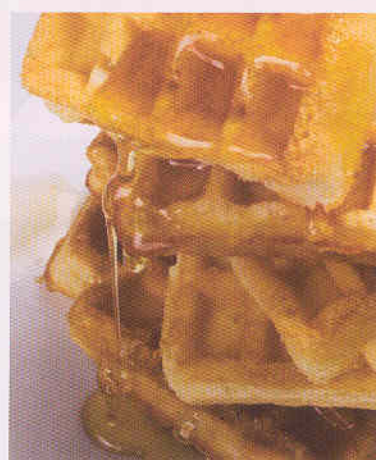
The Viceroy

Good food, excellent service and great value sum up this established Indian restaurant. The menu is extensive, but you are not over faced by the choice, the food is always delicious and you can take it home too!

Most popular main: All house special dishes

Most popular desert: Baileys cheesecake

Best selling wine: Magiugan shiraz and chardonnay



The Cock and Pheasant Pub

This friendly pub has a lovely relaxed atmosphere, real ales and real food served all day! Daily specials and a kids menu will appeal to the broadest range of people from couples to families. The conservatory is light and airy and a great place to dine!

Most popular starter: Smoked salmon and crayfish tails

Most popular main: Steak and ale pie

Most popular desert: Banana toffee waffle



Briscola

A well established, friendly Italian restaurant in the heart of Bollington where customers return again and again. With a kids menu and nominated by the Sunday Times as one of the top 10 restaurants for kids a true Italian welcome awaits you. Ingredients are sourced daily from Manchester's fish and vegetable markets and from pizzas to seabass the freshness is evident!

Most popular starter: Goats cheese and caramelised onion bruschetta

Most popular main: Whole BBQ seabass

Most popular desert: Crème brûlée

Strangest request: a customer asked for an empty wine bottle to take home with them



The Bayleaf Wine Bar and Restaurant

New to Bollington, the Bayleaf Indian restaurant already has a great reputation for its food as well as its style – the elegant restaurant and friendly staff are a perfect combination for continued success! Service is swift and courteous, a kids menu is available so why not treat yourself?

Specials: Menu is extensive and full of specials!

Best selling wine: Pinot Grigio

Need to book: Yes on Friday and Saturday



The Poachers Inn

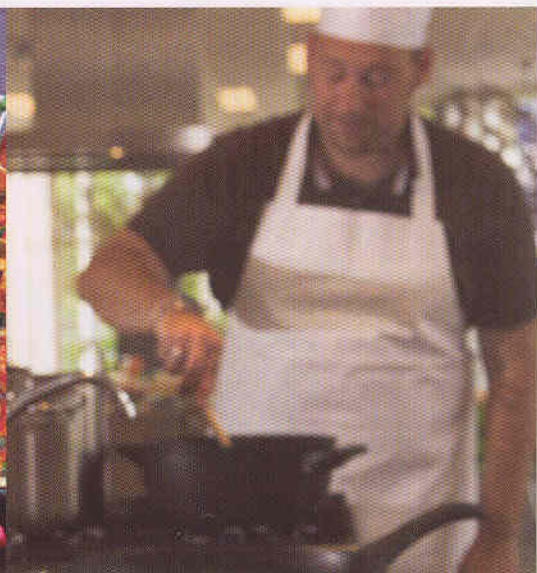
This family run pub is warm and welcoming with a real homely feel. All food is home cooked to order and can be washed down with award-winning real ales! Local ingredients and a great 'meal-deal' at lunchtime makes this pub a popular choice for locals.

Most popular starter: Creamed stilton mushrooms on garlic crostini

Most popular main: Peppered ostrich fillet on a port and redcurrant sauce

Most popular desert: Banoffi mess

Best selling wine: Casa Rivas Chilean merlot



Did you know Prince Charles has even heard of Bollington? In March this year Prince Charles invited representatives from the Church House Inn to have lunch with him at Clarence House.

Did you know people like Ryan Giggs, Les Bathersby, Joe Carraghan, Paul Allot and Ranvir Singh have all eaten in some of Bollington's best?

Did you know one pub had to sign a non-disclosure confidentiality agreement before its celebrity diner would walk through the door?

