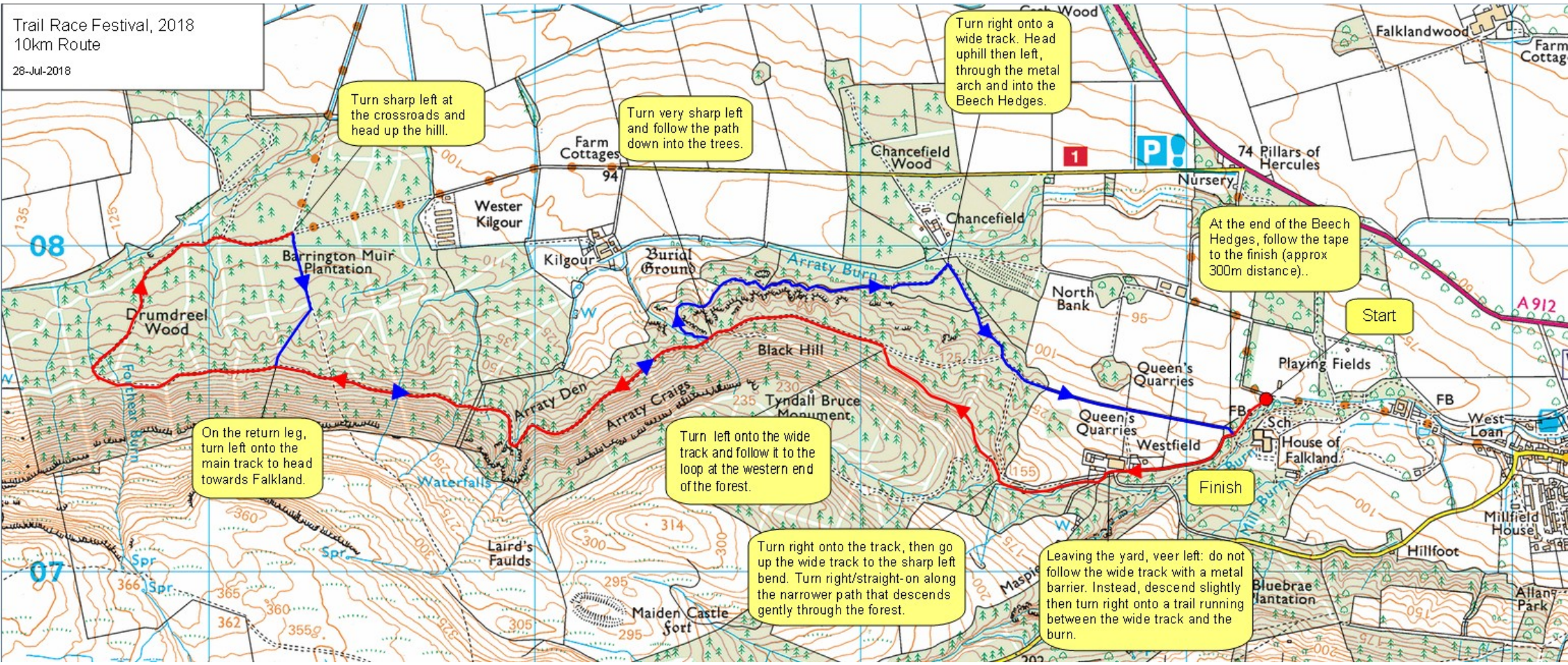


Trail Race Festival, 2018
10km Route
28-Jul-2018



Turn sharp left at the crossroads and head up the hill.

Turn very sharp left and follow the path down into the trees.

Turn right onto a wide track. Head uphill then left, through the metal arch and into the Beech Hedges.

At the end of the Beech Hedges, follow the tape to the finish (approx 300m distance).

On the return leg, turn left onto the main track to head towards Falkland.

Turn left onto the wide track and follow it to the loop at the western end of the forest.

Turn right onto the track, then go up the wide track to the sharp left bend. Turn right/straight-on along the narrower path that descends gently through the forest.

Leaving the yard, veer left: do not follow the wide track with a metal barrier. Instead, descend slightly then turn right onto a trail running between the wide track and the burn.