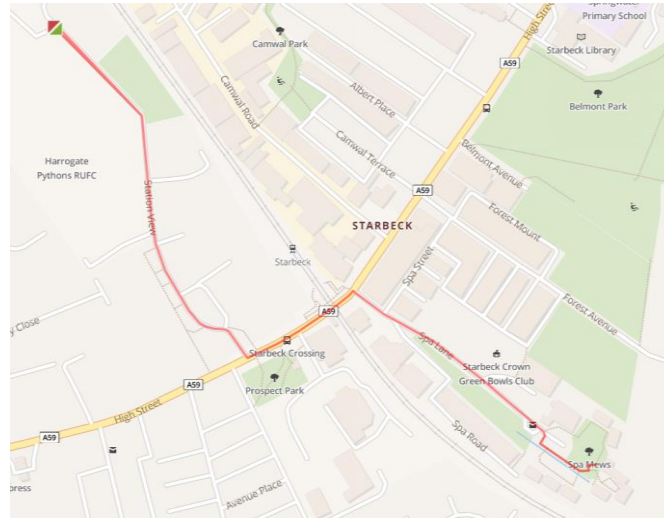


WINTER ROUTE 3 – 1 MILE (2021)

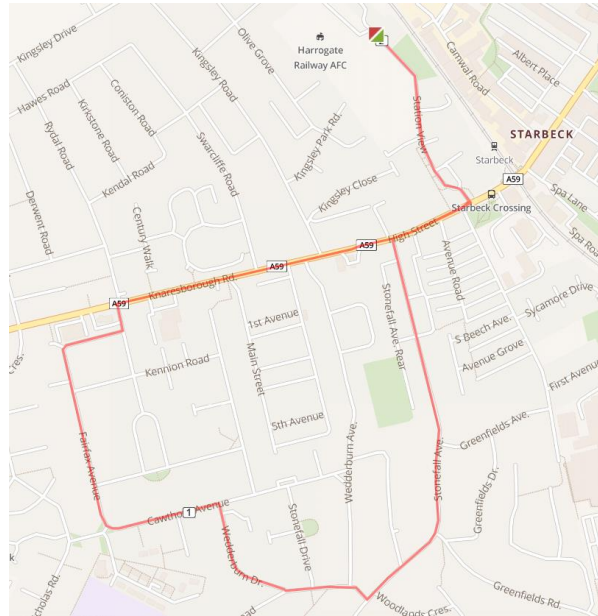
https://gb.mapometer.com/running/route_5288744.html



R – down Station View – **cross** at pedestrian crossing – L onto High Street **over railway line** – R onto Spa Lane – follow road down to Spa Mews – run around historic Spa Mews Fountain – head back onto Spa Lane – L onto High Street **over railway line** – **cross** at Pedestrian crossing – down Station View and back to base.

WINTER ROUTE 3 – 2 MILE (2021)

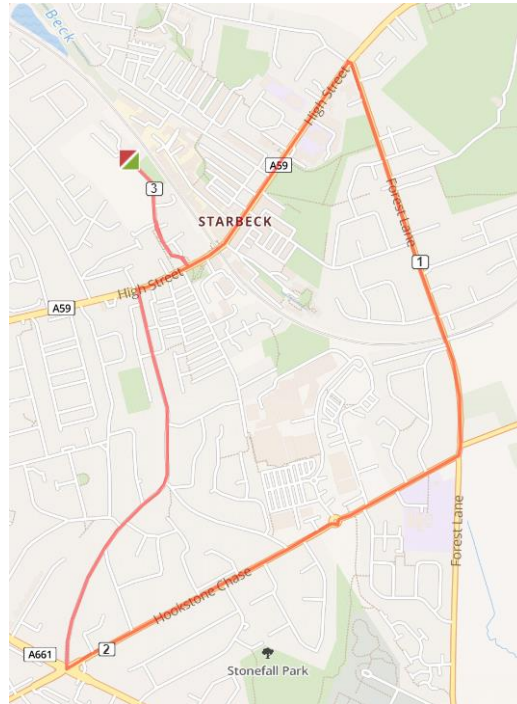
https://gb.mapometer.com/running/route_5288746.html



R – down Station View – **cross** at pedestrian crossing – R along High Street – L onto Stonefall Avenue – R onto Wedderburn Road – R onto Wedderburn Drive – L onto Cawthorne Avenue – R onto Fairfax Avenue – follow road around – L onto Stanhope Drive – R onto Knaresborough Road and down onto High Street – cross at pedestrian **crossing** – L into Station View and back to base.

WINTER ROUTE 3 – 3 MILE (2021)

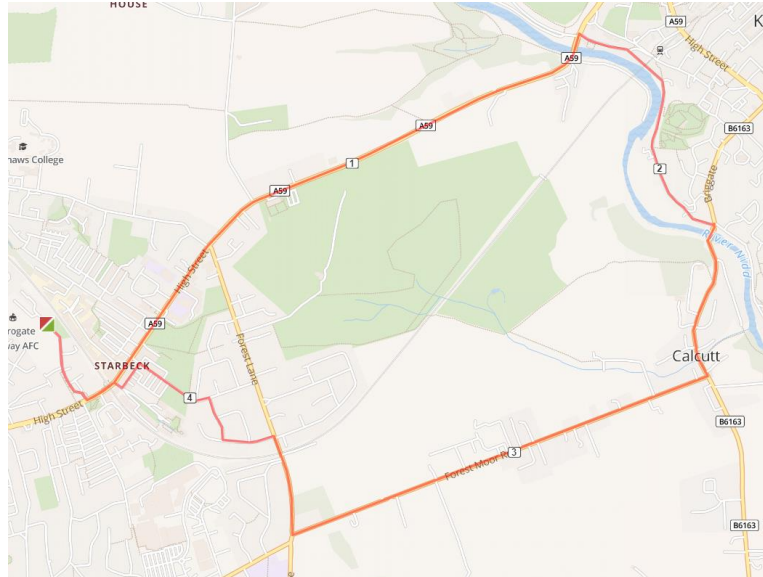
https://gb.mapometer.com/running/route_5291016.html



R – down Station View – L onto High Street – **through subway – watch head as you go through – watch for bollards as you come out** – follow High Street **take care crossing side roads** – cross over to right hand side of High Street – R at Forest Lane – follow road over railway line taking **care over tracks** – **at bottom of Forest Lane keep to right hand side of pavement** – R onto Hookstone Chase – follow road to junction – R onto Woodlands Drive – keep to right hand side **avoiding tree roots before Church** and follow road onto Stonefall Avenue – R onto High Street – cross at crossing – onto Station View and back to base.

WINTER ROUTE 3 – 4 MILE (2021)

https://gb.mapometer.com/running/route_5288747.html



R – down Station View – L onto High Street – **through subway – watch head as you go through – watch for bollards as you come out** – follow High Street **take care crossing side roads** – over Bogs Lane/High Street **crossroads** – onto Forest Lane Head – onto Harrogate Road – over High Bridge – **cross** at pedestrian crossing onto Waterside – along Waterside – turn R and **cross carefully** onto Low Bridge – then **cross carefully** opposite the Dropping Well Inn to get on to Blands Hill – up Blands Hill into Calcutt – R onto Forest Moor Road – R onto Forest Lane – **cross carefully onto other side of road** – over railway crossing – L onto Forest Way – R onto Forest Rise – L onto Forest Avenue – L onto Spa Street – R onto Spa Lane – L onto High Street – **cross at pedestrian crossing** – straight over onto Station View and back to base.