















TrackLogs Route Card : Bollington to Rainow via Rainowlow

 From	 To	 Bearing	 Leg Distance	 Alt Gain	 Alt Loss	 Information
1 (SJ939 776)	2 (SJ942 771)	144 Degs	0.6 km	31 m	6 m	Walk along Ingersley Vale, passing the mill pond (on your right), small industrial premises (on your left) and the ruins of Ingersley Mill (on your left).
2 (SJ942 771)	3 (SJ946 772)	077 Degs	0.4 km	37 m	3 m	Turn left down a footpath, that descends to a bridge over the River Dean. You have now joined the Gritstone Trail. After crossing the bridge, continue along the Gritstone Trail, uphill. Eventually you will pass buildings on the left. This is Savio House.
3 (SJ946 772)	4 (SJ948 772)	104 Degs	0.2 km	10 m	0 m	After passing Savio House, a crossroads of footpaths is reached. Go through the gate and continue straight on, uphill, through the middle of a field.
4 (SJ948 772)	5 (SJ950 772)	082 Degs	0.2 km	1 m	6 m	The footpath emerges onto a bridlepath (Oakenbank Lane). Cross straight over the bridlepath, and cross the wall into a field. The footpath goes straight down the middle of a field. Walk down to a stream.
5 (SJ950 772)	6 (SJ950 772)	077 Degs	0.1 km	3 m	-	Cross the stream, then a stile, and follow the path uphill.
6 (SJ950 772)	7 (SJ952 772)	126 Degs	0.1 km	6 m	-	At the top of the hill, join another path and turn right.
7 (SJ952 772)	8 (SJ953 770)	122 Degs	0.2 km	37 m	-	Bear left, and over a stile, to follow the path between two walls.
8 (SJ953 770)	9 (SJ954 768)	164 Degs	0.3 km	10 m	3 m	Pass through a few farm gates, and over a stile at the top of the hill. You are now in the hamlet of Rainowlow. Turn right along a footpath, signposted to Rainow.
9 (SJ954 768)	10 (SJ953 765)	202 Degs	0.3 km	-	27 m	Follow the footpath through a few fields until you reach a farm. The footpath emerges onto a lane (Kiskhill Lane). Turn right down the lane.
10 (SJ953 765)	11 (SJ952 762)	201 Degs	0.4 km	0 m	12 m	Keep following the lane, past some houses on the right. Bear left at a fork.
11 (SJ952 762)	12 (SJ952 761)	207 Degs	0.0 km	0 m	2 m	Where the lane meets the main road you will find the Robin Hood pub.
12 (SJ952 761)	13 (SJ951 761)	213 Degs	0.1 km	2 m	1 m	After the pub, bear right along Stocks Lane.
13 (SJ951 761)	14 (SJ950 761)	278 Degs	0.2 km	-	13 m	Stocks Lane soon meets the main road again.
14 (SJ950 761)	15 (SJ947 762)	294 Degs	0.3 km	0 m	15 m	Bear left down Sugar Lane, passing tall fir trees on the left.
15 (SJ947 762)	16 (SJ947 763)	345 Degs	0.2 km	1 m	1 m	Bear right, away from the road, along a footpath that passes behind some houses along a paved path.

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16 (SJ947 763)	17 (SJ946 766)	347 Degs	0.2 km	5 m	0 m	After passing a private pond on the left, the footpath emerges into an open field.
17 (SJ946 766)	18 (SJ945 767)	321 Degs	0.1 km	-	8 m	Pass through a gap between stone slabs, and walk down the left hand edge of the field.
18 (SJ945 767)	19 (SJ943 769)	315 Degs	0.3 km	1 m	15 m	Pass through another gap between stone slabs, and follow the paved path across the middle of two fields.
19 (SJ943 769)	20 (SJ942 771)	339 Degs	0.2 km	1 m	9 m	Pass through a gate, and descend towards the buildings of Ingersley Vale. Walk along the lane, passing the picturesque waterfall on the left. Waulkmill Farm is on the right.
20 (SJ942 771)	Finish (SJ939 776)	329 Degs	0.7 km	12 m	33 m	At a junction of driveways, continue straight on along the driveway that will return you to the starting point.
Totals			5.1 km	156 m	155 m	