

R right **TR** turn right **RHFE** right hand field Edge **SA** straight ahead **X** cross **L** left **TL** turn left
G Gate **LHFE** left hand field edge **FP** footpath **BW** bridleway **EB** Earth Bridge
RD road (!) Caution **FC** field corner

[The Galloping Grind | 10.0 km Trail Running Route on Strava](#)

- 0.0 **TL** on Damases Lane
- 0.14 **TR** on **FP**. **TR FP G. SA FP G. SA G RHFE. TL in FC. SA G**
- 0.57 **SA** middle of field on **FP**
- 0.9 **SA RHFE**
- 1.25 Pass barns and **TL** onto **BW** (Culverts Lane)
- 2.26 **TR** onto Worlds End (**RD!**), **X** bridge over River Chelmer
- 2.62 **TL** on riverside **FP**
- 4.2 **TL** over bridge over River Chelmer. **TR** and **SA** through middle of field. **EB**
- 4.4 **TR** on Bumfords Lane(!)
- 4.94 **TL** at large logs (before bridge) **RHFE**
- 6.35 Down steps, **X** track up bank and **SA** on **RHFE**. (**SA X** tracks and **EB**)
- 7.35 **TL** Crabb's Hill (**RD!**)
- 7.7 **TR FP LHFE. EB SA RHFE** to Long Wood / **LHFE**
- 8km **RHFE** by Bishops & Brewhouse woods. **SA X EB**
- 8.87 **TL** on Mowden Hall Lane (**RD!**)
- 9.32 **TR** on Damases Lane (**RD!**)
- 10k(+) **TR** into *Galloping Grind* to **finish**

