


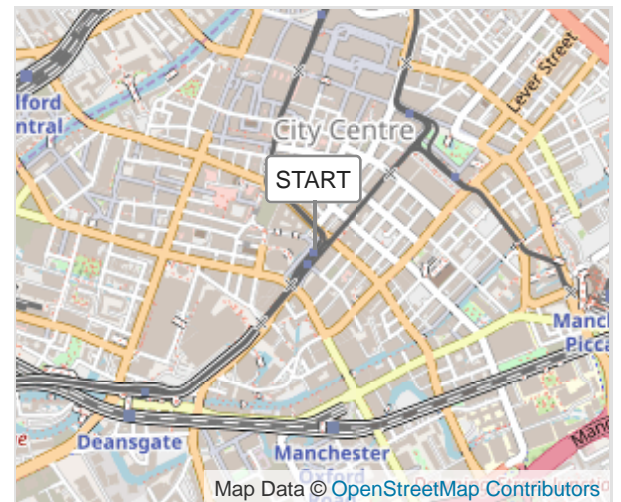


GM Ringway 1 Manchester - Sale WP (Nov 20)

ROUTE INFORMATION



ROUTE LENGTH	6.573 miles
ASCENT	246 ft
DESCENT	314 ft
HILLS	↑ 31.6% ↓ 47.0% → 21.4%
TERRAIN	Mixed 
START	LAT: 53.478225, LNG: -2.243134



NOTES

Stage 1 of the GM Ringway trail — GM Ringway.org —uses canal towpaths, paths, parkland and the Trans Pennine Trail to trace an almost totally traffic-free route from the city centre to the greenbelt of the Mersey Valley.

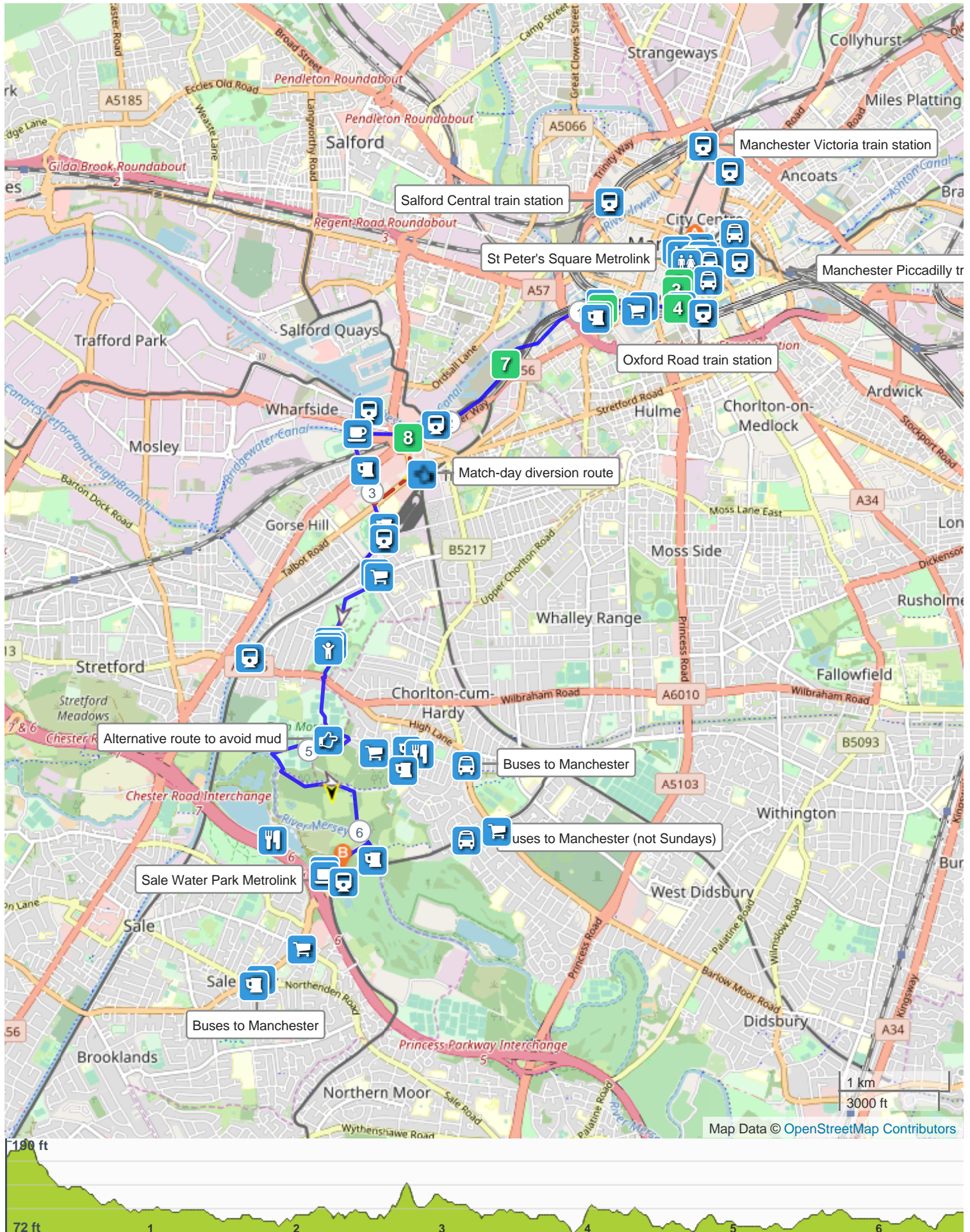
Highlights include:

- The towpaths of the historic Rochdale and Bridgewater Canals
- Castlefield with its industrial and transport-related heritage
- Iconic sports grounds at Old Trafford
- Longford Park, with its petting zoo, cafe and trees
- The quiet paths, lanes and green spaces of the Mersey Valley.

Watch out for speeding bikes especially on the canalside sections.

On match days at Old Trafford, the exit from the canal at Hotel Football is closed. In that case, follow the diversion via White City Way and Talbot Road shown on the map.

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ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.005		From the Metrolink station, walk SW with the library to your right and the tram lines to your left. Cross road & continue past Midland Hotel. 1
2	0.164		By the Peterloo Memorial in front of the conference centre, cross the road to your left (via crossings) & continue towards the Bridgewater Hall. 2
3	0.210	←	At the stone sculpture, walk down the steps and follow the boardwalk with the basin and fountain to your left. Continue on the path through the tunnel. 3
4	0.331	↗	On reaching the Rochdale Canal, turn left, cross the footbridge & continue along the towpath all the way past Deansgate Locks. 4
5	0.757	↗	At the end of the canal, emerge onto the cobbled Castle St. Turn right across the canal and then half-left between the outside areas of the bar. Go left across the footbridge. 5
6	0.867	↙	After descending from the bridge, turn sharp left & continue under it to follow the Bridgewater Canal towpath. Remain on this, with the water to your right, over a series of side channels. 6
7	1.524		Eventually, the towpath gains a tarmacked surface. Continue along it for 0.9 miles / 1.4 km, watching out for speeding bikes along the way. 7
8	2.249	↓	On reaching Throstle's Nest Bridge, cross it, turn right down the ramp back towards the city centre, & then sharp right to continue along the towpath on the other canal bank. 8
9	6.573		FINISH