

CONTENTS

Introduction			1
North Cheshire			6
Acton Bridge	6 miles	Leigh Arms	10
Appleton	7.5 miles	Cat & Lion/London Bridge	15
Budworth Mere	7 miles	Cock o' Budworth	21
Overton Hills	7 miles	White Lion (Alvanley)	28
Winwick	7 miles	Swan Tavern	33
Mid-Cheshire			38
The Sandstone Trail			39
The Whitegate Way			40
Beeston Castle	8 miles	Shady Oak	41
Church Minshull	6 miles	The Badger	46
Foxtwist Green	5 miles	The Plough	50
Great Barrow	5 miles	The Foxcote	56
Raw Head	5.5 miles	Pheasant Inn (Burwardsley)	61
South Cheshire			67
Audlem	6 miles	Shroppie Fly	69
Barthomley	5 miles	White Lion	74
Barton	5 miles	Cock o' Barton	79
Tuuushingham	7 miles	Willey Moor Lock Tavern	83
Wybunbury	3.5 miles	Boar's Head (Walgherton)	89

North-East Cheshire			96
Alderley Edge	5.5 miles	Moss Rose	99
Little Bollington	6 miles	Axe & Cleaver	103
Ollerton	4 miles	Dun Cow	107
Rostherne	7 miles	The Swan (Bucklow Hill)	111
Styal	9 miles	The Ship Inn	116
The Pennines			121
The Gritstone Trail			122
Kettleshulme	8 miles	Bull's Head	124
Lamaload	4 miles	Setter Dog (Walker Barn)	129
Lyme Park	10 miles	Miners Arms (Wood Lanes)	133
Rainow	7 miles	Redway Tavern (Bollington))	137
Shutlingsloe	6.5 miles	Crag Inn (Wildboarclough)	142
Wincle	8 miles	The Ship	147
South-East Cheshire			152
Astbury	5 miles	Horse Shoe	155
Bosley Cloud	9 miles	Queen's Arms	160
Marton	4.5 miles	Davenport Arms	164
Redesmere	5 miles	Red Lion (Lower Withington)	169