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

Go for a walk - just follow the directions inside this leaflet!

www.cheshireeast.gov.uk/footpathstofitness
Footpaths to fitness

For all walks of life...

There are lots of footpaths to explore in the countryside around Coppenhall and Maw Green on the edge of Crewe. The footpaths are easy to follow being clearly marked with waymark disks. There are no stiles to climb over on the 2 circular walks, instead kissing gates provide easy access along the way.

Anyone can walk... Here are 10 reasons why you should

1. It’s good for your heart
   - It reduces blood pressure, improves circulation round your heart

2. Walking’s a great STRESSBUSTER
   - and fresh air and exercise help improve mental health

3. It makes you happy
   - Getting happy releases feel good endorphins into the blood stream reducing stress and anxiety

4. It increases stamina
   - Walking regularly improves muscle strength and endurance

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

6. It helps ward off type 2 diabetes
   - asthma and some cancers

7. Kids love the countryside
   - A walk in the countryside can be a great adventure for children, they can learn about wildlife: trees and flowers

8. It gives you energy and boosts your vitamin D levels

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

10. IT’S FREE

IT’S FREE
So let’s get walking...

C’mon put your best foot forward and become a healthier happier person

Kids love the countryside

It makes you happy

I’M A FOOTPATHS TO FITNESS FANATIC
Footpaths to fitness

Your step by step route guide to Footpaths to Fitness

1. Start from Broughton Road / North Street junction opposite Coppenhall Working Men's Club. Walk down Broughton Road and look for the footpath on the right hand side after the first bend.
2. Turn right onto the footpath, which runs between a house and a field. Once in the field walk straight on to the far hedge.
3. Turn left at the hedge and follow the footpath across the fields to Waldrons Lane.
4. Turn right and walk down Waldrons Lane to the junction.
5. To walk the Moss Meander short loop, turn right along Waldrons Lane and take the next footpath on the left at the corner. Pick up the Wildlife Wander route from point 16.
6. At Stoneley Road junction follow the footpath across the road, which leads to Remer Street.
7. Turn left and walk to the Groby Road junction at Maw Green.
8. Cross Groby Road and walk to the left away from the junction until you reach the first footpath on the right after about 250 metres. Take care along this stretch of road.
9. Take the footpath and follow the waymarks around the edge of Maw Green landfill.
10. Cross the little bridge and follow the waymarks over the fields to Clay Lane and Elton Flashes.
11. Turn left and walk along Clay Lane to the next footpath along the road which is on the left. Walking on the roadside verge is recommended for your safety.
12. Follow the waymarking across the fields and cross the bridge over Fowle Brook.
13. Follow the footpath in the direction of the waymark arrows to the kissing gate in the far hedge.
14. Walk on again following the waymark arrows across the fields, over a farm track and along a hedge to a kissing gate in the corner of the field.
15. Follow the footpath waymarks along the hedge to the next kissing gate. Follow the waymarking across the fields to Groby Road.
16. At Groby Road cross with care and turn left to walk along the road to the first footpath on the right.
17. Follow the footpath straight ahead across the field to exit onto a track to the left of an industrial unit. Follow the track down to Warmingham Road.
18. Cross Warmingham Road and turn right. Walk along the pavement to the junction with Groby Road and take the footpath on the left.
19. Follow the footpath straight ahead along the edge of the field for over 500 metres and around a left turn onto Coppenhall Moss.
20. Take the footpath to the right that leads to the railway bridge.
21. To make sure that you can see clearly both ways, cross the railway bridge turn left and follow the pathway ahead to Parkers Road.
22. After crossing the railway bridge turn left and follow the pathway ahead to Parkers Road.
23. To make sure that you can see clearly both ways, cross Parkers Road bridge at the highest point of the bridge. Then continue along the route taking the steps and the path through the open space to Conway Close. Walk down Sandringham Drive to the main road called Bradfield Road.
24. Turn left at the main road and walk back to the start of the walk at the Broughton Road junction opposite Coppenhall Working Men's Club.
Walking Advice: Wear comfy, strong shoes or walking boots, take a waterproof coat and a drink to keep hydrated. On the longer walk a snack may also be required. Ordnance Survey Explorer map 268 is very useful for walking in the Crewe and Nantwich 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.

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