

Route

Starting at Chorlton Water Park warm-up area:

- 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, but don't cross over.
- Turn right after a hundred metres or so, down the lane. Bear left at the end, and keep left through the woods, eventually bearing right to come back out near the narrow bridge.
- Follow the path to the right of the banks of the Mersey, eventually going under the arches under the canal. Then turn left through the black metal gates and back under the arches.
- Turn right, and up the lane alongside the canal and tram up to Sale Water Park and bear right around it.
- Run alongside the M60 (!), and to the left of the main building, along the edge of the lake and over the stepping stones at the far end.
- Turn right onto the path, and follow it up the hill. Turn left and take the path to the left of the building.
- Keep going, and turn right into the car park at Jackson's Boat. Don't cross the bridge, but take the first right down Fairy Lane.
- Turn left at the end, and follow the road to the three hills at the power station. Bear right at the top of the third, back on to the Mersey banks.
- Turn left over the bridge and back into Chorlton Water park, turning right to finish at the warm-up area.

Distance: 7.4 miles

Map

