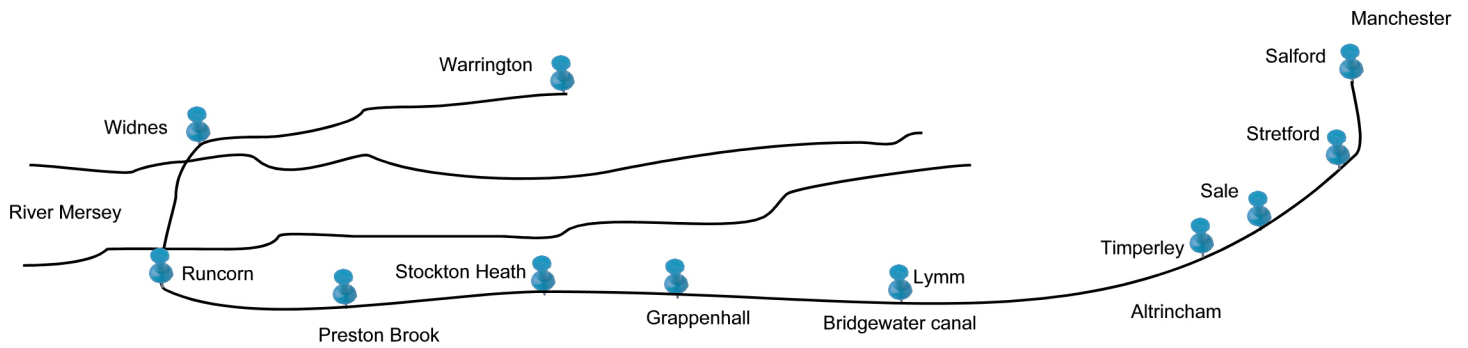


Warrington to Runcorn and then to Lymm, Sale, Stretford (along canal) and Salford.



I had walked from Warrington to Runcorn before, so I just went along the same route as last time along the A562 past Fiddler's Ferry power station. The difference this time was that instead of walking over the Runcorn bridge and back, this time I walked to the start of the Bridgewater canal and began to walk along the canal. A little further along I reached near the Norton Priory, but just my luck, at this part of the canal there was some maintenance work going on. They were cutting the grass, but the machine they were using was quite large and there was no way to get around them. I waited for my chance when a path was clear at the side, so I could skip past the workmen and enjoy the rest of my walk. I then reached Preston Brook which is where the Bridgewater meets the Cheshire ring. Further along the canal I reached Stockton Heath and Grappenhall and on towards Lymm. Before I reached Lymm it went dark and being quite unfamiliar with this neck of the woods and how long it would take, I was beginning to get a little anxious. I reached the edge of Altrincham and on to Timperley. At this section the buildings begin to become more urbanized and the MetroLink that runs from Manchester, runs along the side of the canal almost up to Stretford. I reached Stretford, but I was wondering whether to get off the canal here, or try and walk the whole length to Leigh. I walked so far and came to a fence which seemed to be blocking the canal. I realised later that this is just a marina and you just have to traverse around the marina to get back onto the canal, but it was dark and I was very unsure of my surroundings, so I walked back to the bridge and headed towards Old Trafford. Following the cycle route to Old Trafford wasn't straight forward either and it had already started to rain. I managed to find Old Trafford, which was made easier because Manchester United were playing CSKA Moscow in Europe that night, in fact they were playing as I walked past. Getting from Old Trafford to Salford Crescent was no simple task either, in fact I would say it was the hardest part of the whole walk. Lets face it, I'm a Liverpool fan, it's very easy for a Liverpool fan to get lost around there.

By Philip Catherall.