Did you know lots of the pubs and restaurants reviewed make perfect stopping places for walkers? Why not drop-in at the Bridgend Centre (formerly the Drop-in centre) in Bollington and pick up a few of their suggested walks around Bollington.



The Church House Inn

You'll find a warm welcome here as logs crackle in the open fires, the cosy bar buzzes with good humoured chatter and the well kept beer flows. The inn hit the headlines when it was bought by a group of local residents. This secured its future and resulted in a thriving pub at the heart of its community that aims to put its customers first. The inn even has its own pub chaplain. With a string of well-deserved awards to their name it is not surprising this inn is often featured in the media.

Most popular main: Homemade shortcrust pie/Ribeye steak

Most popular desert: Chocolate fudge cake/homemade fruit pie

Strangest request: Ham salad without the 'salad'



The Vale Inn

Dating from the 1860s this stone built free-house serves guest ales, real ciders (in summer) and real food! It is close to the canal and can easily be the planned end to a country walk! Kids meals are miniature versions of the adult menu – not a turkey twisler in sight!

Most popular starter: Chilli nachos

Most popular main: Fish, chips and mushy peas

Most popular desert: sticky toffee pudding





The Highwayman

A cosy warm welcome awaits you at this quaint English pub. Serving traditional English food with a French twist this pub offers a great menu, it serves daily specials and caters for kids too!

Most popular main: Free range Cheshire chicken breast, Richard Woodall pancetta, shallots and red wine, parsley and goat's cheese mash

Most popular desert: Steamed bakewell sponge pudding with almond anglaise

Strangest request: Black and blue steak with toast and raw onions



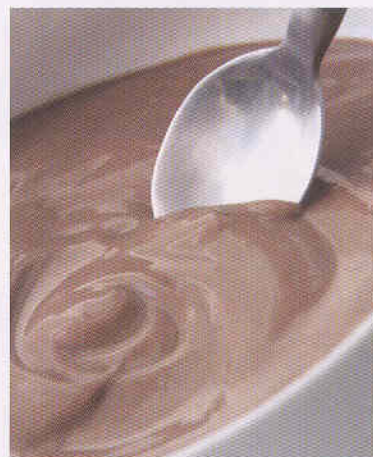
The Plaice

New to Bollington this summer, the Plaice is a sit down restaurant and a fish and chip take-away. With locally sourced ingredients and a 'Harry Ramsden' type traditional menu this is a great place to visit when the cupboard is bare at home!

Most popular main: Fish and chips

Most popular desert: Treadle sponge

Best selling wine: House wine



The Orangery, Hollin Hall Hotel

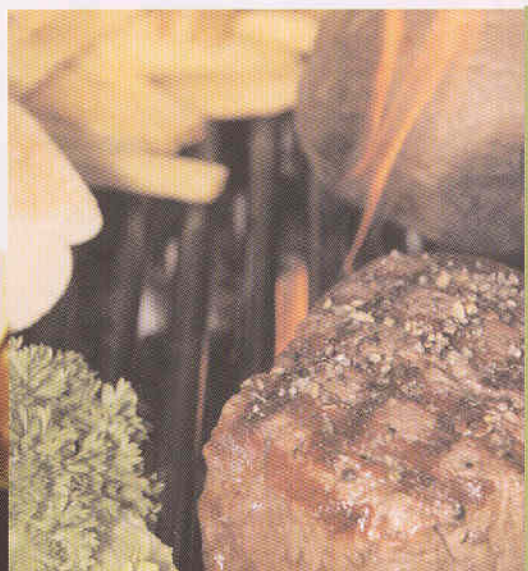
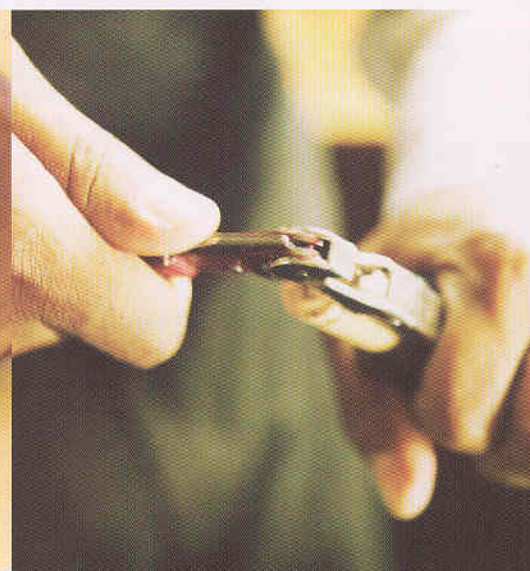
Set in the beautiful rolling hills of Cheshire the orangery is an ideal place to dine. Its modern, bright interior offers a relaxed and friendly atmosphere with fantastic views across the valley. Booking is advisable and children are well catered for.

