

# The Harbour Marina

## 15 Trail Run



R right TR turn right RHF right hand of fork SA straight ahead X cross.

L left TL turn left LHF left hand fork FP footpath BW bridleway GMT Greenwich Meridian Trail

<http://www.mapmyrun.com/routes/view/1613271352>

0 - Start under the traffic barrier. Head up hill on Fort Rise, RHF on to FP by Soldier sign.

(15km continue on road to Fort, then TR 180deg to join FP)

0.3 - Having run past the WW2 and coastguard buildings, LHF on FP at Fort Hill to join cliff top route heading West towards Brighton.

1.45 - X wooden bridge.

1.72 - SA on cliff top FP next to "The Promenade" – GMT.

3.7 - TR uphill on FP (Keep "The Smugglers Rest" pub on your right).

3.75 - TL on to pedestrian FP next to A259 passing water works.

3.9 - Turn left on to grass cliff top FP.

4.6 - Check point and water station (Toilets here if needed). Run past bus stops on A259 opposite the Lido (Marine Drive) and find gap to rejoin FP uphill. (15km runners turn back after checking in at water station. Skip to point 12.37\*).

5.3 - Join pedestrian FP on A259 into Rottingdean.

5.4 - X rd using pedestrian crossing (High St).

5.6 - SA, passing "The White Horse" to join grass cliff top FP.

7.2 - SA on shared tarmac FP into Brighton. RHF on FP (trail) and woods. Centenary Circle. *Wooden bridges may be slippery.*

7.5 - TL on to slopes down to "Brighton Marina" (Marshal Point)

10.85 - TL on to uphill slopes to Water Station Checkpoint. SA on Undercliffe Walk heading East.

10.9 - TL on to grass FP and retrace route back.

11.5 - Join pedestrian FP next to A259 back past water works towards the "Smugglers Rest". TR on to FP before the pub, downhill and turn left on to GMT FP on cliff top.

\*12.37 - (Malines Avenue) Howard Park TR 180 degrees to join access road down to lower promenade.

12.4 - SA heading East towards Newhaven along the concrete promenade.

13.7 - Climb the 186 stairs!

13.8 - TR on to FP cliff top trail. Retrace route back to the start/finish.

15. - Take care on the access road for motor vehicle traffic.

15km runners take the path of least resistance down, no need to head towards the Fort on the return leg.

*General course overview:*

*15 Miles: Head West along the cliff top paths until the Marina turn. Drop down on to the Promenade until you get to the Saltdean water point, rejoin the upper paths. Drop down to lower prom' again at Howard Park. Towards the end of the prom', climb the stairs, turn right and follow paths back to the start.*

15km head along cliff top paths to the water station. Head back the way you came until you get back to Howard Park, drop down to the lower prom' and run to the stairs. Turn right and head back to the start.

**Emergency numbers: 07774003961 / 07946622599**

