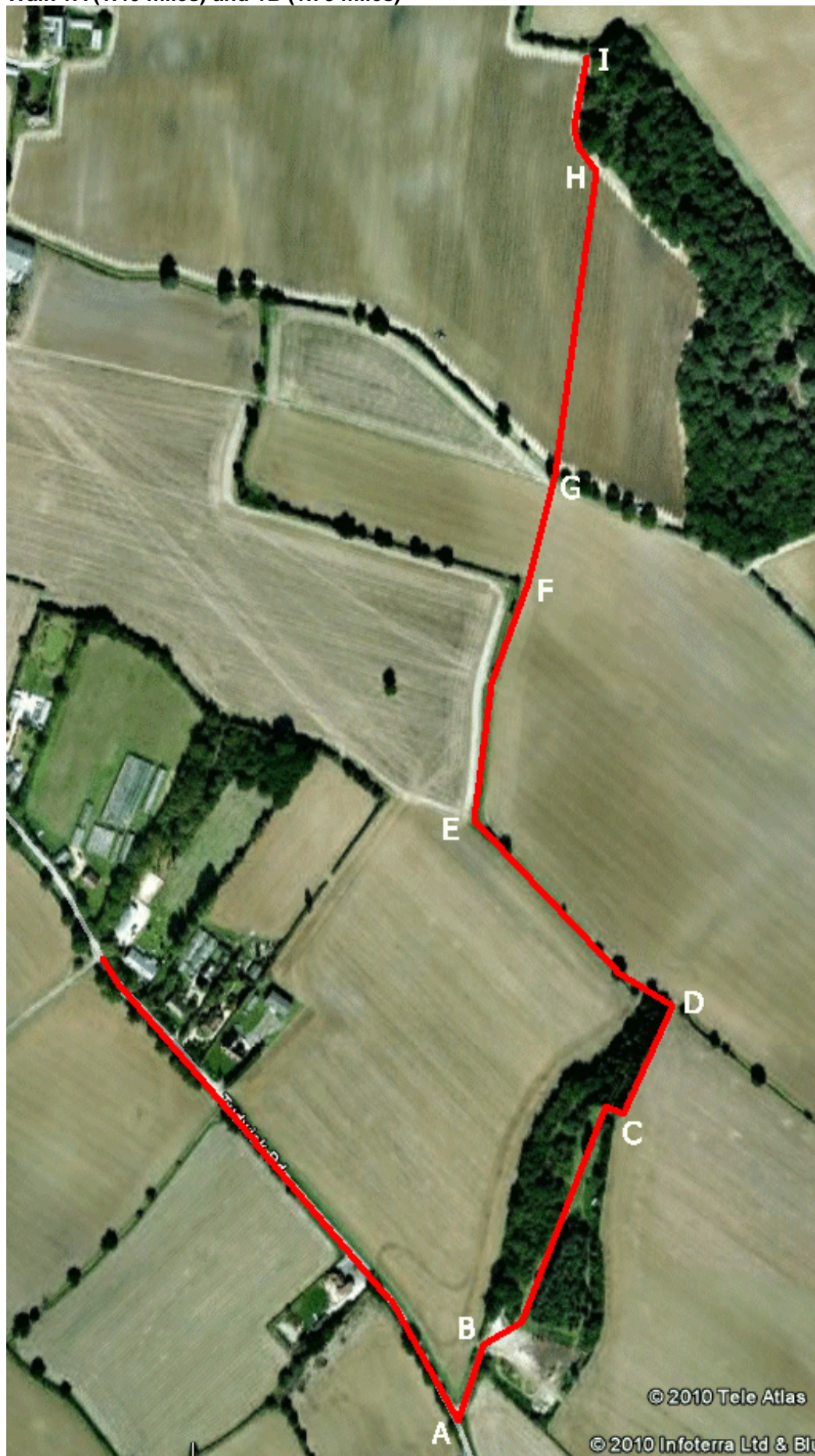


Longfield Leg-abilities Time Trial – Footpath Routes

Turn left out of the gate into Tudwick Road. After 0.24 miles turn left into the footpath (wide gravel drive) - Point A. Follow the gravel for about 50 yards. There is a fallen tree on your left. Depending upon your chosen walk ...

Walk 1A (1.40 miles) and 1B (1.75 miles)



Head slightly right (Point B) and follow the path through the gap in the trees.

Continue for about 150 yards and then follow the path right and left (Point C) skirting a fir tree wood.

At the end of the wood turn left (Point D) to follow the grassy footpath.

After 200 yards follow the natural path right (Point E).

In 180 yards continue straight through the gap in the cultivated field (Point F).

75 yards later you will reach a planked bridge (Point G).

If you've chosen **Walk 1A**, note the code word at the bridge and retrace your route back to Longfield.

Cross the bridge and follow the marked path through the cultivated field for 220 yards.

Turn left at the end (Point H) and follow the edge of the wood for another 80 yards until you come to a footpath signpost (Point I).

End of **Walk 1B**. Note the code word there and retrace your route back to Longfield.