

Lockdown Trail Series 2: Gin Pit

Start just down the trail from the Welfare Club at the crossroads on the way to the guided bus route.

Head towards the bus route in a same direction as if you had come from the club, then turn at the t-junction.

Cross over the bus route, keeping straight on and up through the ginnel.

Cross the road and go slightly right then across onto the trails, turning left on the trail.

Follow this with some ups, downs and a bridge, until your reach the road.

Go straight across and head onto the narrow trail heading up.

Follow this trail bearing left at one point until you eventually get to the t-junction. Turn left and follow this to the end.

Turn right and follow this to the next t-junction.

Turn left and down onto the road (The Avenue). Turn at the first left and then go into the car park for Lilford Park and through the main gate into the park.

Follow the path straight through and after the crossroads bear left and then right, following the main trail and eventually into the woods.

Follow the main woods trail all the way around the loop for just under a mile, eventually coming to a cross roads where you turn left. This brings you back to the guided busway, where again you go straight across and onto the trail.

Follow this trail, keeping straight where it bears left and to the far corner through the trees and then follow the trail around to the left.

When you get to Green Lane bear right and then cut the corner to the main road and straight across onto the trail.

Follow this trail and at the t-junction turn left, then bear right at the bend, then follow this all the way through to the turn up to Gin Pit Hill.

Up Gin Pit Hill and at the other side turn right and then first left, back down to where you started at the cross roads to finish.

Or if you're on your bike, turn left to do your 2nd loop.