JOIN THE WALKERS
and discover healthy countryside walks right on your doorstep

It’s good to walk

Go for a walk using the map inside this leaflet!

www.cheshireeast.gov.uk/footpathstofitness
Everyone needs exercise... Here are 10 reasons why

1. It’s good for your heart
   It reduces blood pressure and improves circulation around your heart

2. It helps keep your weight in check
   A person weighing 60 kg burns 75 calories by walking at 2 mph for 30 minutes

3. Walking's a great STRESSBUSTER
   and fresh air and exercise help improve mental health

4. Exercise makes you happy
   Getting happy releases feel-good endorphins into the blood stream, reducing stress and anxiety

5. Walking increases stamina
   Walking regularly improves muscle strength and endurance

6. It tones your legs, tum and bum and helps your waistline too!

7. Kids love the countryside
   Walks and activities will help the whole family stay fit

8. Exercise in the countryside gives you energy and boosts your vitamin D levels

9. Exercise helps ward off type 2 diabetes, asthma and some cancers

10. IT’S FREE
    So let’s go out and get fitter...

For all the family...
Explore the countryside on the edge of Congleton with the map inside this leaflet.
There are lots of footpaths and bridleways to enjoy nearby, as well as the Biddulph Valley Way and Macclesfield Canal towpath.
Footpaths to fitness

Bromley Farm Walks Map

Map Key
- 1.5 km circular walk
- 2 km circular walk
- 600m to Buglawton Primary School from Bromley Road
- 3.8 km circular walk
- 4 km circular walk
- Other paths
- Urban paths

Scale
500 metres or 0.5km
0 547 yards

Information is provided with best intentions and is correct at time of print. Cheshire East Council accepts no responsibility for omissions or errors and no liability for information or services provided by third parties.

Walking Advice: Wear comfy, strong shoes or walking boots, take a waterproof coat and a drink to keep hydrated. On a longer walk a snack may also be required. You will find steps, uneven ground, slopes, loose surfaces and vegetation on some paths. Ordnance Survey Explorer map 268 is very useful for walking in the Congleton area.

The Countryside Code

Respect • Protect • Enjoy

Respect other people
• Consider the local community and other people enjoying the outdoors
• Leave gates and property as you find them and follow paths

Protect the natural environment
• Leave no trace of your visit and take your litter home
• Keep dogs under effective control

Enjoy the outdoors
• Plan ahead and be prepared
• Follow advice and local signs

Explore Cheshire East with the Ranger Service - it's all on your doorstep!
Find out about sites managed by the Ranger Service at www.cheshireeast.gov.uk/rangers
and find us on Facebook
facebook.com/cecrangers
For more details call 01270 686029 or visit the website below
www.cheshireeast.gov.uk/footpathstofitness

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