

Section 5: Stockport Road to Stockport

Distance 4 miles (6.4 km)

Time 2 hours.

- 1 From the Stockport Road lay-by, cross the road and go right uphill for a short distance then immediately past a house go left over a stile. Follow the path over a stream, near a small pond, up into a field. Continue ahead, ignoring paths to the right, and squeeze through a stone stile, across a boggy field towards the motorway bridge.
- 2 Continue under the motorway bridge, then aiming for the right hand end of the railway viaduct, cross a boardwalk. Ignore a wide path going uphill to the right but keep below the wooded slope. Soon follow the path forking to the right then up the steps and ascends to a stile on to Ross Lave Lane.
- 3 Turn left down the track, under the viaduct, then turn left through a gap by a gate. After a short distance turn right on the path to pass between the fishing ponds to emerge on a tarmac track near the Reddish Vale Visitor Centre, car park and toilets.
- 4 Go left over the river bridge and take the right hand track then through a stile at a gate, then bear right up the rising track.
- 5 Beyond the top of the rise go diagonally left across Blackberry Lane, through stiles, and continue along the track of the old railway for about $\frac{3}{4}$ mile (1.2 Km).
- 6 Just before the track goes over a bridge, turn right down a path descending to the bottom of Tiviot Dale. Follow the footpath as it goes left across the flat field to a tarmac lane, follow the lane to emerge on Tiviot Way, A626.
- 7 At the A626, turn right over the river bridge then right again down to the river, on the other side, go under the bridge following the riverside path. Up to the Trans- Pennine Trail cycle track and continue along the track towards the electricity pylon. Past the left side of the pylon and go left over the river bridge then right along a walkway under the M60 motorway to emerge at the confluence of the Rivers Tame and Goyt that becomes the River Mersey, this is the end of the Tame Valley Way.

To the nearest bus stop, go right over the Goyt bridge then left along Knightsbridge and right along Warren Street to the bus stop outside Sainsbury's.