

NRR Fri Route 14

Short 4.5 miles

Long 6.0 miles

Thru' spinney

Out to roundabout, cross and down to Windhover

Cross at pelican and L. on cycle path twds K'thorpe

@ kissing gate R. into field. Do a lap of field

and back to Kissing Gate. R. on cycle path

L. at kink and thru to Vicarage Lane. Take alley to right of church.

L. on High St.

Cont. across Green R. to end then L. up alley

At Mill Lane L. then L. again down next alley.

Now back at Green. R. on High St.

Both routes

L. Knights Lane, R. Manor Rd @ Queen Adelaide.

Cross Welford Rd. Across K'thorpe Rec. to Harboro Rd.

L. Harboro Rd. Pass cemetery then R. on footpath at Nursery.

Up to Ash Rise and back.