

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

<https://www.mapmyrun.com/routes/view/2747506024>

<https://www.strava.com/activities/4321781389/segments>

Start by the big red post box by car park exit. Head right.

0.06 TR onto Lodge Road.

0.37 X the road, join Paradise Road (Signs for Hylands Park.)

0.93 SA on BW (Finger Post & gates.)

1km Split cycle / pedestrian path under A414.

1.16 TR into woods at finger post. (Hylands Park.)

1.35 SA X Wooden bridge.

(1.76 Toilets if needed off path on left, otherwise stay going forward on path.)

2.25 SA X Wooden Bridge.

2.27 At crossing in the woods TR.

2.31 RHF

2.38 RHF

2.58 SA on FP. Pass Mascalls buildings.

2.79 TR on Margeretting Rd. *Caution...fast road.*

2.97 TL onto Nathans Lane. Ignore FP signs until....

4.57 TL onto footpath and climb over log.

4.6 SA on FP, slight uphill through field.

5km TR onto FP at finger post.

5.38 SA through farm-yard.

5.47 TL onto bridleway (concrete track)

5.64 Bear right to stay on BW/track

5.84 Finger Post. Go downhill on concrete track.

6.78 Sharp TL before building. Go uphill on FP into woods.

6.85 Bear right on FP. Follow path uphill through muddy woodland path.

7.78 Right hand field edge. Ignore FP sign and take RT onto track.

8.08 RHF downhill on single track FP.

8.31 FP - Enter woods.

8.41 SA X 2 plank bridge, then wooden bridge, then plank bridge.

8.48 SA on FP.

8.7 TR onto Nathan Lane (and start to retrace route back to start/finish.)

9.62 TR on Margeretting Rd

7.8 TL towards Mascalls on FP.

10k Enter Hylands park through gate.

10.2 Bear left the bear right on FP.

10.32 TL to retrace route on FP.

10.37 SA Wooden bridge. Stay on widest track on slight downhill.

10.9 (Toilets off to right if required, otherwise SA on path in the woods going downhill)

11.25 SA X wooden bridge

11.63 TL onto FP/Cycle path and go through bridge under A414

11.74 SA on Paradise Road

12.2 TR onto Lodge Road. (X to other side of street when safe to do so.)

12.6 TL onto the Green

12.8 TL to towards car park and big red post box.

13km. Finish at post box. STOP YOUR WATCH!



Male Adder

