

Route

Starting at Chorlton Water Park car park:

- Do one lap of the Water Park (anti-clockwise).
- Go round again (anti-clockwise), and out half-way round onto the Mersey banks.
- Turn right once through the stiles, and run towards Jackson's Boat bridge, turning left to cross over.
- Turn left at the other side and head back towards Chorlton Water Park
- Keep going past the closed bridge, to the next bridge. Turn left to cross over and then turn right, back into Chorlton Water Park.
- Finish the second lap that you started, past the benches at the warm-up area, then turn right up the hill back to the car park.

Distance: 3.66 miles

Map

