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**Cottingham Fitmums & Friends Running Schedule – Summer Routes**

**Route 1: Power Station/Golf Course to Lazaat**

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| **Route** | **Miles** |
| Base – R Northgate **(Use Crossing)**– L West End – L Hallgate – L George St **(Use crossing to left)** – R Northgate – Base **Watch out for pedestrians on busy pavements in centre of Cottingham** | **1** |
| Base – L Northgate **(Use Crossing)** – R King St – R Hallgate – R George St – L Northgate **(Use Crossing)** – R Park Lane – R into Park – turn L and do two laps of woodland track around park – back to base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height**  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **2** |
| Base – run diagonally across Pavillion field to Dog field in right hand corner– **(Narrow Bridge**) head towards right hand corner of dog field to a path (near a log) **(Narrow Bridge)** – across to Power Station run right around Power Station to Park Lane – into park from Park Lane entrance – straight back to base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height**  **Be considerate of other park users when running across the park** | **3** |
| Base – R Northgate – R Park Lane – Straight on at house on corner **(Narrow gap)** – L across public footpath (nr fence) to golf course - across golf course to Lazaat **(Stay alert for golf balls and stick to path at the edge**) – L Woodhill Lane **(Uneven surface)** - L Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height** | **4** |
| Base – run diagonally across Pavilion field to Dog field in right hand corner **(Narrow Bridge)** - head towards right hand corner of dog field to a path (near a log) **(Narrow Bridge)** – across to Power Station – around Power Station – at house on corner turn right**(Narrow gap)** – L across to golf course – across golf course to Lazaat **(Stay alert for golf balls and stick to path at the edge**) – L Woodhill Lane**(Uneven surface)** – L Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height**  **Be considerate of other park users when running across the park** | **5** |
| Base – turn L and follow woodland track to Dog field **(Narrow Bridge)** – head towards right hand corner of dog field to a path (near a log) **(Narrow Bridge)** – across to Power Station – around Power Station – at house on corner turn right**(Narrow gap** – L across to golf course– across golf course to Lazaat –**(Stay alert for golf balls and stick to path at the edge** cross road at Lazaat towards Skidby **(Busy Road Cross with care)** – down and up hill crossing road in middle – at Mill turn L Keldgate – R Harland Way **(Cross with care)** –R Westend Rd **(Use crossing)** – L Hallgate – L George St – R Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height**  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **6** |

**Route 2: Eppleworth Rd/Mill/Snake Field**

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| **Route** | **Miles** |
| Base – L Northgate)– **(Use crossing)** R King St **(Use crossing at lights towards green)** – L at Off Licence (before Boots) through snicket – L at road towards Church – through snicket by church – L Hallgate **(Use crossing)** – R King St – L Northgate **(Use crossing)** – Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **1** |
| Base – turn R out of base & go directly across park to Park Lane exit – L Park Lane – L Northgate – **(Use crossing)** R King St**(Use crossing)** L Hallgate – L Station Rd **(Pot holes)** – L Northgate – R Millbeck Lane – L Queensway – L Queensway – R Northgate – R Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **2** |
| Base – turn L out of base and do full lap of woodland track to Park Lane exit – L Park Lane – R Northgate – **(Use Crossing)** L Westend – R Eppleworth Rd – L St Margaret’s Ave – L Castle Road – R Burton Rd – L Parkway – R Castle Rd – L Baynard Ave – R Hallgate – L King St – L Northgate **(Use Crossing)** – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height**  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **3** |
| Base – R Northgate to Harland Way – **(Cross with care)** L Keldgate – L Beverley Rd past Mill **(Busy road, face** **oncoming traffic and stay in single file)** – across Eppleworth Rd – up hill at back of hospital (New Path) – L Castle Rd – L Baynard – R Hallgate – L George St **(Use crossing to left)** – R Northgate – Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **4** |
| Base – R Northgate to Harland Way – **(Cross with care**) L Keldgate – straight across to Mill – follow XC footpath down side of Mill – L at cross roads down to Eppleworth Rd (Snake Field) – L Eppleworth Rd **(Busy** **road, face oncoming traffic and stay in single file)** – R at footpath sign up hill – L Beverley Rd (opp Total Fitness) **(Cross with care)** – R Castle Rd – L Baynard – R Hallgate – L George St **(Use crossing to left)** – R Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Track can be especially overgrown on descent to Eppleworth road – extra care should be taken.**  **Track from Eppleworth to Beverley road can be used for fly-tipping be aware.** | **5.5** |
| Base – R Northgate to Harland Way - **(Cross with care)** L Keldgate – straight across to Mill – follow XC footpath down side of Mill – L at cross roads down to Eppleworth Rd – L Eppleworth Rd **(Busy road, face oncoming traffic and stay in single file)** – R at footpath sign up hill – R Beverley Rd (opp Total Fitness) **(Cross** **with care)** – L onto Main St towards Willerby Rd – L Willerby Low Rd **(Windy road with fast moving vehicles,** **face oncoming traffic and stay in single file)** – R Castle Rd – L Baynard – R Hallgate – L George St **(Use** **crossing to left)** – R Northgate - Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Track can be especially overgrown on descent to Eppleworth road – extra care should be taken.**  **Track from Eppleworth to Beverley road can be used for fly-tipping be aware.** | **6** |
| R out of base to Park Lane exit – R Park lane to house on corner **(Narrow gap)** – L through farmyard then R on footpath over fields – L at footpath sign (on gate) – R at footpath sign near pond across to farm – L on road to Beverley – L footpath sign on bridge – follow path to road – at end of road – L on path at edge of main Beverley Rd – L at Lazaats – down Woodhall Way – L Harland Way – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.** | **6.49** |