Most popular starter: Warmed up salad with balsamic glaze and pistachio salad

Most popular main: Grilled sirloin steak with jumbo chips and house ketchup

Most popular desert: Chocolate cappuccino cup with vanilla ice-cream and coffee foam

Famous people who have dined here: Alan Smith, Nick Winterton



fair trade fair play

Can buying wine in Bollington make a difference to impoverished farmers in Africa? We look at how one local retailer is showing the way.



More and more of us are becoming interested in whether the wine we drink is organic or Fair Trade if a recent survey conducted by Wine Intelligence is to be believed. The 'FairTrade Mark' now appears on a host of products including wine; it's an independent guarantee that disadvantaged producers in the developing world are getting a better deal.

And that's a fact worth remembering next time you're in the Co-op Late Shop on Albert Road. Nationally the Co-op has a dozen Fairtrade wines on its shelves, 10 under its own label, and sells some 200,000 cases (that's a

cool £10m worth) a year. The retailer has been selling Fairtrade wines since 2001 and wine commentators have described it as being by far the most committed of the UK supermarkets.

Fairtrade wine has had its biggest impact in South Africa and the Co-op sources five of its own-label wines from the Du Toitskloof co-operative in the Western Cape. This project is made up of 22 farms, which support 786 people, 350 of whom are children. The majority of the money generated this year (£90,404,) has gone towards new day care facilities for the Du Toitskloof co-operative.

The facilities have been provided by fully renovating existing buildings and building new ones, and give children between the ages of three months and five years education and development facilities prior to going to school, creating the single largest Fairtrade project in the world.

As well as receiving a guaranteed Fairtrade price for their grapes, the growers receive an additional social premium set by the Fairtrade Labelling Organisation, which the Co-op uniquely matches, thereby doubling the money the growers receive through the sale of the wines

and generating sums of money that can be used for community projects.

The Co-op's wine buyer, Maria Gallup, has been described as the "unofficial queen of Fairtrade vino"; she's on record as saying that the Du Toitskloof project is a "shining example of how a Fairtrade project should work in uniting a large, impoverished community of 786 people and assisting them to achieve their own development". Now that does sound fair.

Fairtrade

wine round-up



**Co-op Fairtrade
Cape Chenin Colombard £3.99**

Fresh and zesty - the perfect wine to serve well chilled with poached salmon and salad or fragrant spiced chicken.

**Co-op Fairtrade
Cape Cinsault Shiraz £3.99**

Packed full of red berry fruits with toasty vanilla hints on the nose, and makes an ideal partner to spaghetti bolognese or sticky barbecue ribs.

**Co-op Fairtrade
Cape Sauvignon Blanc £4.99**

This crisp and citrusy Sauvignon Blanc combines gooseberry aromas with a zesty, apple flavour. Serve chilled with chicken salad or grilled prawns.

**Co-op Fairtrade
Cape Chardonnay £4.99**

Combining light citrus notes on the nose with hints of sweet lychee on the palate - ideal with seafood salad or creamy kormas.

**Co-op Fairtrade
Cape Cabernet Sauvignon £4.99**

This full-bodied Cabernet Sauvignon is warm and spicy on the palate - packed with delicious blackberry jam flavours. A perfect match for beef stew.



The Co-op Late Shop in Bollington has a great variety of Fairtrade wines – here's a 'taste' of each one with some dining ideas too!



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Offer applies to an order of two full price main courses with either starters or desserts from the specials board or main menu at the times specified. This offer is subject to availability and may be withdrawn without prior notice; terms and conditions apply. The Church House Inn supports responsible drinking, for more information visit: d-linkaware.co.uk. Images shown are for illustration purposes only.

We were overwhelmed with the quantity and quality of the entries and it was very difficult to choose the winners! We have printed as many entries as we could and we have two winners – congratulations to Kelsey Monteith age 6 and Lucy Atkinson age 10 who each win a meal for 4 at the Church House Inn. Well done to everyone who entered!

