Parking at the Rangers cabin on the Trans Pennine Trail on Statham Avenue, head off in an Easterly direction on the T.P.T path.

Take care when crossing over Whitbarrow Road to join the trail again.

After walking a few hundred yards, turn left off the trail, you will see a “Life for Life” remembrance woodland and Sow Brook allotments, in front you will see a public footpath sign which you will then follow straight ahead.

The path runs parallel with a football pitch and playing field, walk ahead and over a stone slab bridge, and zig-zag across a field and the path then follows a stream with Lymm Golf course on the other side.

Keep walking and the path ends at the Manchester Ship Canal. After admiring the view and maybe see a passing liner you will retrace your foot steps back to the T.P.T.

Turning left continue along the T.P.T until meeting with the crossing for Reddish Lane, leave the trail here turning left on to Reddish Lane, follow the tarmac road passing a few dwellings and a farm, this is a public right of way, eventually reaching Rushgreen Road A6144.

Turn right off Reddish Lane on to Rushgreen Road, after a few yards there is a small bicycle shop, turn right here back onto the T.P.T.

Follow the T.P.T back to the rangers cabin where you started the walk.

Suggested by Wendy Booth – Lymm Footpath Warden