

Route 4

Zig-zag routes through the town, a good exercise for the memory as well as the legs!

All routes

Left out of Tilsley Park, along Dunmore Rd. Rt at the roundabout into Oxford Rd, and continue towards town. Rt at the traffic lights into Northcourt Rd. At the end turn left into Wootton Road. Turn left opposite John Mason School into Boxhill Walk, cross the footbridge and continue into Boxhill Road.

Short run (6.5km/ 4.1 miles)

Left into Oxford Road, at the traffic lights left into Northcourt Road again.

Right into Sellwood Drive, then left through the bollards into Farm Road. Turn right into Dunmore Road to Tilsley Park.

Medium and long run

At the end of Boxhill Rd right into Oxford Rd, continue down the Vineyard, right into Stratton Way, cross Bath Street into Park Rd.

Medium run (8.8km/ 5.5 miles)

At the end of Park Road, turn right into Spring Road, then right into Faringdon Road, at the roundabout left into Wootton Road. At the large roundabout go right into Dunmore Road and back to Tilsley Park.

Long run (11.1km/ 6.9 miles)

At the end of Park Road, turn left into Spring Rd then left into Ock Street, all the way along into High Street. Cross the High Street/Bridge Street/ Stert Street junction and go under St Nicolas archway, then immediately left past the Vale offices into Abbey Close.

Take the path behind Waitrose and through the car park coming out on Thames view, turn left and left again up Audlett Drive, then right into Radley Rd. Continue along then into Norman Avenue on the left, then right at the end into Oxford Road. At the pedestrian crossing, cross and take the path through the railings and the path between the houses, arriving back opposite Tilsley Park.