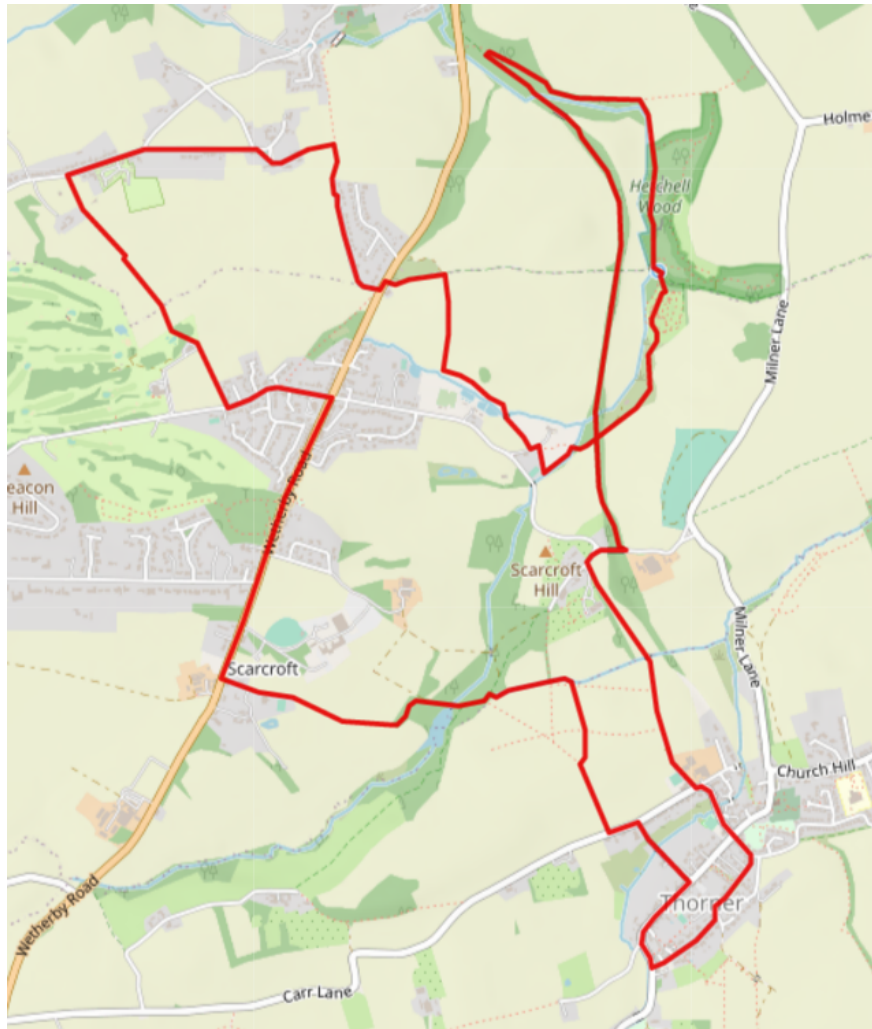


Summer Route 0 / Scarcroft 8 Miles



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 (500m). 3) After going over a stile, run past Scarcroft Beck and take the right through the kissing gates. 4) Follow the path around the farm towards Thorner. 5) In Thorner run to the church before taking a right. 6) At the end of the pathway turn right along Thorner high street towards The Bee Hive Pub. 7) Turn left at the pub (St John's Av) and follow the route through Thorner before reaching Thorner Victory Club. 8) Continue along the path alongside the field and follow all the way through the field. 9) At the end of the path turn right running towards Thorner Lane. 10) Begin to cross the bridge before taking a sharp left onto a trail path. 11) Follow this path for approx 1 mile. 12) 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. 13) Follow this trail path into the woods for another 700m before reaching Hetchell Woods. 14) Continue on the path in the woods before reaching a small beck on your right, continue on to a gate on the right hand side. 15) A short climb opens up to Pompcali, continue running on the top before heading down the path. 16) Continue to follow the footpath. You will run under a bridge 17) After running around a border of a small field turn right before the road and follow this footpath. 18) The footpath then breaks left or right, turn left towards Wetherby Road. 19) Cross the road and follow the path on the gravel track. 20) Continue and turn left onto Tithe Barn Lane 21) Run for 500m before turning left along the footpath off Blackmoor Lane 22) Follow the footpath for 1000m with the golf club on your right before reaching Syke Lane. 23) Turn left and continue running to Wetherby Road. 24) At Wetherby road turn right and use the traffic crossing to cross the road opposite the pub. 25) Run back up the road to Scarcroft Village Hall.