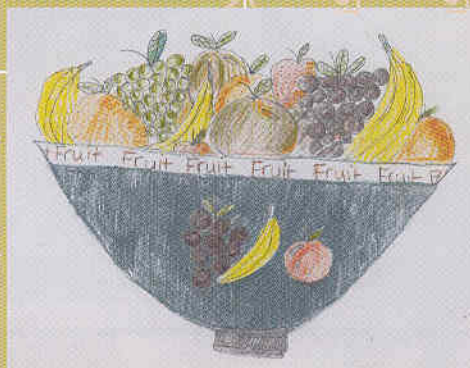


24 Carrot winners



Kelsey Monteith, Age 6

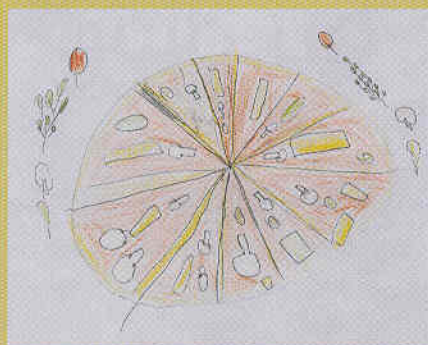
Thanks to
Miriam Beck,
Age 10 for this
fabulous
carrot!



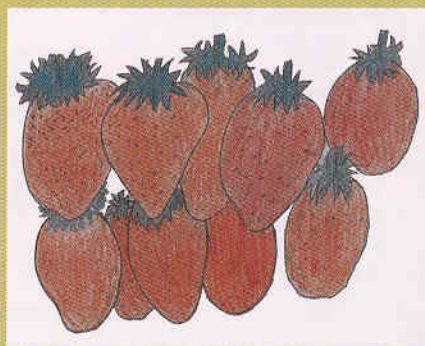
Lucy Atkinson, Age 10



Ellen Kirk, Age 5



Thomas Eyre, Age 7



Billy Bloor, Age 8



Samuel Barrow, Age 8



Bobby Needham, Age 8

A Recipe for Making Friends

1lb good temper
2lb forbearance
1lb patience
1½lb contentment
3lb unselfishness
1lb fun
2lb cheerfulness

Method:

Mix well with two quarts of human kindness. Serve one glassfull first thing in the morning with another close if the effects begin to wear off.

Lucy O'Connell, Age 9



Laura Bailey, Age 9

Here's a few 'Yolks'
to make you giggle!