**Route 3: Dunswell Rd/Park Lane/**

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| **Route** | **Miles** |
| Base – L Northgate – L Queensdrive – L through snicket into park **(Narrow)** – R around woodland track to corner – Across bridge in corner to Dog field **(Narrow Bridge)** – Turn left and follow track by allotments to Park lane – L Park lane – L Northgate- Base  **Give way to pedestrians on narrow entrance to park** | **1** |
| Base – L Northgate – **(Cross Dunswell lane with care)** New Village Rd – on corner turn L Middledyke **(Stay in** **single file)** – L Northmoor Lane – L Dunswell Rd – R Northgate - Base | **2** |
| Base - L Northgate **(Use crossing)** – R King St **(Use crossing at lights towards green)** – L South St – R Snuff Mill Lane – across Hornbeam Drive – to Snuff Mill Lane footpath opposite – across railway lines – L Hull Rd – L Thwaite St – R Station Walk - thru gate over railway line – R Station Rd **(Potholes)** – L Northgate  **(Use crossing)** - Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height** | **3** |
| Base – R out of base to Park Lane exit – Follow Park lane round to Sub Station – L at track (Caravan Storage) – Follow track around to Farmyard – Left onto path at the side of field (pond on left further down)– Carry on past pond and follow path through gap in the hedge – right towards and through farmyard - follow track back to park lane **(Narrow gap)** – use park lane entrance - base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Track can be especially overgrown on descent to Eppleworth road – extra care should be taken.** | **4** |
| R out of base to Park Lane exit – R Park lane to house on corner **(Narrow gap)** – L through farmyard then R on footpath over fields – L at footpath sign (on gate) – L at footpath (Baring towards Hull/Beverley Road) – L on Track at side of Main Hull/Beverley Road– L at Lazaats – down Woodhall Way – L Harland Way – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.** | **5** |
| Base – L Northgate **(Use Crossing)** – New Village Rd – R Thwaite St **(Use Crossing)** – L Priory Rd – R onto Wood Lane track – straight across to Wymersley Rd – R Willerby Rd – R over golf course **(Stay alert for golf balls**)– L Carr Lane thru gate – R over bridge across fields – onto Abbotts Walk to The Garth – turn R – R Link Rd – L Oakdene – R South St – **(Use Crossing)** L King St – L Northgate **(Use Crossing) –** Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Excavation work taking place between Carr Lane and the Garth take extra care.** | **6** |

