

Coast to Coast
Humber Bridge - The Runcorn Bridge

The actual ride will commence from Hull Railways Station

1	Hull Railway Station - Humber Bridge road route following 'google maps' cycle route	6.30	6.30
2	Humber Bridge - Goole road route following 'google maps' cycle route - minor roads & cycle route 65	30.3	36.60
3	Goole - Castleford Join Aire & Calder canal at Goole see note 3 & 3A	24.00	60.60
4	Castleford - Wakefield (Wakefield flood lock) see note 5 ref: section between Wakefield flood lock & Thornes lock	7.50	68.10
5	Wakefield - Thornhill Double Locks take left fork to Cooper Bridge	7.25	75.35
6	Thornhill Double Locks - Cooper Bridge take left fork onto Huddersfield canal	5.75	81.10
7	Cooper Bridge - Huddersfield (Huddersfield Broad Basin) see note 7	3.75	84.85
8	Huddersfield - Ashton-u-Lyne (Dukenfield Junction) see note 8 - follow o/land route from Standedge tunnel Diggle before returning to towpath	20.00	104.85
9	Ashton-u- Lyne (Dukenfield Junction) - Ducie Street Junction Manchester turn left on Bridgewater & Rochdale canal passing through city centre	6.25	111.10
10	Ducie Street Junction - Taylor's Bridge see note 10 - Old Trafford on left; Lowry Centre; Salford Quays & Manchester Ship canal on right	5.00	116.10
11	Taylor's Bridge - Preston Brook see note 11 - at Taylor's Bridge cross canal & turn left for Preston Brook	20.5	136.60
12	Preston Brook - Runcorn (Waterloo Bridge) end of canal see note 12 - after using footbridge at M56 to cross canal turn right to Runcorn	5.75	142.35
13	Runcorn - Pierhead Liverpool After crossing bridge use Hale Road through Ditton, Hale, Speke passing airport. Enter 'Estuary Park', Blackburne Street Garston, St Mary's Road, Aigburth Road, Beechwood Road onto Otterspool Prom through to Pierhead	19.6	161.95

161.95 miles @ 9mph = 17.99 hours

8 hours per day = 2.5 days