



## 2021 The Mad March 4 Mile virtual trail run

**Key:** UH = uphill; DH = downhill; X = Crossing paths; TL = turn left;  
TR = turn right; L = left; R = right; FPS = Footpath/Bridleway sign;  
SA = straight ahead; FP = footpath; TK = track; CC = Centennial Circle;  
L/R HFE = Left / Right hand field edge.

**Start:** The Galleywood Common Car-Park on unnamed access road by the heritage centre. Head south into the woods on through the wooden posts on muddy FP. Stay on twisty path, keeping ponds to left and open area to right.

0.35km: exit woods and enter the car-park located off Stock Road (B1007)

0.43: Exit the far end of the car-park onto single track through field.

0.51: Wooden bridge CC. When safe to do so, cross the road (B1007)

0.52: Head east on access road towards houses.

0.70: TL past pond onto FP then go through a gate. LHFE

0.88: X TR to stay on LHFE

1.00: SA FP. LHFE

1.20: Over wooden bridge. SA on LHFE (South towards noise of A12)

1.44: Gate in hedge.

1.50: SA on footbridge over A12.

1.55: TL onto FP.

1.85: Ignore FPS and stay SA on LHFE.

3.42: At green BT box, TL onto concrete road.

3.47: Follow FPS on bridge over the A12 (North.)

3.53: TL and over grass towards FPS in gap in the hedge.

3.66: Go through gap and then RHFE.

3.88: FPS go into woods. Single track.

4.00: TR onto FP37. Gravel track. Vineyard on L and white building on the R.

4.33: TL at FPS through vineyards on muddy track.

4.52: X earth bridge. TL on FP88 Parkland Farm Walk / CC.  
Keep stream on L, heading West.

4.93: L fork and then cross wooden bridge.

4.98: TR onto FP. RHFE.

5.24: X bridges and go up steps. CC FPS. RHFE.

6:09: RH corner of field, R over wooden bridge retrace route, RHFE.

6.22: SA on FP.

6:38: Take RH fork towards wooden gate. Join access road.

6.50: TL onto Ponds Road. Caution no pedestrian footpath.

6.65: Join pedestrian footpath

7.09: Finish at junction of Ponds Road / Stock Road (B1007)

(Cross road and follow FPS to get back to the start / car-park)

Please email or messenger your Strava etc recording to us when you complete the route, along with any photos that you wish to add to our social media pages!

We hope you enjoy this route and hope to see you in 2021.

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