**Route 4: Power Station/beyond Lazaat**

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| **Route** | **Miles** |
| Base – L Northgate **(Use Crossing)** – R Canongate – R Broad Lane Close – thru snicket at end to Hallgate – R onto Hallgate – R King St – L Northgate **(Use Crossing)** – Base  **Watch out for pedestrians on busy pavements in centre of Cottingham and give way to pedestrians on snicket.** | **1** |
| Base – turn R out of base – around woodland track to Queens Drive exit – L Queens Drive – R Queensgate - R Millbeck Lane – L Northgate **(Use Crossing)** – R Station Road **(Potholes)**– R Beck Bank – Hallgate – R King St – L Northgate **(Use Crossing)** – Base  **Cautions: Sections of this route are on trails be alert for trip hazards**  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **2** |
| Base – L Northgate **(Use crossing**) R King St – **(Use crossing)** St on at traffic lights Oakdene – R The Garth – L The Parkway – R Burton Rd – L Southwood Rd – Castle Rd – R Green Lane – R Eppleworth Rd – L West End – R Northgate **(Use crossing)** – Base | **3** |
| Base – L Northgate – **(Use crossing**) R Station Rd **(Potholes)** – R Hallgate – **(Use crossing)** L King St – **(Use** **crossing)** St on at traffic lights Oakdene – R The Garth – L The Parkway – R Burton Rd – L Southwood Rd – Castle Rd – R Green Lane – R Eppleworth Rd – West End – R Northgate **(Use crossing**) – Base | **4** |
| Base - L Northgate **(Use crossing)** – R King St **(Use crossing)** – R South St **(Use crossing)** – L Oakdene – R Link Rd – L The Garth - L down Abbots Walk to footpath across to Carr Lane – L Carr Lane – R over golf course **(Stay alert for golf balls**)– L Willerby Rd – L Wymersley Rd – straight across on to Wood Lane (track) – L Priory Rd – L South St **(Use crossing)** – R King St – L Northgate **(Use crossing)** - Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Excavation work taking place between Carr Lane and the Garth take extra care** | **5** |
| Base – directly across pavilion fields to dog field **(Narrow Bridge)** – onto public footpath in far right hand corner **(Narrow Bridge)** – to Power Station – around Power Station – R at house on corner - through farmyard – R at footpath sign – L at footpath sign (on gatepost) – L at footpath sign to layby – L to Lazaat – L Woodhill Way – L Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.** | **6** |

**Route 5: Snuff Mill/Garth/Willerby**

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| **Route** | **Miles** |
| Base – turn L around woodland track of park (i.e. do full lap of park) – exit at park lane exit – L Park lane - L Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.** | **1** |
| Base – L Northgate **(Use crossing)** – R King St **(Use crossin**g) – Cross at pedestrian crossing – L South St – **(Cross at Island)** R Priory Rd – L Wood Lane (track) – L across Hornbeam Drive to Snuff Mill Lane – down Snuff Mill Lane – R Thwaite St – over railway lines and immediately L down Station Walk **(Potholes)** – thru gate over railway line – R Station Rd – L Northgate **(Use crossing)** - Base | **2** |
| Base – R out of base to Park Lane exit – Follow Park lane round to Sub Station – Follow road round behind sub station on to path – Follow path around side of field – Follow path to the right towards dog fields– Directly across dog field- Directly across park - base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Be considerate of other park users when running across the park** | **3** |
| Base - L Northgate **(Use crossing)** – R King St **(Use crossing at lights towards green)** – R South St **(Use crossing)** – L Oakdene – R Link Rd – L The Garth - L down Abbots Walk to footpath across to Carr Lane – L Carr lane – L Wood Lane (track) to Priory Rd – L Priory Rd – L South St – **(Use crossing)** R King St – L Northgate **(Use** **crossing)** - Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Excavation work taking place between Carr Lane and the Garth take extra care.** | **4** |
| Base - turn R out of base & go directly across park to Park Lane exit – R Park Lane – straight on at house on corner – through farmyard – R at footpath sign – L at footpath sign (on gatepost) – L at footpath sign to layby – L to Lazaat – L Woodhill Way – L Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.** | **5** |
| Base - L Northgate **(Use crossing)** – R King St **(Use crossing)** – R South St **(Use crossing)** – L Oakdene – R Link Rd – L The Garth - L down Abbots Walk to footpath across to Carr Lane – L Carr Lane – R over golf course **Stay alert for golf balls** – L Willerby Rd – L Wymersley Rd – straight across on to Wood Lane (track) – L Priory Rd – R Thwaite St **(Cross at island)** – L New Village Rd – Northgate **(Use crossing)** - Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Excavation work taking place between Carr Lane and the Garth take extra care** | **6** |

