

## CIRCULAR WALKS IN CHAPEL-EN-LE-FRITH PARISH

### WALK 7

#### RIDGE HALL via SITTINGLOW

A walk on quiet roads and field paths. A distance of approximately 5 miles

The walk starts from the Post Office on the Market Place. Leave the Market Place by the cobbled Terrace Road, at the side of the National Westminster Bank. Where Terrace Road joins Church Brow turn right to Market Street and then turn left. Cross the road and walk down to the Town Hall and in 30 metres turn right at the bollarded entrance into Park Road. Go ahead on Park Road to its end, where it becomes a narrow lane leading down to a stream. Go through the metal gate on the right, then bear left following marker posts up the field passing the site of the now demolished Target Wall. The Target Wall was built for target practice and was in use up until 1919. *This was a relic of the old Bowden Volunteer Reserve at the end of the 18th Century.*

Make for the top right hand corner of the field, keeping to the left of a hedgerow. Turn right following the path alongside the railway embankment, going left under the bridge and up the old Green Way, once the road from Chapel. At Higher Eaves pass to the right of the house to reach a lane. Go left for 30metres then through the narrow slot stile on the right in the wall. Cross the stile and turn left keeping approximately 15 metres out from the wall. Walk ahead to a stile at the junction of the wall and fence . Cross this stile and veer diagonally right up the field to the right hand corner where you will find a gate with a step stile on its left. Cross the stile and turn left at the track and join Ashbourne Lane at PARADISE FARM. Turn right on the lane and follow it round to where it joins another lane, just above the hamlet of Martinside. Turn left and walk up the road to SITTINGLOW FARM on your left. Opposite the farm entrance turn right onto a signposted path, going through a metal gate. Follow this path until you reach a ventilation shaft for the railway tunnel. *Note the Lego type bricks, which were used for lifting gear when repairs were being carried out on the tunnel. If you look towards the railway, you will see where a landslide occurred. This was shortly after the railway opened in 1866. It blocked the line for six months.*

Now carry on to the right around the base of COWLOW HILL, on the path. There was a tumulus on the summit of Cowlow. Go ahead crossing two wall stiles and one wooden stile and go left down to a wall stile onto Cowlow Lane. Turn right on the lane. In about 200 metres turn right down a sign-posted tarmac lane, leading down to the Ridge.

*RIDGE HALL was originally the home of the Bagshawe family. It is known that twelve generations of the family lived there between 1135 and 1742 when it was sold to the Gisbones of Yoxhall. The major part of the old Hall was demolished in 1818 and much of the stone was used for buildings elsewhere in Chapel. The Farm was once a model farm. In 1886 it was advertised to let with a 100 ton silo, fixed mills and machinery, and a dairy with milk cooler. During the 1890's, the occupant of the Hall building, built a new house known as the 'Ridge' and the Hall was advertised to let in 1898.*

*Bear left at the Ridge and continue the walk down the lane to the Railway Station. The building on the right is Ridge Lodge. Until the 1940's between this building and the station platform, there were private sidings for the occupant of the Ridge.*

Cross the railway by the crossing and go down the station approach road continuing until you reach Long Lane. Take Alston Road ahead and go through the housing estates where Rowton Grange Road brings you out opposite the National Westminster Bank where you started.

## STARTING POINT AND GETTING THERE

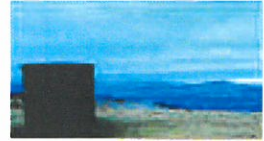
The walk starts from the Market Place in Chapel-en-le-Frith which can be reached by train and bus from both Stockport and Buxton. By car on the A6 road turning off the bypass into Chapel.



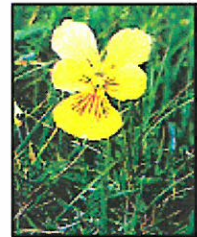
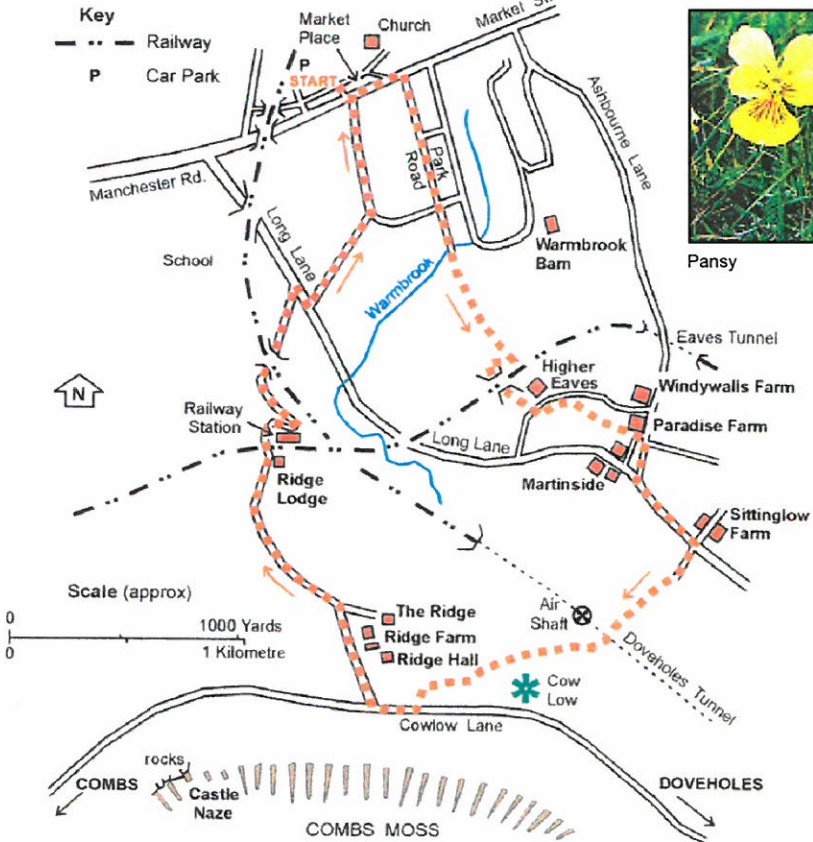
Sheep



Sittinglow Farm



Cowlow Top



Pansy