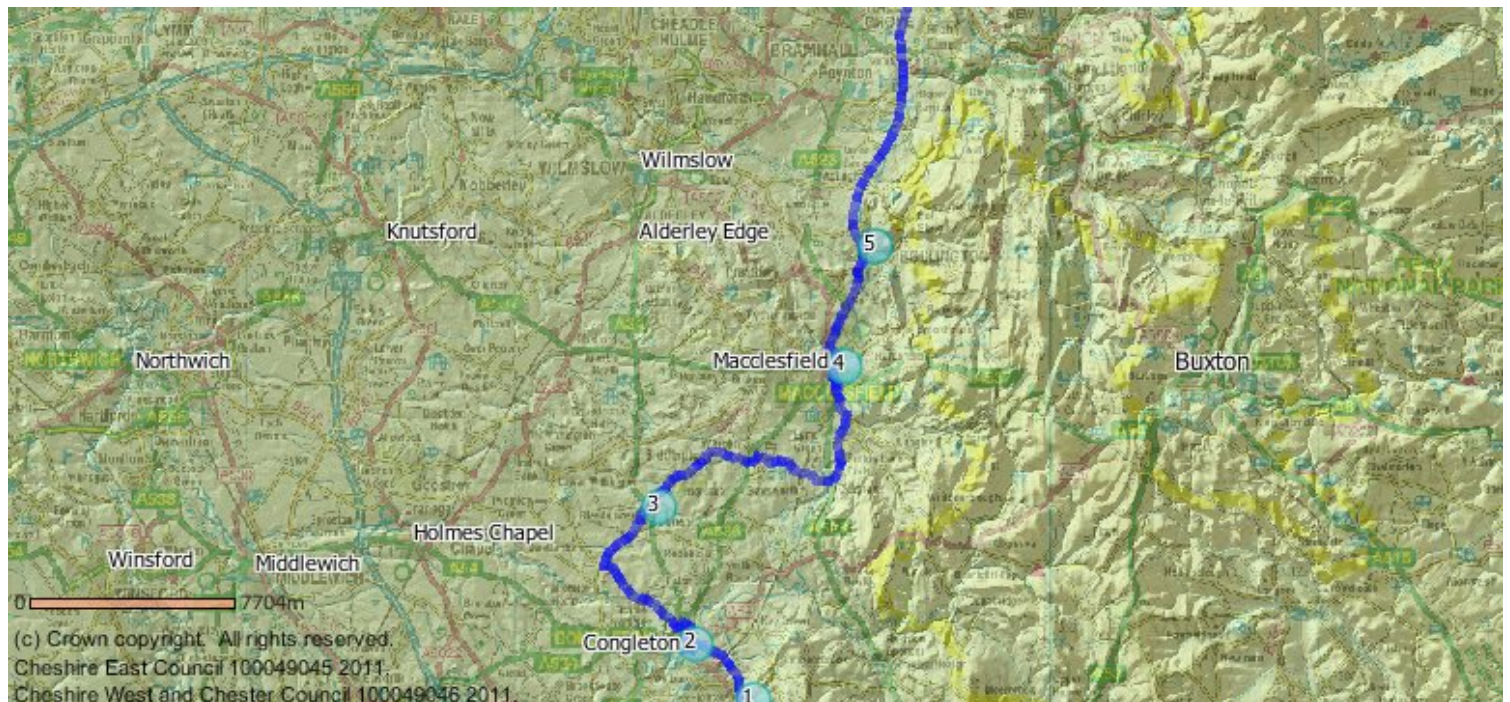


NCN Route 55

A part of Route 55 which takes in the Cheshire route, Congleton to Marple.

Grade	National Cycle Network
Distance	38km/25mile
Time	4-5 hours
Start	Whitemoor Congleton
Map	OS Landranger 118
Terrain	Some Country lanes, public roads and disused rail tracks
Barriers	N/A
Toilets	Public toilets In Congleton, Macclesfield and Bollington
Contact	www.sustrans.org.uk



Route Details

The whole national Route 55 is intended to run from Telford to Preston.

The first section in Cheshire runs along the disused railway line known as The Biddulph Valley Way. This traffic free section joins the road network south of Congleton.

Leaving Congleton Park you will climb very steeply up Eaton Bank. Once beyond the school and the gyratory it's back onto rural roads through Martin and Gawsworth. The route here is common with Route 70 of the Cheshire Cycle Way. From Fool's Nook where the route crosses the canal, it's a steady climb into the outskirts of Macclesfield.

Follow the signs carefully in Macclesfield itself, going past the mainline railway station and the bus station. Just beyond the major supermarket outlet you will join another disused railway line, The Middlewood Way, which you will use for the remainder of the route into Cheshire and onto Marple.

Things to remember.

The surface of the traffic free paths on the Biddulph and Middlewood Ways are rolled stone, if you have a racing bike you will need to ride this section with care.

- Always follow the cycle safety code.
- Check your bike is mechanically safe, wear a helmet and correct clothing.
- Always give way to walkers.
- Take care when merging with major/other roads and cycling in towns.
- Respect land management activities.

Please use Ordnance Survey map and signs. Please note that the downloadable route pack details were produced by the former Cheshire County Council.