

Virtual Harbour / Lido 15km festive 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

- 0 - Start under the traffic barrier. Head up hill on Fort Rise, LHF by Soldier sign.
Continue on road to Fort, then TR 180 degrees to join FP.
- 0.6 - Having run past the WW2 and coastguard buildings, LHF on FP at Fort Hill to join cliff top route heading West towards Brighton.
- 1.6 - X wooden bridge.
- 1.9 - SA on cliff top FP next to "The Promenade" – GMT.
- 6.1 - TR uphill on FP (Keep "The Smugglers Rest" pub on your right).
- 6.2 - TL on to pedestrian FP next to A259 passing water works.
- 6.5 - Turn left on to grass cliff top FP.
- 7.6 - Access Rd / Bus stops on A259 opposite the Lido (Marine Drive) TURNAROUND POINT!
(Toilets just beyond in the buildings if needed..see strava for details LOL!) Retrace route until....
- 10.1 - (Malines Avenue) Howard Park TR 180 degrees to join access road down to lower promenade.
- 10.3 - SA heading East towards Newhaven along the concrete promenade.
- 12.5 - Climb the 186 stairs!
- 12.6 - TR on to FP cliff top trail. Retrace route back to the start/finish.
- 15 – Finish under the traffic restriction barrier. (Take care on the access road for motor vehicle traffic.)

Remember to submit your time and photos and then wait for your finishers medal in the post!

