

(!) 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** (**NCN50**)

- 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!