**Route 6: Park Lane/Golf Course/ Hill Session hill**

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| **Route** | **Miles** |
| Base – R Northgate **(Use crossing)** – L George St – R Hallgate – Fairmaid Pub – R West End – R Northgate **–(Use crossing)** -Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **1** |
| Base – turn L around woodland track of park (i.e. do full lap of park) – exit at Park Lane – L Park Lane – R Northgate – Harland Way **(Use crossing past Lawns**) – L Mill Lane (to cemetery) – 1st left thru cemetery – L Eppleworth Rd – R Dene Rd – R Westend Rd – L Hallgate – L George St – **(Use crossing to left)** R Northgate – Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **2** |
| Base – turn L around woodland track of park – exit at Park Lane – L Park Lane – R Northgate – Harland Way **(Use crossing past Lawns)** – L Mill Lane (to cemetery) – 1st left thru cemetery – R Eppleworth Rd **(Cross with** **care)** – L Green Lane – L Castle Rd – Southwood Rd – L Baynard – R Hallgate – L George St – **(Use crossing to** **left)** R Northgate – Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **3** |
| Base – go directly to Park Lane exit across park – R Park Lane – follow road towards power station – at house on corner straight on **(Narrow gap)** – take first left at public footpath sign near fence – follow round field to golf course – turn R on track around golf course – straight on at next sign – follow edge of golf course around to gate **(Stay alert for golf balls)** – thru gate (Lazaat) – L towards Harland Way – L on Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.** | **4** |
| Base - turn L around woodland track of park (i.e. do full lap of park) – exit at Park Lane - R Park Lane – follow road towards power station – at house on corner straight on**(Narrow gap)** – take first left at public footpath sign near fence – follow round field to golf course – turn R on track around golf course – straight on at next sign – follow edge of golf course around to gate –**(Stay alert for golf balls and stick to path at the edge)**– thru gate (Lazaat) – cross road towards Skidby **(Busy main road take care)** – down and up hill crossing road in middle towards Mill – L Keldgate – **(Cross with care)** R Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height** | **5** |
| Base - turn L around woodland track of park (i.e. do full lap of park) – exit at Park Lane - R Park Lane – follow road towards power station – at house on corner straight on – take first left at public footpath sign near fence – follow round field to golf course – turn R on track around golf course – straight on at next sign – follow edge of golf course around to gate **(Stay alert for golf balls)** – thru gate (Lazaat) – cross road towards Skidby **(Busy** **main road take care)** – down and up hill crossing road in middle towards Mill – past Mill – **(Busy road, face** **oncoming traffic and stay in single file**) down to Eppleworth Rd – straight across up hill session hill to hospital – L Castle Rd – L Baynard Ave – L Westend Rd – R Northgate **(Use crossing)** – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height** | **6** |

