Parking is available at Pepper Street near Lymm Cross (Pay and Display).

Starting from Lymm Cross, go over Lymm Bridge, then take the left fork into Dane Bank Road. Go down this road and cross the road at the bottom into Lymmhay Road. Follow this road across the Trans Pennine Trail (TPT). Shortly afterwards you will find the entrance to Footpath no. 18 on your left. Take this footpath across the golf course (beware of flying golf balls) until you reach the end on Whitbarrow Road. Be careful leaving the footpath as sight is restricted. Go right along Whitbarrow Road until you find a short footpath (no.) on the left, which leads into Whitesands Road. In Whitesands Road turn left and walk to the junction with Albany Road. There you turn left again past the shops until you find a footpath (no.17) on the right. This will lead you over the Trans Pennine Trail up to the canal towpath. There you turn left and follow the towpath back to Lymm Bridge, which you cross.

Total distance 1.5 miles, 2.3 km, 1 hour

Terrain Generally good paths, some with hard surface.

Suggested by Tony Elbra, Lymm footpath warden.