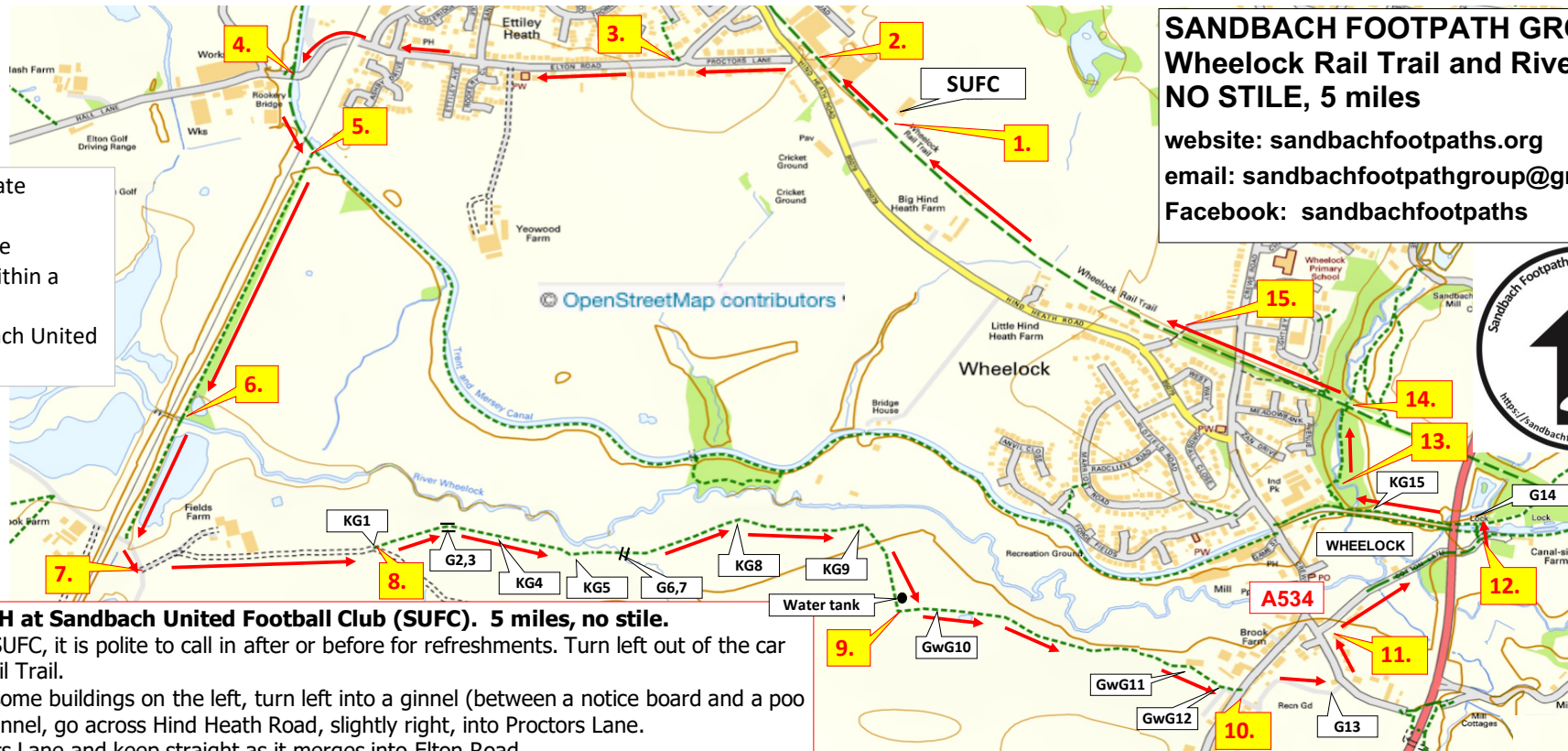


SANDBACH FOOTPATH GROUP Wheelock Rail Trail and River NO STILE, 5 miles

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KG = Kissing Gate
G = Gate
FB = Footbridge
GwG = Gate within a Gate
SUFC = Sandbach United Football Club



START / FINISH at Sandbach United Football Club (SUFC). 5 miles, no stile.

1. If parking at SUFC, it is polite to call in after or before for refreshments. Turn left out of the car park onto the Rail Trail.
2. Approaching some buildings on the left, turn left into a ginnel (between a notice board and a poo bin). At end of ginnel, go across Hind Heath Road, slightly right, into Proctors Lane.
3. Follow Proctors Lane and keep straight as it merges into Elton Road.
4. Go under railway bridge, over the canal and then down to join the canal to walk the towpath with the canal to the left for a short distance.
5. Just after going under the railway bridge, take the footpath right, downhill, railway up on the right.
6. After about 1/2 mile, go over the River Wheelock; notice the railway support pipes for river flood. Note. This may flood after heavy rain. If so, turn back and try another time.
7. The path continues for another 1/4 mile to emerge at a little car park. Follow a track bearing left, then soon go left on a lane towards a farm but fork right through the yard. Take care, there may be heavy machinery moving composting materials.
8. Soon after the yard, proceed on a track, then bear slightly left through **KG1** and across the field, over the little rise, and go through **G2,3/FB** by a black poplar tree, deep cut bark. Keep the edge of the field to the left and then through **KG4** into the next field. Keep the River to the left and go through **KG5**. A brook appears to the left then go through **G6,7/FB** and turn right. The River will now be a little way to the left but aim for a field boundary corner ahead on higher ground. Keep this boundary to the right and after about 1/4 mile go through **KG8**, then another 1/4 mile and through **KG9**, soon turning right, keeping field boundary to the right, passing a water tank and, at a track, turn left.

Soon go through a little gate-within-a-gate (GwG), **GwG10** (rarely shut).

9. Follow the track for about 1/2 mile to farm sheds and **Gate-within-a-gate, GwG** on the right through, **GwG11** (opposite a huge blue tank) then **GwG12** to follow the track ahead.
10. Emerge onto Crewe Road, cross with care, and follow a track opposite to a recreation ground. Go left with a line of rowan trees to the left to join a winding path, through **G13**, to emerge onto Mill Lane and turn left.
11. After about 1/4 mile go right onto Cotton Lane, and then under the bypass, A534.
12. Go left over canal, left again through **G14** down to a field, keeping canal to the left. Through **KG15** and soon turn right with a fence to the left.
13. Cross a footbridge and follow the path with the brook to the left.
14. At a bridge ("The Dancing Bridge") go up steps to the Wheelock Rail Trail and turn left.
15. Follow the Rail Trail for about 2 miles back to **SUFC**, calling in for refreshments at the "Cross Bar".

