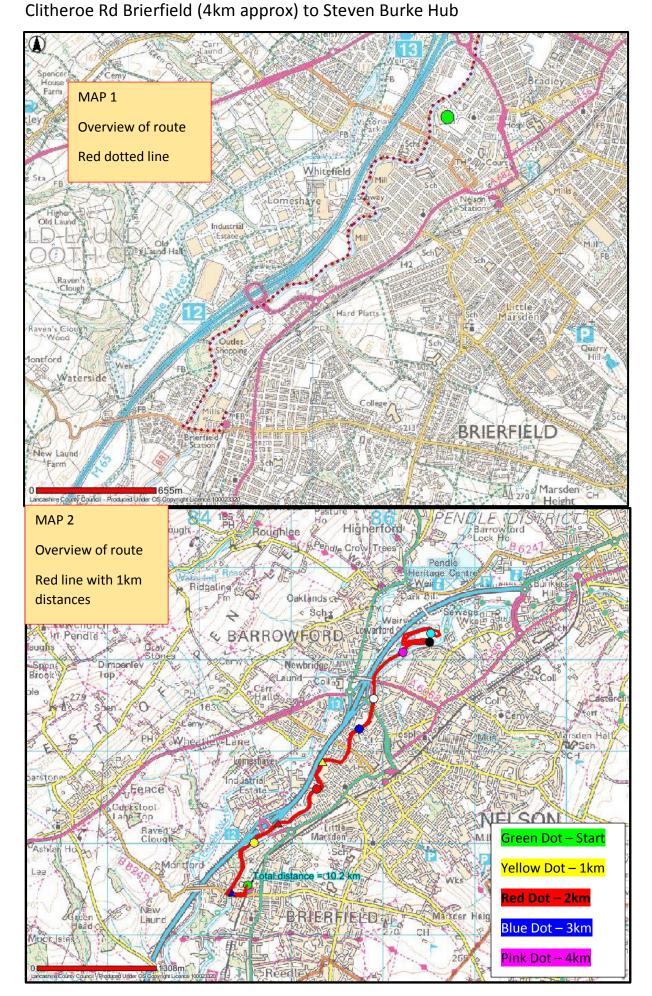
Route 3: Leeds Liverpool Canal Tow Path starting at Northlight Mill,



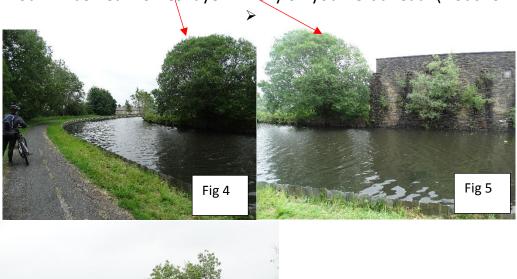
➤ GREEN DOT: Start at the access gate onto the canal heading towards Nelson, bear left, START YOUR WATCH



➤ YELLOW DOT. The first km is a short distance after the bridge after B&Q. There are some pink flamingos in a garden of a house canalside on the other side of the canal. If you look behind you, you will see the chimney from the Junction 12 shopping outlet



> RED DOT. Having passed under the bridge at Lomeshaye Rd, this is the 2km marker at the tree (Fig 4). The canal takes a bend to the right and there is a mill wall with drainpipes will help you mark the spot (Fig 6). You will be near Lomeshaye Primary on your left ahead. (Not shown)





▶ BLUE DOT: 3km Marker. Follow the towpath passing Morrisons. After passing under Scotland Rd bridge (No. 141c) (Figure 7 – view from behind you) and with the Charles St / Pendle Council works on your right-hand side (Fig 8). STOP YOUR WATCH



➤ PINK DOT 4km Marker: At the point where you have to leave the canal at the bridge to cross it to the otherside, (see below) you have now completed 4km. This is Cravendale Ave. The bridge is No 142. You will see the Swindon Fields pavilion to your right





## > You can now either

- a. Turn around and head back towards Brierfield
- b. Turn left at the style and have a ride on the Steven Burke Track (3 laps = 3km). Entrance gate down the tarmac road to your left
- c. Continue further along the canal at your leisure

Feel free to record your timings at any 3km strip along the route above eg start at the pink flamingos nr B and Q and stop the watch at the bridge no 142 as above. Or start at this bridge and cycle to the pink flamingos.

All distances are approximate.