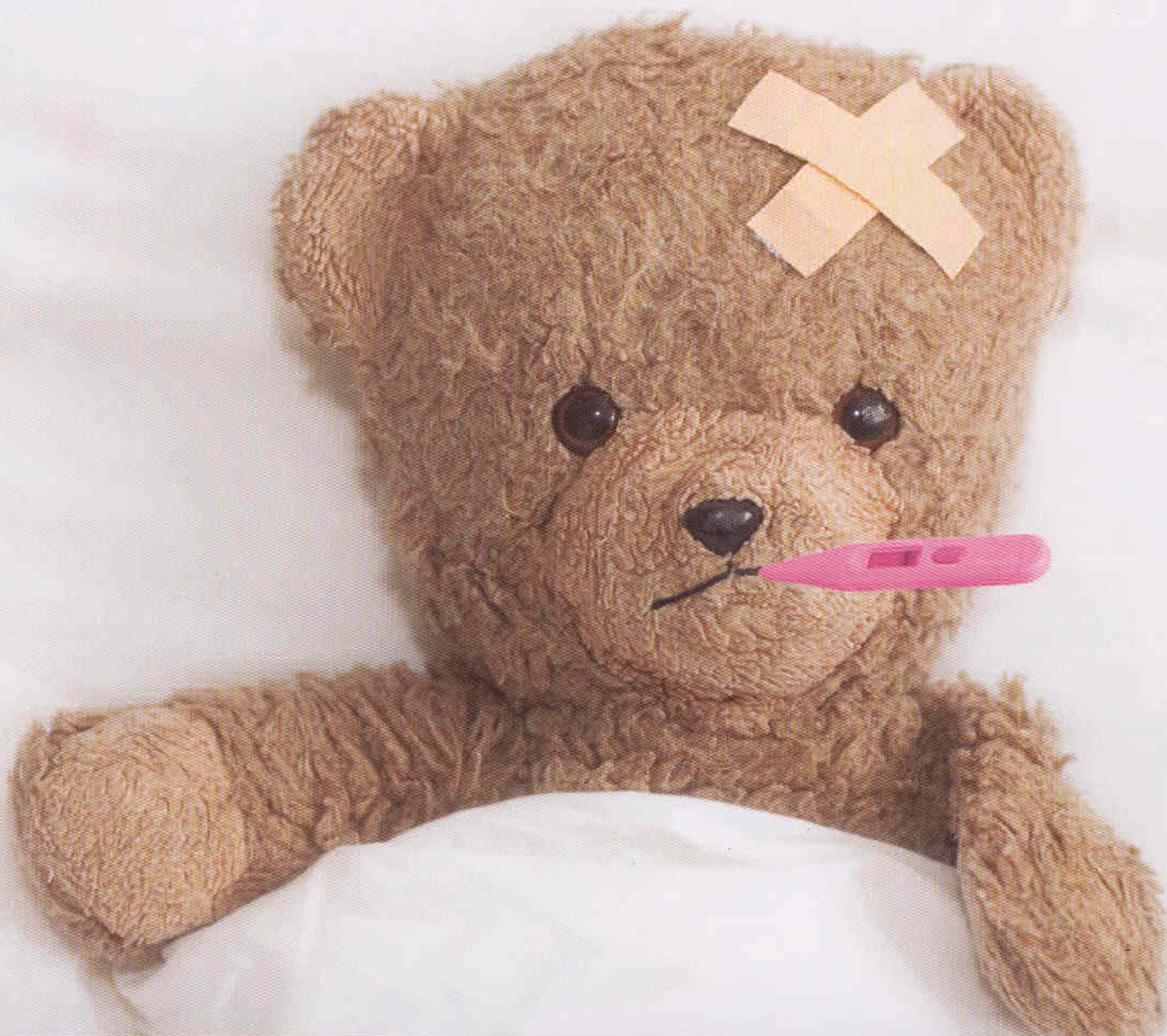
How do you make a sausage roll?
Push it down the hill

Waiter this soup tastes funny
Why aren't you laughing then?

Why are cooks mean?
Because they beat the eggs
and whip the cream!

Charlotte Gaskell, Age 8

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Real Beer Cheer

About 20 different real ales are typically available in Bollington's pubs.

CAMRA's Keith Farman takes us on a tour.

Despite recent closures Bollington still has a wide choice of pubs in which to enjoy the many excellent varieties of traditional British real ale. This natural product uses traditional ingredients and matures in the cask (from where it is served) through a process called secondary fermentation. This process makes real ale unique and develops the wonderful tastes and aromas that processed smoothflow beers cannot match.

In The Vale the landlord likes dark beers and his range often includes a magnificent dry porter. Recently craft brewers have rekindled interest in this black or dark brown beer style and the similar Stout, which can be dry or sweet. Typified by roasted and coffee flavours these beers are far tastier than Guinness, the processed equivalent.

At Bollington's other independently owned pub, The Poachers, the choice is likely to include a golden ale. This new style of pale,

well-hopped and quenching beer was developed in the 1980s as independent brewers attempted to win younger drinkers away from cold, largely tasteless lagers. They are characterised by biscuit, tart citrus fruit and peppery hops.

Both these pubs also serve pale ales, bitters and best bitters, three well-established popular styles. The oldest of these is pale ale, of which Marston's Pedigree is one of the few genuine examples still available today.

The town's other pubs are restricted in their choice by their owning company's policies and tend to concentrate on the most popular styles. The Cock and Pheasant has an arrangement whereby a bitter from Strom Brewing in Macclesfield is permanently available. Bitter grew out of Pale Ale but is deep bronze to copper in colour due to the use of slightly darker malts to give the beer fullness of palate.

It's been a good year for the The Church House Inn, they picked up no less than five prestigious industry awards including Best Community Pub in the UK and Best Pub in the North West and they have a good selection of the nationally available bitters and best bitters. With Best and the related Strong Bitters malt and fruit characters dominate although hop aroma and bitterness are still crucial to the styles.

