

## Route

Starting at Chorlton Water Park:

- Do one lap of the Water Park as a warm up. (*Distance: 0.97 mile*)
- Go round again, and out half-way round onto the Mersey banks.
- Run towards Jackson's Boat bridge, but do not cross.
- Keep following the Mersey (on your left) for about 100 metres until you get to the gate/stile on your right, and turn right through it.
- At the end of the lane, turn left. Go straight on through the woods until you get to the small, narrow bridge. Go over this and turn left.

***Note:** If you want to add a little distance on to the run, then whilst in the woods you can take one of the turnings to the left. Follow your nose and bear right to come out near the narrow bridge!*

- Keep going until you get to the railway bridge. Go over it and bear left around the Water Park (the opposite side from the motorway).
- Staying on the road round the Water Park, keep going 'til you get to the short steep hill, then turn left and keep to the left of the building. Stay on the path rather than the road. Keep going down the path 'til you get back to the river Mersey.
- Run along the river back towards Jackson's Boat bridge, crossing over.
- Back to Chorlton Water Park.

Distance: 6.08 miles

## Map