**Route 7: Green Lane/Willerby Low Rd/Snake Field**

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| **Route** | **Miles** |
| Base – L Northgate– L Queens drive – L Snicket to park – R onto woodland track to park lane- L Park Lane- L Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height** | **1** |
| Base – R Northgate – **(Use crossing)** L Westend – R Eppleworth – L St Margaret’s Ave – L Castle Rd – L Baynard – R Hallgate – L George St – **(Use crossing to left)** R Northgate – Base  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **2** |
| Base – R Northgate – **(Use crossing)** L Westend – R Eppleworth Rd – L Green Lane – L Castle Rd – L Baynard – L Westend – R Northgate **(Use crossing)** – L Park Lane into park – L around woodland track to path up centre of park direct back to base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height**  **Watch out for pedestrians on busy pavements in centre of Cottingham** | **3** |
| Base – R Northgate – **(Use crossing)** L Westend – R Eppleworth – L St Margaret’s Ave – R Castle Rd **(Busy** **Road Cross with care)** – L Willerby Low Rd – turn R past Hilltop Club then Total Fitness – R Beverley Rd (Cross Castle road at roundabout with care) – R Castle Rd – L Baynard – R Hallgate – L George St – **(Use crossing to** **left)** R Northgate – Base | **4** |
| Base – R Northgate **(Use crossing)** – L Westend – R Eppleworth – L St Margaret’s Ave – R Castle Rd – **(Busy Road Cross with care)** L Willerby Low Rd **(Windy road with fast moving vehicles, face oncoming traffic and** **stay in single file)** – past crematorium – **(Cross castle road with care at roundabout)** R Castle Rd – L Baynard Ave – L Westend – R Northgate **(use crossing)** - Base | **5** |
| Base – R Northgate **(Use crossing)** – L Westend – R Eppleworth – L St Margaret’s Ave – R Castle Rd – L Willerby Low Rd **(Windy road with fast moving vehicles, face oncoming traffic and stay in single file)** – R past Hilltop Club then Total Fitness – R Beverley Rd – across road to Green Lane (track) down the hill **(Busy road** **cross with care)** – L Eppleworth Rd **(Single file)**– R onto footpath (snake field) – R at cross roads on footpath towards Mill – straight across to Keldgate – **(cross with care)** R Harland Way – Northgate – Base  **Cautions: Sections of this route are on trails be alert for trip hazards, hidden holes and branches at Head Height.**  **Track can be especially overgrown on descent to Eppleworth road – extra care should be taken.**  **Track from Eppleworth to Beverley road can be used for fly-tipping be aware.** | **6** |

**Longer run routes**

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| **Route** | **Miles** |
| Base – R Northgate – Harland Way – L Keldgate – R Bev Rd – over Skidby Rd – up hill towards Lazaat – L on footpath on main road – L Bentley turn off – through Bentley – R at Road junction – L onto path over fields – at sharp right turn – L – Dunflat Rd – Sharp R onto X country path over fields to Skidby – R Main Rd Skidby – L Riplingham Rd – L XC path at end of cemetery – L at X Roads to skidby Mill – straight on over Beverley Rd to Keldgate – R Harland Way. | **8.47** |
| Base – across park to Park Lane entrance – Park Lane – L at house on corner – through farm – R x-country path – R at x country path to Beverley track – L just before going over A1079 bridge follow path to main road – across to Bentley– onto Walkington Rd – on sharp corner L across field to Risby Rd – straight across on path to Skidby – L in Skidby – across main road – Harland Way - Base. | **7.5** |
| Base – across park to Park Lane entrance – Park Lane – L at house on corner – through farm – R x-country path – R at x country path to Beverley track – L just before going over A1079 bridge follow path to main road – across to Bentley– onto Walkington Rd – on sharp corner L across field to Risby Rd – straight across on path to Skidby - R in Skidby – Riplingham Rd – L onto cross country path – L at cross roads to Skidby Mill – Keldgate – Harland Way – Base. | **8** |
| Base – R Northgate – L West End – R Baynard – R Castle Rd – L Parkway – L Wake Ave – R The Garth – R Abbotts Walk - across fields – R just after house on XC path to Well Lane – R Main St – R Willerby Low Road – L past Hill Top – R Beverley Rd - then L onto Green Lane (x country one) – L Eppleworth Rd – R thru Snakefield, R to Skidby Mill – Keldgate – Harland Way – Base. | **8** |
| Base – across park to Park Lane entrance – Park Lane – L at house on corner – through farm – R x-country path – R at x country path to Beverley track – L just before going over A1079 bridge follow path to main road – across to Bentley– onto Walkington Rd– on sharp corner right – then left across fields to Walkington track – L to Risby road – then right onto footpath to Skidby – R Riplingham Rd – L onto x country footpath – L Skidby Mill – Keldgate – Harland Way – Base. | **9.5** |
| Base – R Northgate – L West End – R Baynard – R Castle Rd – L Parkway – L Wake Ave – R The Garth – R Abbotts Walk - across fields – R just after house on XC path to Well Lane – R Main St – R Willerby Low Road – L past Hill Top – R Beverley Rd - then L onto Green Lane (x country one) – L Eppleworth Rd – R thru Snakefield straight on to Riplingham Road – R into Skidby through main street – L at cross roads – Lazaat – across golf course – Park Lane – L thru gate back across to Pavillion – Base. | **10** |