

Fitbitch Summer Trail Series 2016

Sunday June 19th 8.30am

A beautiful run that will reward after a devilishly climb up onto the South Downs Way with stunning views before you drop down to enjoy almost three miles of downhill back to the seafront. Join us for post run yoga in Kipling's Gardens finished with a sea swim and breakfast at SeaSpray Rottingdean if you choose.

Location: Meet top Bazehill Road, Rottingdean, parking free. [MAP](#)

Distance: approx 6.5miles

Coach: Rachael

Sunday June 26th, 8.30am

Starting and finishing at [Saddlescombe Farm](#), this six mile route is an undulating one with only a few hills and one of them is a fantastic downhill. For those who wish, you can enjoy a tea and scone to finish at the farm tea house after the run.

Location: Saddlescombe Road Car Park bottom of the Saddlescombe Road [MAP](#). Parking free opposite the farm.

Distance: Approximately 6 miles, undulating

Coach: Tara

Saturday July 2nd NO RUN

Sunday July 10th 8.30am

We return to [Saddlescombe Farm](#) this week for a FLAT, yes flat, off road route that will take you through the countryside around Poyning's before returning once again to the farm.

Location: Location: Saddlescombe Road Car Park bottom of the Saddlescombe Road [MAP](#). Parking free opposite the farm.

Distance: 6 miles flat

Coach: Rachael

Saturday July 16th, 3.20pm - Fitbitch Summer Action & Dine Pop Up Party - Run or Bike, Yoga, Swim Me

We will be running or biking off-road from Falmer to Lewes, departing from Falmer station (if you drive, you can park at Stanmer and run to meet us). From here, it's a climb up to the top of the ridge (harder on a bike!) overlooking Ditchling, Lewes and Plumpton. Once you've reached the summit though it's a beautiful undulating bridleway with a thrilling descent into Lewes.

Once we arrive, we will continue to Pells Pool for yoga on the green (weather permitting) and a pool swim. Don't fancy either of those? Try the pub up the road and wait for us there.

The event will finish with a pop-up vegetarian supper at our secret undisclosed location in Lewes. Return on the train (every ten minutes, which takes 15 minutes to Brighton, via Falmer)

Location: Meet Falmer Train station (train departs Brighton 15.52pm) or park at Stanmer.
Distance: 7 miles (swim and dinner is extra)

Coach: Rachael

Sunday July 24th

You'll enjoy the sea and downs with this beautiful route that heads up from the seafront overlooking the Undercliff path and taking in the appropriately named Happy Valley.

Location: Meet the car park on Roedean Road just before it hits Marine Drive.



Distance: 6 miles

Coach: Tara