



**GPX** for Apps or click

O/S Maps This route has been designed to complement O/S Explorer map No. 201



Turn Left, TR = Turn Right

П

ㄹ

Key

the back of the car park and uphill). For the main route head towards the walls of the old mine across the road and TL here on to the minor road. Please be careful on this road. Continue along this road as it goes slightly uphill. Part way along look out for Nipstone Rock on your left (You can access short cut No. 2 here off left). For the main route continue along until you see a track off to your right and a gate/sign off left leading up to 'The Rock'.

Park in the Bog Mine's car park

centre at SY5 ONG. (You can

(free or donation) near the visitor

access short cut No. 1 here out of

2 Continue up the heathland track towards the Rock and then TL at a tracks 'T' junction and head uphill and through another gate. Continue to another gate and track 'T' junction, continue ahead to a small gate into a wood, walk

along the edge of the wood and over the stile. The track opens up across fields ahad, continue until you reach the minor road ahead and gate.

Cross the road and go through the gate opposite. Please be careful on this road. Continue up to through the next gate, stay on the left track here at the split up towards Cranberry Rock. This track becomes quite rocky, please take care on it.

Bear right after Cranberry Rock as the path runs along the rocky ridge until you get to a joining of paths and a cairn. Continue straight here towards Manstone Rock and it's trig point. After this continue along the main route along past the Devil's Chair and on (the track improves here) to a track x-roads.

TL here at the junction, continue downhill until the small water works and a gate/ tracks x-roads.

TL here and follow the track through 2x gates. Continue to the third gate where the track splits, bear lef here and downhill through a gate to the corner of the minor road.

Go through gate ahead and follow permissive path along the field edge in parrallel to the road to the bottom left corner of the field. Go through the gate and cross the road here to your start point in the Bog Mine car park. Please be

careful on this road.

For post walk refreshments consider the Bridges pub over the other side of Stiperstones and down the hill at Ratlinghope

