

Beeston and Bishop Bennet's Way		23rd January 2022	
Grade: GREEN		Number of dogs allowed: 2	
Covid-19			
Do not walk if you are feeling unwell. Carry your own hand sanitiser. In case of an emergency ensure you have with you a face mask and first aid pack. Inevitably, the route will go through gates and over stiles that other people will have touched. It may have narrow sections that mean you will be passing close to other people.			
This is a circular walk which starts at the car park at Beeston Castle and will be at a leisurely pace. We walk along the lanes and along a short section of Bishop Bennet's way (this is 55km route through the countryside of southwest Cheshire which includes bridleways, byways and minor roads).			
	We then walk across fields and woodland paths to reach the Shropshire Union Canal at the aqueduct. We walk back along the canal towards Beeston. We pass the Shady Oak pub and Wharton's lock before crossing fields to walk back to the car park.		
There are good paths and tracks throughout the walk but if it has been raining some of the fields may be muddy!			
Meeting time:	09.45	Meeting Place:	Car park, Beeston Castle
Walk starts:	10.00	Walk finishes:	13.30
Distance:	8.5km	Duration (incl stops):	3 hours 30 mins (including stops)
Ascent:	Minimal	Highest point	N/A
Terrain:	Lanes, woodland paths, can path and fields.		
Map/Area:	OS Explorer 257 Crewe and Nantwich		
Starting point	Car park, Beeston Castle. Postcode CW6 9TX OS SJ540591 What3words: streamers.carry.risks		
SAFETY			
Let the walk leader know of any relevant medical conditions Refer to the Handbook for walk related information and specifically for recommended walking equipment https://ohwc.org.uk/kit-list/ and safety information https://P/ohwc.org.uk/safety/ Remember you are responsible for being properly equipped Ensure you have the walk leader's phone number in case of an emergency If you become detached from the group STOP, call out; try contacting group by phone or text. If no contact return to the last place you were with the group. Wait 30 mins repeatedly trying to make contact. After 30 mins seek help and/or make your own way safely.			