

Summer Route 0 / Scarcroft 5 Miles



1) Turn left out of the car park down Wetherby Road. 2) Turn left at Ashfield House and continue to follow the path into the woods. 3) Go over a couple of stiles and continue straight on through the woods. 4) After exiting the woods run past the houses on your right until you reach Thorner Lane, where you will turn right. 5) Begin to cross the bridge before taking a sharp left onto a trail path. 6) Follow this path for approx 1 mile. 7) Before you reach Wetherby Road a separate trail path will appear on the right, take a sharp right turn, almost back on yourself into the woods. 8) Follow this trail path into the woods for another 700m before reaching Hetchell Woods. 9) Continue on the path in the woods before reaching the Beck on your right, continue on to a gate on the right hand side. 10) A short climb opens up to Pompocali, continue running on the top before heading down the path. 11) Continue to follow the footpath. You will run under a bridge. 12) After running around a border of a small field turn right before the road and follow this footpath. 13) The footpath then breaks left or right, turn left towards Wetherby Road. 14) At Wetherby Road cross over and head along the trial path running diagonally to the road. 15) Follow for approx 500m before reaching Sykes Lane. 16) Turn left at Sykes Lane towards Wetherby Road. 17) At Wetherby road turn right and use the traffic crossing to cross the road opposite the pub. 18) Run back up the road to Scarcroft Village Hall.