

10km route = 2 laps of the course.

5 mile/8km route = 1 full lap plus part of second lap to come uphill past deer pen at 2.2 miles back to car park.

5km route = 1 lap of the course.

Miles	Directions
0.00 0.00	From car park follow path downhill.
0.14	Keep following path, keeping lake on right.
0.23	Follow path to right over bridge. Then turn slightly to the left to follow grass path uphill.
0.30	Pass signpost on left to Weald Weave.
0.33	Shortly after signpost, turn right onto grass path. Follow path downhill.
0.50	Staying on path, pass trees on left and rough grass on right.
0.58	Pass children's playground on left and fenced trees on right.
0.60	Enter wood (red dog bin on left).
0.61	Immediately turn left onto path and follow path uphill.
0.68	Curve round log pile on left, then keep on same path.
0.81	Curve round red dog bin on right, then keep on same path to top of hill.
0.87	At top of hill, follow path to right then immediately to the left ('Pedestrian Only' sign facing you)
0.88	Keep straight on path with pine forest on right and ditch and field on left.
1.11	Reach 'Crossroads' (actually, 'Crosspaths'!) and turn left.
1.26	Keep on path, passing path on left and keeping fields to right. BEWARE OF TREE ROOTS!
1.34	Follow path to left
1.36	Follow path to right and downhill.
1.38	Follow path uphill.
1.44	Path winds to left.
1.47	Path winds to right (follow green arrow on post). BEWARE OF TREE ROOTS!
1.54	Cross wooden bridge.
1.56	Turn immediately right onto grass path (do not go through barrier ahead). Keep hedge on left and forest on right.
1.63	Pass small post on right and follow green arrow to turn left with the path.
1.75	Turn to face wooden gate on left. You need to go in the direction of 'through the gate' but it is shut so pass by it on the narrow muddy path on its right. Carry on straight across grass towards road.
1.78	Cross the road (there is a bench in front of you). Head for the small post just ahead on the right then follow the path to the right in the direction of the arrow.
1.83	Follow path downhill to left, keeping field on left and trees on right.
1.87	Keeping on same path downhill, cross gravel path.
2.05	At the bottom of the hill, follow the path to the left.
2.12	Follow path through trees over stream.
2.13	Path bears right with lake on right.
2.18	Ahead is deer pen with metal barriers, follow path to left, keeping deer pen on right.

2.22	With lake on the left and signpost on the right, follow signpost in the direction of 'Hills and Hollows'/'Rustle and Roost' and follow path along the bottom of the hill with lake on left.
2.26	Curve round 'Rustle and Roost' (kids' play area) on left.
2.50	Reach the far end of the lake, with wooden fence ahead and small post at edge of path. Stop following path, but turn 90 degrees to the right at the small post, to go uphill (Heartbreak Hill!), keeping the wooden fence on your left.
2.66	Pass 'Hills and Hollows' (kids' play area) on right.
2.70	Top of hill ☺ Follow path downhill.
2.82	End of path, small post ahead. Turn right at small post, keeping toilet block on left, to run along top of hill. Carry on along top of hill with woods on left and conifers on right.
2.98	Follow downhill towards path.
3.00	Cross path and turn right at small post just ahead.
3.02	Run towards car park.
3.10	Pass car park on left to start Lap 2.