

Turn right from venue. Go SO through gates. Go past estate offices to A. At A Turn left into forest before barrier.

Turn right onto smaller track. Stay on till staggered x roads. 4K.Go SO Keep left at T junction up hill. Turn left down hill , take next right.

Follow to end, keep straight on and go right at next junction.

Follow track past stone heaps to CP1. **9K**

Go right . Keep on track , go SO at bottom of hill. Follow through beech trees, turning right through trees and up steep hill.

Turn left down small track , follow to T junction. **14k**

Turn left then first right. Ignore all track till T junction.

Turn left then go round barrier to A Follow road back to venue.

**14km**

**Emergency number - Louisa 07768884418**