

Shortest distance 205km, suggested route 211km.
Generally quiet roads and lanes to go over the Trough
of Bowland before hitting the old A6 to get through
the one time industrial core of North West England.
Over the Manchester Ship Canal at Warburton Bridge to eventually
pick up the Chester Greenway which allows you to go right through
the centre of Chester without knowing it.

<http://kendalhostel.co.uk/>

<http://www.travelodge.co.uk/hotels/133/Halkyn-hotel>

10km from Mold, Northop is closer but I can't see how to get to it by bike.
I didn't stay in Mold, a short train home for me from Flint.

Log from 2006, I've now rejigged this to avoid Blackburn and Bolton.

W4 (210k). Mold, Holt, Lymm, Clitheroe, Kirkby Lonsdale, Kendal
18/08/06, 135m on clock, 13hr17, 0802-2119. Wet but no wind.

Train from Manchester to Flint.

Flattish potter through Mold and Holt to Poplar 2000 near Lymm using
usual lanes. Over Warburton Toll bridge and Leigh where rain started.

Main drag through Bolton and Blackburn to Clitheroe thru a river. No fun at all.

Over Waddington Fell for a brief stop at the pub in Newton where
they gave me a towel to dry myself. Near Cross O Greet on Tatham the
rain stopped and the cloud lifted a bit. R onto A683 to supermarket at
Kirkby Lonsdale. ATM here as well. Lumpy to Oxenholme station
and down to Kendal YH in the dark.

