

ROSE HILL STATION – MACCLESFIELD CANAL – HIGHER POYNTON – LYME PARK – GRITSTONE TRAIL – PEAK FOREST CANAL – MARPLE.

Notes: - Total walking distance 10 miles – easy tracks – canal towpath – some rocky tracks – walking boots advised – walking poles optional – can be muddy.

Classification: - moderate with numerous refreshment stops.

Start: - Rose Hill railway station. Trains from Manchester Piccadilly
No train service on Sundays. [Timetable](#)

Buses passing Rose Hill Railway station <https://tfgm.com/public-transport/bus>

383/384 Stockport circular
358 Stockport to Hayfield
375 Stockport to Mellor (except Sundays)

Stage 1

Turn left off the platform across the station car park to Railway Road. Bear left with the allotments on your right and walk along Railway Road. The entrance to Middlewood Way is signposted on the left in front of you. Go along the Middlewood Way (the track bed of the old Rose Hill to Macclesfield railway) and turn left at the stile in the hedge on to Marple golf course, this is the Cown Edge Way and is signposted the Macclesfield Canal.

Follow the path through the edge of the wood above the gully and then straight across the golf course following the post path markers to a gap in the hedge marking the boundary with the Macclesfield Canal towpath.

Distance so far: - 0.75 mile.

Stage 2



Hawk Green Canal Bridge

Walk 1

Turn right on to the canal towpath. Note the Goyt Mill on your left, which is a fine example of a spinning mill. The chimney, now gone, was a landmark for miles around.

Follow the canal for a pleasant walk through countryside to bridge 15 at Higher Poynton marina. At bridge 11 you pass under the A6 main road at High Lane, which is the route of the number 199 Buxton – Stockport – Manchester Airport bus. On reaching bridge 15 at the marina there is a small canal side cafe / shop.

About 50 yards down the road to the right alongside the site of the old Higher Poynton railway station, now a picnic area, there is the Boars Head pub. Also of interest is the Nelson Coalpit Visitor Centre with information about the various Poynton collieries which used to operate in this area until the late 1930's.

Open each day, usually unstaffed, Ranger Service 01625 383700, toilets and local event notice board.

Distance so far: - 3.25 miles.

Stage 3

Leave the canal and turn left to cross over bridge 15 and continue up the lane for about 100 yards, crossing a cattle grid and then straight ahead along the track signed Haresteads Farm by the edge of the wood. Continue along the track past the farm on your right and follow the track gently uphill. Eventually you reach a wooden gate across the track which marks an entrance to the National Trust Lyme Park Estate and Deer Park. Carry on uphill on the track.

Behind you is, now opened up, a good view over the Cheshire plain and Manchester. At the top of the hill the track divides. Follow the left hand track round and down the hill into the car park Lyme Hall.

Here you will find the National Trust Lyme Hall and gardens. There is an information and refreshment kiosk in the car park and down by the lake is a cafeteria and toilets.

Distance so far: - 4.25 miles

Stage 4

Leave the car park by the uphill path to the left of the information kiosk. At the top outside the main entrance to the Hall follow the road uphill bending to the left with the old stable building to your right. Continue along the road with the wood and metal fence to your right.

Lyme Cage can be seen on your left. You are now on the Gritstone Trail and are heading towards the East Gate entrance to the Park. Skirt a small copse on your right and drop down the track to the East Gate Lodge. From this track you get good long distance views of the moors of the Dark Peak and Kinder Scout.

Follow the track downhill past the Bowstones path going off on your right. Eventually you reach the bridge over the stream. Currently this bridge is marked unsafe and closed and a temporary wooden bridge has been built to the left. Cross the bridge and up the rocky track past the Millennium Wood notice board on the right. At the top of the slope bear left at the signpost marked Gritstone Way. This bit is now known as Green Lane.

Distance so far: - 5.50 miles

Stage 5

Follow the path and after a slight hollow bear left with it at a right angle with a signpost up on a bank to your right. Pass through the gate and the path goes steadily downhill between hedgerows. There are two small reservoirs down on your left. When you reach the T junction keep straight on and the track becomes a lane dropping steadily down towards Disley village. The lane bears left at the bottom and then right again past a post box and down the hill into the centre of the village. Here are a number of pubs and refreshment places.

Buxton – Stockport – Manchester trains call at Disley station Timetable via <https://www.northernrailway.co.uk/stations>

and the 199 bus passes through <https://tfgm.com/public-transport/bus/routes/199-buxton>

Distance so far: 7.5 miles

Stage 6



Peak Forest Canal at Strines

At the crossroad traffic lights bear right along the main A6 road, cross over, and just by the Dandy Cock pub turn left down Hollinwood Road, down the hill and under the railway bridge. Immediately after the bridge take the left-hand fork. Continue along the lane with good views of Kinder Scout Edge away on your right until you come to a small cottage on your left. Veer right here across the swing bridge and on to the Peak Forest Canal towpath.

Turn left along the towpath and have a pleasant walk with good views all the way along to bridge 1 at Top Lock in Marple.

When you reach bridge 1 at Top Lock, the junction of the Peak Forest and Macclesfield canals, cross the bridge and walk down Lockside to lock 13 at Posset Bridge on the main road. Here you have several alternatives: -

Four Walks From Rose Hill Station Walk 1

- Continue down the canal to lock 9 then turning down the hill to Marple railway station.
- Buses 383/384/358/375 from the centre of Marple to your left.
- Turn left through the centre of Marple and straight down the main road to Rose Hill station, where the Railway pub is handy for some final and well-deserved refreshment.



Macclesfield Canal at Marple Top Lock

Total distance: - 10 miles

Disclaimer

FORHS hope that you obtain considerable enjoyment from these walks. Great care has been taken in their preparation. At the time of recording each walk, all routes follow rights of way or permitted paths, but diversion orders can be made and permissions withdrawn. Whilst every care has been taken to ensure the accuracy of the route description, we cannot accept responsibility for errors or omissions, or for changes in the details given. All distances are approximate. Paths described may be pleasant for walking in fine weather, but can become slippery, boggy and dangerous in wet and wintry weather.