

The Leeds to Liverpool Canal

The Leeds to Liverpool Canal runs from the heart of Leeds City Centre right into the dockland area in Liverpool. It runs a length of around 125 miles from one end to the other – 250 miles there and back!

Of course, you don't have to travel the full distance, and we can provide you with a number of suggested routes which will vary from around 9 miles upwards.

Over the last couple of years, a number of supporters have run, walked or cycled the canal – some in a relay format, some doing it over two days, so there really are a wide range of ways to enjoy our history and beautiful views whilst raising money for Macmillan.

Once you have decided how you want to travel around the canal and how far, don't forget to contact your local fundraising office and let them know what you are planning.

West Yorkshire Office – 01924 232440 or email: westyorksinfo@macmillan.org.uk

We can help you advertise your event on our website, give advice on how to raise sponsorship, loan buckets to collect with, as well as provide you with t-shirts etc to show everyone on the way who you are supporting!

Travelling along the canal is a great way to learn more about our industrial history, get fit and healthy as well as raising money to help people affected by cancer!

Routes for the Leeds to Liverpool Canal

Below we have listed some example routs which can be followed, although you can always put together your own!

Route	Distance One Way	Distance Return
Leeds – Apperley Bridge	9m	18m
Keighley – Skipton	9m	18m
Leeds – Kieghley	18.5m	37m
Leeds – Skipton	27.5m	55m
Leeds – Burnley	55.5m	110m
Leeds – Blackburn	71.5m	143m
Leeds – Wigan	90.5m	181m
Leeds – Liverpool	125m	250m

Overview Map of the Canal



Photos of the Canal Route



Cycling along the canal towpath



The canal start point in Leeds



The canal terminus in Liverpool

Case Studies from previous Canal Events

On the 10th July 2009 a team of eight of us set off on the challenge we had conceived eight months earlier at our Christmas party: to run the entire length of the Leeds-Liverpool canal tow path in 24 hours. Aware that this challenge was no mean feat, a lot of planning (six months) went into making sure we had all the equipment we needed, permission from British Waterways, funding to cover support equipment and a team to get us from one leg to another along the way. We covered the 127 miles by running in teams, each team running one hour on, three hours off, over the 24 hours - a total of about 32 miles for each person over 6 legs each.

The weather on the day was perfect and the tow path itself was good terrain to run on for the most part. The most difficult phase for us was running throughout the night. Fatigue and the lack of light made navigating around diversions difficult. Emotions ran quite high for everyone during these night legs and seeing a torch light in the distance brought great relief. This said, once the light returned as day broke, we were greeted with beautiful misty scenery in Yorkshire that spurred us on to the end. We finished our challenge bang on time with just

a few injuries between us and we were greeted by family and friends and the Mayor of Leeds.

As far as we are aware, we are the only people to have attempted, and been successful, in this kind of challenge along the Leeds-Liverpool canal. The canal towpath did not let us down, it provided us with a clear route through a pretty and safe environment and we are already planning this year's challenge along another route in the UK. This year's challenge for us will take in the Kennet and Avon canal and will be a longer route with much of the same team. We are hoping to drum up more media support this time so look out for us!

Kate Jones