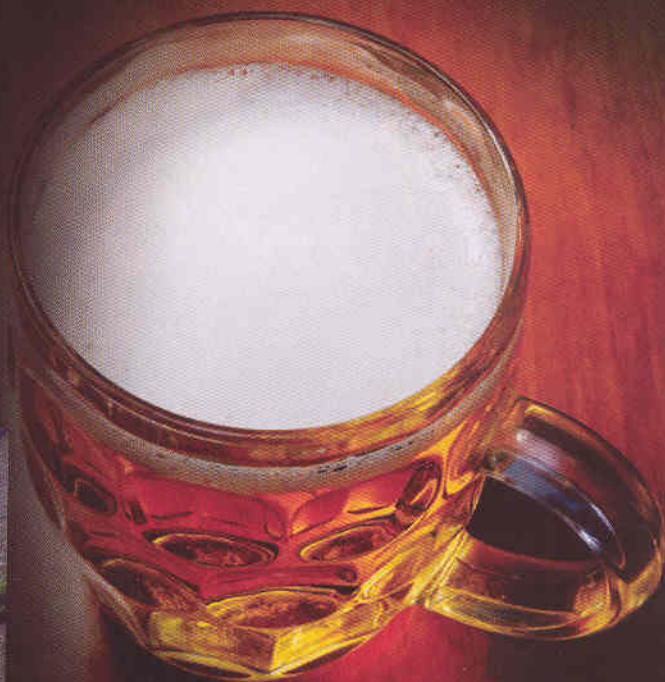
Amongst other pubs, the Cotton Tree, Red Lion, Crown, Lord Clyde and Spinners have all been experimenting with guest beers recently and the quality has been high.

Sadly none of Robinson's Bollington pubs regularly sell the brewery's seasonal beers. The Dog serves bitter, while the Queens, Holly Bush and Bull provide mild and bitter. The back room of the Holly Bush is worth a visit just for the splendid listed interior.

Bollington has a good range of real ale that's unlikely to be boring, bland, or predictable. My advice try one or two you might just find them to be absolutely superb!

To find out more on beer styles visit www.camra.org.uk.

For more local information try www.outinncheshire.co.uk.



Where does our food come from?

In spite of the recent attention on food miles and local food, only a very small fraction of the food consumed in Britain travels less than 30 miles from source to shop.

Sourcing in season food locally reduces the costs to our fragile environment as well as delivering fresh, quality food in abundance. We seem to have gone so far down the line of importing foods, like lettuce for example, that we are no longer self-sufficient in even the most basic crops.

Imported salad from Spain, by truck requires about 30 times more transport

fuel than sourcing locally (within 30 miles); importing from California requires 1300 times more fuel!

So what can we do to 'encourage' our shops to source locally produced food and support our communities? Try buying only food produced in the UK; try your local Bollington shops selling everything from bread baked on site to locally-farmed choice cuts of meat.



Here are some ideas for seasonal foods:

November

Parsnips: ideal for roasting; great in soups

Pumpkins: ideal for spiced pies, soups and casseroles

December

Brussel sprouts, cranberries and chestnuts – Christmas would not be complete without them

January

Leeks: in white source with Sunday lunch – yum!

Red cabbage: great roasted with bramley apples

Kale: very good for you!

Turkey

Traditionally, turkey is eaten at Christmas and Easter but it needn't be saved for the festive table. There are many cuts and joints in Bollington's butcher shops, such as mince, steaks, drumsticks, thighs and crown roast, which can be enjoyed at any time. A healthy choice, turkey is very low in fat and high in protein, zinc, iron and B vitamins. It should be hung for several days to allow the flavour and texture to develop. Frozen turkey can be convenient, but the birds are frozen as quickly as possible after killing which doesn't allow the flesh to mature, which makes fresh the best buy. You can always buy a fresh turkey and freeze it, if you wish.

The Butcher, The Baker...

Wherever you are in Bollington you don't have to go far to source good honest local food.

For example our community is blessed with an array of great butchers and bakers. Take a stroll along the main road and you'll come across established family run businesses and master craftsman offering a range of superb produce in shops such as Barrows, Brassingtons, Heathcotes, Belfields, and Smiths.

