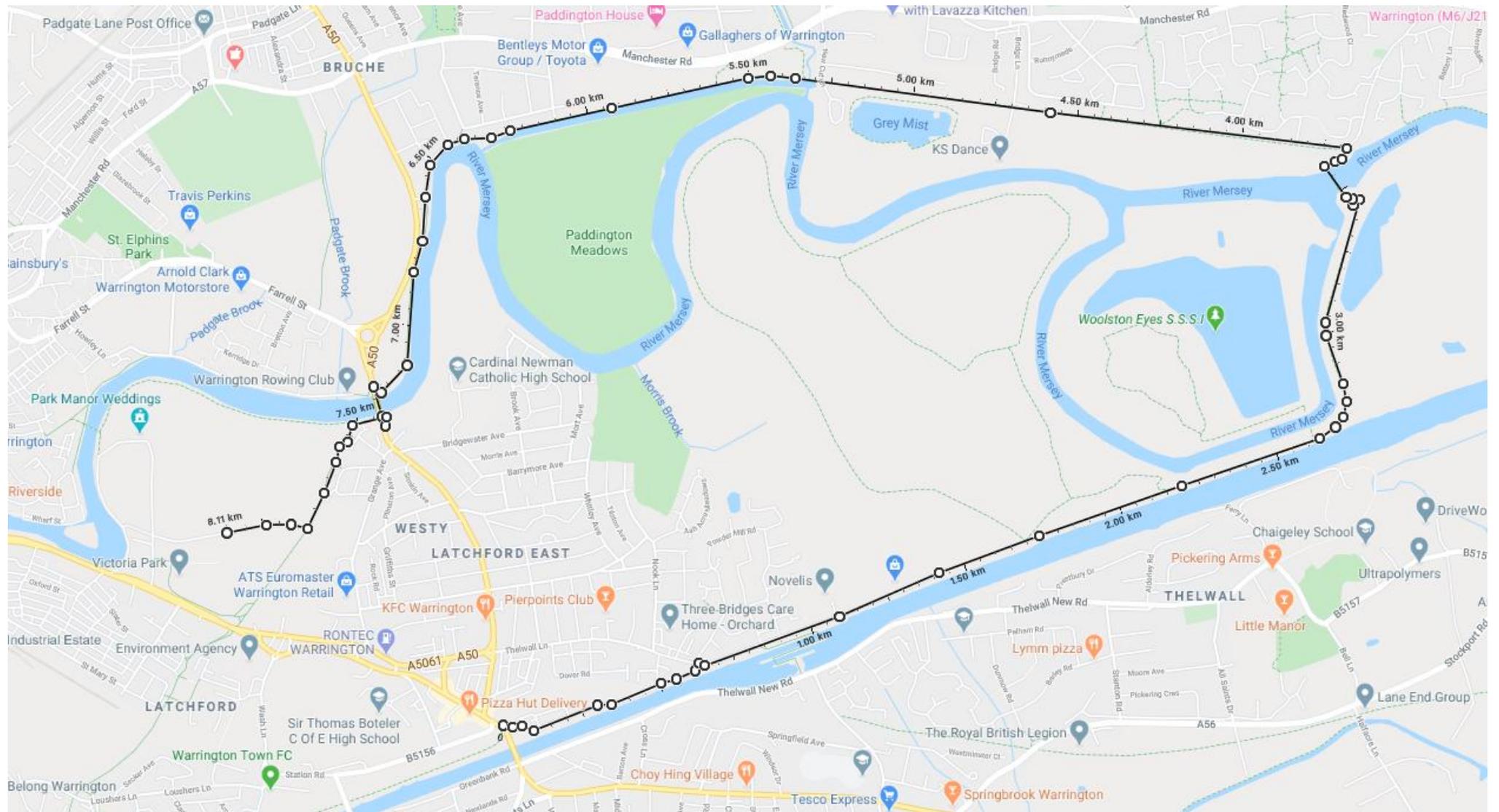


Woolston Weir 5m - Start at Latchford Swing Bridge, finish in Victoria Park – A mix of tarmac & shingle footpaths



Directions

Start at the point where the obvious footpath that leads to Clearwater Quays, joins the A49 on the Latchford side of the Latchford Swing Bridge, on the opposite side of the road to the Star Taxi building.

Follow this footpath/road with the Ship Canal on your right until you come to the roundabout at the end.

At the roundabout take the right hand turn, so that you are on Thelwall Lane, again keeping the Ship Canal on your right passing Latchford Locks.

Once past the locks you will pass a number of factory units on your left, and the road will become increasingly rougher underfoot.

After the last factory unit on your left, a barrier blocks the way for vehicles, but pedestrian / cyclists can pass through on the left.

Continue to follow the path with the Ship Canal on your right. Once passed the mooring point for the Thelwall Ferry, the path begins to climb slightly, and eventually turns to the left, away from the Ship Canal and continues to climb.

At the highest point the path forks, follow the left hand path as indicated by a yellow arrow. This will zig zag down, and bring you out onto the Weir.

Cross the weir and go to the right around the houses, then turn immediately left onto the 'New Cut Heritage & Ecology Trail' marked in brickwork on the ground.

Follow this footpath passing factory units and then houses on your right. After a while you will pick up the overgrown New Cut Canal on your left, then come to Paddington Bank with the River Mersey on the left.

Keep following the obvious path to the left running alongside the river, once you pass the allotments on the right you will reach Kingsway Bridge.

Take the sharp right turn that takes you up onto the bridge, turn left crossing the river, then take the obvious footpath on the left that drops you down onto the opposite side of the river, turn left again and run under the bridge.

Follow this obvious footpath as it bends left around the flats away from the river, go through the squeeze stile onto the Black Bear footpath and continue to run into Victoria Park towards Knutsford Road.

Turn right onto the footpath that goes towards the car park, and Stop once your watch shows 5 miles which will be just before you reach the skatepark.