



Twenty is Plenty 20km Route

Starting from the Adelphi Mill car park, head towards the Middlewood Way starting point on Grimshaw Lane.

From there you will continue along the Middlewood Way, following the existing cycle track to the turning point at Marple. The route returns back along the Middlewood Way to the finish point on Grimshaw Lane/Adelphi Mill.

There is a Strava Route available here

<https://www.strava.com/routes/2739476615762431950>

Google Maps link is shown here

<https://goo.gl/maps/gmhFxpagdx6Q3fTm7>

You can download the GPS or TCX files for import into an exercise App on our website

