The 3rd Galloping Grind
10k Trail Run
1-Apr-2026

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

The Galloping Grind | 10.0 km Trail Running Route on Strava

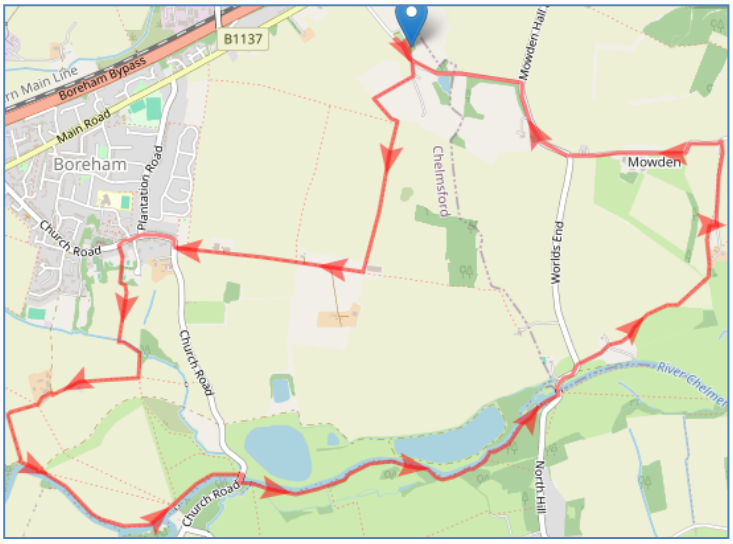
0.1 **TL** on Damases Lane

0.15 **TR** on **FP** (Beaumonts). **TR FP G**; **SA FP G**; **SA G RHFE**; **TL** in **FC**; **SA G**

0.57 **X** bridge. **SA** middle of field on **FP**

0.9 **SA RHFE**

1.25 Pass barns and **TR** onto **BW** (Culverts Lane)



2.1 **X** Church **RD(!)**, **TR** on pedestrian footpath, **L** at corner

2.38 **TL** after bus stop onto enclosed **FP**

2.5 **LHFE** to middle field path **DH**

2.82 **X** Bridge, **LHFE**

3.03 **FP TR** middle of field

3.3 **SA FP** track passing houses

3.4 **SA** farmyard gravel track

3.64 **TL** slight **DH**

3.86 **TL** then **R** at **FP** to join riverside **FP**. *(keep river on your right)*

5.05 **X** Church Road. **TR** over Bridge(**!**) **TL** to rejoin **FP** *(keep river on your left)*

6.5 **SA G** Papermill Lock

6.7 Exit **G TL** over Bridge on North Hill

6.85 **X** road(**!**) to **FP** tarmac access road / Worlds End

7.1 **SA RHFE**

7.14 **SA FC** to **RHFE**

7.42 **L** to middle of field to building… 7.6 to gravel. **TL UH** gravel track **FP**

8.22 **TL** on Mowden Hall Lane(**!**)

8.92 **SA** (**NCN**50)

9.34 **TL** on Damases Lane **RD(!)**

9.9 **TR** into *Galloping Grind* passing house and pond to

10k(+) ***finish***. Cake and drink on us!

Emergency number: 07774 003 961 / 07790 710 426 *v20260304*