






















macclesfield-outdoors Route Card : Bollington to Lyme Park

 From	 To	 Bearing	 Leg Distance	 Alt Gain	 Alt Loss	 Information
1 (SJ 930 780)	2 (SJ 933 779)	125 Degs	0.3 km	13 m	2 m	From the Middlewood Way car park, cross straight over the road (Adlington Road) into the recreation ground. Walk along the right hand edge of the recreation ground, with the River Dean to your right. Cross the bridge over the river, and turn left to follow the river. At the end of the recreation ground, bear right to walk up to the main road.
2 (SJ 933 779)	3 (SJ 933 781)	020 Degs	0.2 km	8 m	0 m	Turn left along the main road and then immediately left up a bridleway. This takes you up to the canal towpath, opposite Clarence Mill.
3 (SJ 933 781)	4 (SJ 938 817)	007 Degs	4.3 km	33 m	37 m	Bear left along the canal towpath, so that you are walking away from Bollington with Clarence Mill on your right. Now walk for a few miles along the towpath.
4 (SJ 938 817)	5 (SJ 946 824)	049 Degs	1.3 km	10 m	14 m	Eventually you will pass the Lyme View Marina (where there is a cafe). After a few more bridges you will get to bridge number 16.
5 (SJ 946 824)	6 (SJ 947 824)	098 Degs	0.1 km	10 m	-	Cross over the bridge, and bear right to cross a field. Pass through a gate.
6 (SJ 947 824)	7 (SJ 949 824)	093 Degs	0.2 km	23 m	-	Follow the footpath, keeping to the left hand side of the field. Ignore the footpath off to the left. Go through the kissing gate - you should be passing to the right of the Throstlenest Farm buildings (just visible through the hedge).
7 (SJ 949 824)	8 (SJ 950 824)	072 Degs	0.1 km	3 m	1 m	Pass through another kissing gate, and follow the path round to a lane.
8 (SJ 950 824)	9 (SJ 951 823)	110 Degs	0.2 km	13 m	-	Turn right along the lane.
9 (SJ 951 823)	10 (SJ 952 822)	142 Degs	0.1 km	5 m	-	At Green Farm, bear right to pass in front of the farm house. Turn left at a junction to pass behind the farm buildings. Go through a gate, and pass to the left of an outbuilding. Follow the footpath as it turns right to pass to the left of the outbuilding.
10 (SJ 952 822)	11 (SJ 952 822)	094 Degs	0.0 km	3 m	-	Pass through a gate, and walk round to a tall ladder stile. Cross the ladder stile - a sign now indicates that you are in the grounds of Lyme Park.
11 (SJ 952 822)	12 (SJ 959 823)	087 Degs	0.7 km	33 m	0 m	Take the wide path that goes diagonally uphill after the ladder stile. Continue straight on, and bear left when this path merges with a wider bridleway.
12 (SJ 959 823)	13 (SJ 962 822)	097 Degs	0.3 km	-	4 m	Keep straight on when another bridleway merges from the left. Bear left at the next junction, along a driveway.
13 (SJ 962 822)	14 (SJ 965 815)	153 Degs	0.9 km	63 m	5 m	At the next junction, turn right to follow the Gritstone Trail, which you will follow all the way back to Bollington. All Gritstone Trail signs are a 'G' in a boot, in a yellow arrow. Follow the Gritstone Trail signs, along a drive / bridleway, going uphill through woods (Knights Low Wood).
14 (SJ 965 815)	15 (SJ 973 813)	108 Degs	0.9 km	88 m	2 m	Emerge from the woods, and follow the sign (only just readable) to the Bowstones, which leads you away from the woods, along a wide path up hill.

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15 (SJ 973 813)	16 (SJ 970 795)	192 Degs	1.8 km	30 m	34 m	At the top of the hill there is a farm house. Just after the farmhouse, the Gritstone Trail turns right. A sign indicates that you will be walking in the direction of Charles Head. Follow the bridleway out across the moors for a few miles now.
16 (SJ 970 795)	17 (SJ 969 791)	183 Degs	0.3 km	0 m	21 m	Eventually the bridleway forks off to the left, and downhill slightly, to meet Bakestonedale Road.
17 (SJ 969 791)	18 (SJ 966 792)	285 Degs	0.4 km	3 m	5 m	Turn right along Bakestonedale Road.
18 (SJ 966 792)	19 (SJ 963 792)	256 Degs	0.3 km	5 m	3 m	Just after a few houses, the Gritstone Trail turns left along a path, away from the road. Follow the Gritstone Trail as it heads out across moorland.
19 (SJ 963 792)	20 (SJ 960 790)	240 Degs	0.3 km	-	13 m	Bear left to pass to the left of a large pond.
20 (SJ 960 790)	21 (SJ 957 789)	252 Degs	0.3 km	-	21 m	Bear left where a confusing sign indicates several directions.
21 (SJ 957 789)	22 (SJ 954 788)	255 Degs	0.4 km	-	37 m	After crossing a stile onto a tarmac lane, cross the cattle grid, and bear left away from the lane, to follow a wall down hill, along a grassy path.
22 (SJ 954 788)	23 (SJ 951 787)	250 Degs	0.3 km	-	26 m	Cross a stile by a gate, to follow the path (still the Gritstone Trail) down between a wall and a wooded area.
23 (SJ 951 787)	24 (SJ 948 786)	248 Degs	0.3 km	-	55 m	Bear left after the wall, to follow a grassy path downhill. Cross straight over a farm track, and continue following the grassy path downhill, aiming for a corner fence. Bear right after the corner fence, and you will soon reach a gate.
24 (SJ 948 786)	25 (SJ 948 785)	201 Degs	0.1 km	-	11 m	Turn left through the gate, and go down hill, passing two ponds on the left.
25 (SJ 948 785)	26 (SJ 947 784)	221 Degs	0.1 km	0 m	12 m	After passing through a gate in a stone wall, the Gritstone Trail passes through a wooded area, and heads down hill. Go through a metal kissing gate, and cross an old packhorse bridge over a stream.
26 (SJ 947 784)	27 (SJ 946 781)	208 Degs	0.4 km	10 m	1 m	Follow the Gritstone Trail up hill now across a field, until you meet a lane (Hedge Row).
27 (SJ 946 781)	28 (SJ 945 781)	264 Degs	0.1 km	-	12 m	Turn right down the lane, past houses.
28 (SJ 945 781)	29 (SJ 944 779)	185 Degs	0.2 km	9 m	0 m	At the end of the lane, you will meet Spuley Lane - turn left here.
29 (SJ 944 779)	30 (SJ 939 779)	266 Degs	0.6 km	0 m	29 m	After a short distance, bear right at a junction (with a house to the left) to walk down into Bollington, along Ingersley Road.

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30 (SJ 939 779)	31 (SJ 934 779)	264 Degs	0.6 km	11 m	14 m	At the end of Ingersley Road there is a roundabout. Continue straight on along Palmerston Street (the main road through Bollington).
31 (SJ 934 779)	Finish (SJ 930 780)	299 Degs	0.4 km	1 m	16 m	Just after passing under the canal viaduct, turn right down into the park (recreation ground). Walk across the park, to Adlington Road, and return to your starting point.
Totals			16.6 km	376 m	377 m	