Jeremy Heathcote, whose grandfather started his butchery business, believes it's vital to keep food local and sources as much of his meat as possible from local farmers. As Paul Slater, the third generation of his family to farm at nearby Homestead Farm, who supplies some of Jeremy's beef and lamb says, "I think it's very important

for Bollington businesses to serve local produce... it's our "best advert."

Jeremy and his staff also support local community groups and get involved in activities such as the Sizzling Sausage Week in aid of the Bridgend Centre. A now annual highlight of Bollington's Autumn culinary calendar that not only raises much needed funds for a local amenity but also attracts people from far and wide and encourages them to sample the delights of the great 'Bolly Banger'!

Cross the road and you'll find that Smiths Bakers have reintroduced a superb regional classic to compliment their extensive range of fresh wholesome breads, pies and cakes –

Oat Cakes are now prepared on the premises. Try them smothered in hot baked beans and topped with grilled cheese for a beautifully quick and nourishing snack or roll them around crispy bacon with grilled tomato and mushrooms – just the thing for a leisurely breakfast on a cold winter's morning.

A little further down Palmerston Street Belfield's Village Bakery also gets in on the act by regularly preparing treats for its customers throughout the year. One of their more unusual specialities is proving to be a big hit – it's called Plant Pot bread. Yes, it's bread that's (you've guessed it) baked in a plant pot! Wonderfully quirky and delicious. Bon Appetite.



The directory

Pubs

- The Bull's Head Inn**, Oak Lane, Kerridge, Macclesfield SK10 5BD Tel: 01625-575522
- The Church House Inn**, Church Street, Bollington, Macclesfield SK10 5PY Tel: 01625-574014
- The Cock & Pheasant**, 15 Bollington, Macclesfield Cross, SK10 5EJ Tel: 01625-573289
- The Cotton Tree**, 3-5 Ingersley Road, Bollington, Macclesfield SK10 5RE Tel: 01625-572079
- The Crown Inn**, 96 Church Street, Bollington, Macclesfield SK10 5QD Tel: 01625-268409
- The Dog & Partridge**, Palmerston Street, Bollington, Macclesfield SK10 5JX Tel: 01625-572177
- The Highwayman**, Rainow, Macclesfield SK10 5UU Tel: 01625-573245
- The Hollybush**, 75 Palmerston Street, Bollington, Macclesfield SK10 5PW Tel: 01625-573073
- The Lord Clyde Inn**, 36 Clarke Lane, Kerridge SK10 5AH Tel: 01625-573202
- The Poachers Inn**, 95 Ingersley Road, Bollington, Macclesfield SK10 5RE Tel: 01625-572086
- The Queens Arms**, High Street, Bollington, Macclesfield SK10 5PH Tel: 01625-573068
- The Red Lion**, High Street, Bollington, Macclesfield SK10 5PF Tel: 01625-575888
- The Royal Oak**, Princess Street, Bollington, Macclesfield SK10 5HZ Tel: 01625-572567
- The Spinners Arms**, 76 Palmerston Street, Bollington, Macclesfield SK10 5PW Tel: 01625-572515
- The Vale Inn**, 29-31 Adlington Road, Bollington, Macclesfield SK10 5JT Tel: 01625-575147
- The Windmill Inn**, Holehouse Lane, Whiteley Green, Macclesfield SK10 5SJ Tel: 01625-574222

Restaurants

- Beasdales**, 22 High Street, Bollington, Macclesfield SK10 5PH Tel: 01625-575058
- The Bayleaf Wine Bar & Restaurant**, 127 Wellington Road, Bollington, Macclesfield SK10 5HT Tel: 01625-574042
- Briscola**, 88 Palmerston Street, Bollington, Macclesfield SK10 5PW Tel: 01625-573898
- Hollin Hall Hotel**, Jackson Lane, Kerridge, Macclesfield SK10 5BG Tel: 01625-573246
- The Plaice**, Palmerston Street, Bollington, Macclesfield SK10 5PW Tel: 01625-574333
- Shrigley Hall Hotel**, Shrigley Park, Pott Shrigley, Macclesfield SK10 5SB Tel: 01625-575757
- The Viceroy**, 22 Ingersley Road, Bollington, Macclesfield SK10 5RF Tel: 01625-573006

Check out the Happy Valley Website for more information: www.happy-valley.org.uk

