

Route 9

Tracks to Sunningwell, then back via the fields for the short run, the others climbing Bayworth Hill through the woods and then either returning down the hill via Lincombe Lane, or on past the Fox Inn across the fields to Sandy Lane and Wootton.

All routes

Turn left out of Tilsley, taking the path immediately after the hedge. Through the gate and turn left along the track, up the path, and over the A34 bridge.

Follow the track to the end, turn right, and next left into Green Lane.

Short run (5.5k/ 3.4 miles)

At the end of Green Lane turn left back towards Sunningwell. Go past the Flowing Well Inn, past the Church and take the path to the left before the next house. The path leads into a field. Climb over the stile, run across the next field, up the steps, and turn right for the bridge over the A34 again, and down the track, turning right back to Tilsley Park.

Medium and Long Run

At the end of Green Lane go right towards Bayworth Hill and then take the signposted footpath (opposite the caravan site) to the right.

The path soon joins the woods and you carry on up the hill. At the top, turn left along the Foxcombe Road and run back towards the Fox pub.

Medium Run (8.54k/ 5.3 miles)

Turn left into Lincombe Lane. Go all the way to the end, coming out in the field above Sunningwell.

Go down the field, through the gate, and turn left then right, taking the path between house and churchyard, into a field. Then over the stile, and through the next field, up the steps, and turn right. You're back at the A34 bridge.

Long Run (11.6km/ 7.21 miles)

Carry on to the Fox pub, and turn right onto the path just past it. Follow the path down the hill, over the stone bridge at the bottom, up the next hill and down again. The path comes out half way down Boars Hill Lane and turn left.

Turn left at the junction with Sandy Lane, Wootton, and you then come out at Wootton crossroads. Turn left along Lamborough Hill and run the 2 miles back to the Wootton Road roundabout. Turn left into Dunmore Road.