






















TrackLogs Route Card : Three Peaks Challenge

 From	 To	 Bearing	 Leg Distance	 Alt Gain	 Alt Loss	 Information
1 (SJ930 781)	2 (SJ929 776)	190 Degs	0.6 km	16 m	10 m	Walk over to the back of the car park, and turn right to walk up the inclined path up the side of the viaduct. Then turn left to walk along the viaduct - this is the Middlewood Way path.
2 (SJ929 776)	3 (SJ930 776)	081 Degs	0.1 km	5 m	-	The first bridge that the Middlewood Way passes under is Hawthorn Road. Just before the bridge, bear right up a path to leave the Middlewood Way and walk up to Hawthorn Road. When you meet the road, turn left and walk across the bridge to reach the canal towpath.
3 (SJ930 776)	4 (SJ930 770)	184 Degs	0.7 km	4 m	3 m	Turn right along the canal towpath.
4 (SJ930 770)	5 (SJ932 768)	120 Degs	0.3 km	3 m	0 m	After passing the majestic Adelphi Mill, leave the canal towpath up some stone steps and turn left to walk over the bridge, passing Beehive Cottage on your left. Follow the driveway which passes a house to your right, and then heads slightly uphill.
5 (SJ932 768)	6 (SJ932 767)	191 Degs	0.2 km	1 m	1 m	Part way up the driveway, pass through a gate on your right and take the footpath across the middle of a field. Walk across a small bridge. The footpath emerges onto a driveway.
6 (SJ932 767)	7 (SJ934 766)	109 Degs	0.2 km	9 m	-	Turn left up the driveway. This is the old Rally Road.
7 (SJ934 766)	8 (SJ937 765)	107 Degs	0.4 km	39 m	-	Cross straight across a road (Oak Lane), and continue to follow the driveway (Rally Road) uphill.
8 (SJ937 765)	9 (SJ938 762)	153 Degs	0.4 km	26 m	0 m	Eventually the driveway bends around to the right, followed by a fork. Take the left hand fork uphill.
9 (SJ938 762)	10 (SJ941 762)	087 Degs	0.3 km	43 m	0 m	The driveway emerges onto a road (Windmill Lane). Cross straight over to the driveway opposite. A short distance up the driveway, turn right up a footpath. Follow the footpath past a house and uphill.
10 (SJ941 762)	11 (SJ942 759)	159 Degs	0.3 km	12 m	3 m	At the top of the hill the footpath meets other footpaths. Pass through a gate and bear right to follow the footpath that goes slightly uphill.
11 (SJ942 759)	12 (SJ944 753)	162 Degs	0.6 km	12 m	40 m	When you reach the trig point, continue along the footpath, as it now goes downhill.
12 (SJ944 753)	13 (SJ944 756)	359 Degs	0.3 km	1 m	7 m	At the bottom of the hill, at a junction of footpaths, turn sharp left.
13 (SJ944 756)	14 (SJ945 758)	031 Degs	0.2 km	-	35 m	Pass through a gate. Shortly after, at a fork in the path, bear right (sign posted "Permissive Bridleway". Shortly after, pass through a further gate.

