



Link	Marp Miles	Code	Title	Km	Miles	Mts	Feet	Hours-Walk incs Break	Circular or Linear	Start	Finish	Region	Out01	Out02	Rtn01	Rtn02	Aprox. Cals
GPX	10	555	Whiteley Green	7.0	4	59	194	2.9	Circular	Bollington	Bollington	Cheshire	Bus 391		Bus 391		395
GPX	12	194	Sowcar and Rainowlow	7.0	4	239	784	3.3	Circular	Bollington	Bollington	Peak District	Bus 391		Bus 391		426
GPX	10	464	Bollington to Whaley Bridge Via Bakestonedale	9.0	6	380	1,246	4.3	Linear	Bollington	Whaley Bridge	Peak District	Bus 391		Bus 199		560
GPX	12	183	White Nancy	10.0	6	294	964	4.3	Circular	Bollington	Bollington	Peak District	Bus 391		Bus 391		600
GPX	12	561	Bollington to High Lane Via The Macclesfield Canal	10.0	6	79	259	3.8	Linear	Bollington	High Lane	Peak District	Bus 391		Bus 199		563
GPX	9	469	Bollington to Whaley Bridge Via Sponds Hill	10.0	6	402	1,319	4.6	Linear	Bollington	Whaley Bridge	Peak District	Bus 391		Bus 199		618
GPX	10	151	Styperson Pool (Pigman-Pc Gone Mad)	11.0	7	158	518	4.3	Circular	Adlington	Adlington	Cheshire	Bus 391		Bus 391		632
GPX	12	155	Kerridge Hill	11.0	7	249	817	4.5	Circular	Bollington	Bollington	Peak District	Bus 391		Bus 391		647
GPX	9	611	Bollington and Rainow from Sowcar	11.0	7	459	1,506	5.0	Circular	Bollington	Bollington	Peak District	Bus 391		Bus 391		683
GPX	6	148	Happy Valley	11.0	7	86	282	4.1	Circular	Poynton	Poynton	Cheshire	Bus 391		Bus 391		620
GPX	12	465	Bollington to Disley	11.0	7	332	1,089	4.7	Linear	Bollington	Disley	Peak District	Bus 391		Bus 199		661
GPX	12	404	Sowcar and Bowstones	13.0	8	505	1,656	5.7	Circular	Bollington	Bollington	Peak District	Bus 391		Bus 391		801
GPX	6	298	Poynton History tour	13.0	8	100	328	4.7	Circular	Poynton	Poynton	Cheshire	Bus 391		Bus 391		732
GPX	12	501	Bollington to High Lane Via Peak Forest Canal	13.0	8	122	400	4.7	Linear	Bollington	High Lane	Peak District	Bus 391		Bus 199		736
GPX	12	362	Lamaload and Rainow	14.0	9	460	1,509	5.9	Circular	Bollington	Bollington	Cheshire	Bus 391		Bus 391		848
GPX	6	179	Happy Valley	14.0	9	138	453	5.1	Circular	Poynton	Poynton	Cheshire	Bus 391		Bus 391		793
GPX	5	423	Sponds Hill	14.0	9	501	1,643	6.0	Circular	Wood Lanes / Lyme Hall	Wood Lanes / Lyme Hall	Peak District	Bus 391		Bus 391		855
GPX	12	399	Bollington to Fiveways	14.8	9	351	1,151	5.8	Linear	Bollington	Hazel Grove	Peak District	Bus 391		Car		874
GPX	12	400	BOLLINGTON TO HAZEL GROVE	15.0	9	110	361	5.3	Linear	Bollington	Hazel Grove	Peak District	Bus 391		Car		844
GPX	12	540	Rainow	16.0	10	475	1,558	6.5	Circular	Bollington	Bollington	Peak District	Bus 391		Bus 391		961



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GPX	6	153	Poynton and Furness Vale	17.0	11	456	1,496	6.7	Circular	Poynton	Poynton	Cheshire	Bus 391		Bus 391		1,013
GPX	12	337	White Nancy	19.0	12	692	2,270	7.9	Circular	Bollington	Bollington	Cheshire	Bus 391		Bus 391		1,163