J10/1 10 miles

Formerly JC 35

Start (Grid Ref. SK 047818)

at a green "Chapel-en-le-Frith sign near the end of the layby approximately 1 mile west of Boden Lane traffic island on the A6.
(SK 047818)Proceed to;-

Bowden Lane Island (SK 062815) **0.96 m**

Take the fourth exit along the A6 towards Stockport to:-

Bridgemont Island (SK 014824) **4.16 m**

Take the 3rd exit along the A6 towards Buxton and return past the start (6.39 m) to:-

Bowden Island **7.35 m**

Take the fourth exit along the A6 towards Stockport:-

Finish (SK 024820) **10.000 m**
At the mid-point under the road bridge over the A6 near Bugsworth Basin.