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14 (SJ945 758)	15 (SJ944 760)	330 Degs	0.3 km	21 m	6 m	At a junction of paths, turn left – you are now on the Gritstone Trail. Shortly after, pass through a kissing gate and bear left.
15 (SJ944 760)	16 (SJ941 762)	310 Degs	0.3 km	46 m	3 m	After passing through a further gate, bear left up a wide grassy path, which heads diagonally uphill.
16 (SJ941 762)	17 (SJ939 771)	344 Degs	0.9 km	11 m	26 m	At the top of the hill, you will be back at the point where you were in step 10. Pass through the gate and turn right, to walk along the top of the ridge.
17 (SJ939 771)	18 (SJ938 772)	321 Degs	0.2 km	-	41 m	At the end of the ridge you will meet the imposing obelisk White Nancy. Passing White Nancy, continue in roughly the same direction and walk down the stone steps.
18 (SJ938 772)	19 (SJ942 771)	107 Degs	0.5 km	7 m	45 m	At the bottom of the steps, turn right along the concreted driveway.
19 (SJ942 771)	20 (SJ941 774)	334 Degs	0.4 km	9 m	19 m	At the bottom of the hill, turn left along a driveway.
20 (SJ941 774)	21 (SJ942 778)	021 Degs	0.4 km	7 m	7 m	After passing factory units to your right, bear right past cottages (also to your right). After the cottages, walk up the footpath ahead. The footpath soon becomes a lane (Mill Lane).
21 (SJ942 778)	22 (SJ940 779)	297 Degs	0.2 km	-	7 m	Turn left where the lane meets a road (Ingersley Road). The Poachers Inn is on the corner here.
22 (SJ940 779)	23 (SJ940 781)	001 Degs	0.2 km	11 m	2 m	Take the footpath to the right, which crosses a meadow then heads up between houses.
23 (SJ940 781)	24 (SJ940 781)	306 Degs	0.1 km	11 m	-	Cross straight over the main road and walk up Beeston Mount.
24 (SJ940 781)	25 (SJ940 784)	006 Degs	0.3 km	20 m	-	Turn right along Cocksheadhey Road. Go through a gate to the right of a large gate across Cocksheadhey Road.
25 (SJ940 784)	26 (SJ940 788)	352 Degs	0.4 km	57 m	-	After passing Cockshead Hey Farm (on your left), cross two stiles, and bear left uphill. Half way up the hill, pass through a kissing gate and bear right uphill, to the summit of Nab Head. There is a stone pillar that marks the high point of the hill, surrounded by a damaged “barrow”.
26 (SJ940 788)	27 (SJ940 782)	180 Degs	0.7 km	0 m	72 m	Retrace your steps and head back down to Cocksheadhey Road.
27 (SJ940 782)	28 (SJ939 781)	243 Degs	0.1 km	4 m	2 m	At the end of Cocksheadhey Road, turn right up Beeston Mount.

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28 (SJ939 781)	29 (SJ938 781)	284 Degs	0.1 km	5 m	-	After passing houses on the right, the road becomes a footpath, which heads up stone steps. These steps can be slippery, so make use of the wooden handrail on the left.
29 (SJ938 781)	30 (SJ936 784)	330 Degs	0.4 km	10 m	4 m	At the top of the steps, turn right onto a lane, then turn immediately left, through a gate, and along a footpath.
30 (SJ936 784)	31 (SJ935 787)	342 Degs	0.3 km	5 m	1 m	The footpath emerges onto a road (Long Lane). Turn right along the road for a short distance.
31 (SJ935 787)	32 (SJ930 787)	267 Degs	0.5 km	0 m	45 m	Turn left down a footpath.
32 (SJ930 787)	33 (SJ930 784)	181 Degs	0.3 km	1 m	3 m	The footpath emerges onto a road (Sugar Lane). Turn left along the road for a short distance.
33 (SJ930 784)	34 (SJ933 781)	131 Degs	0.4 km	3 m	3 m	Where the road passes over the canal, on the right descend to the canal towpath turning right and under the bridge. Walk along the towpath, with the canal on your left, towards Bollington.
34 (SJ933 781)	35 (SJ933 779)	193 Degs	0.2 km	1 m	6 m	Opposite the majestic Clarence Mill, bear right down a driveway (Pleasuregate).
35 (SJ933 779)	36 (SJ932 779)	292 Degs	0.2 km	0 m	12 m	At the bottom of the hill you will meet the main road (caution!). Turn right then immediately right into the recreation ground. Descend steps to your left, to walk alongside the river (on your right).
36 (SJ932 779)	Finish (SJ930 780)	308 Degs	0.2 km	1 m	3 m	Cross a bridge over the river and turn left (with the river now on your left). Cross over the road (Adlington Road) to return to the car park.
Totals			12.2 km	400 m	404 m	