

## Windy Bank: Lockdown Trails 5

I've gone back to basics with this one. Dust off your road shoes, there are no stiles, gates, curious cattle, furious dogs or even mud! Just 4.4 miles on a straight out and back, with 2 loops of a flat course that it is absolutely and utterly impossible to get lost on! It's all on hard surfaces, with just some autumn leaf mulch and a couple of negotiable puddles to contend with. Yawn!

The Start/Finish is at the end of Jennet's lane, which is on the left just up Warrington Rd coming from the Greyhound roundabout towards Bent's. There is parking on the right-hand side of the road just a bit further up, or I guess you could park at Bent's and jog back down for your warm up.



Go straight up Jennet's Lane until you get to the t-junction over the bridge. Turn right.



Follow this for 1/3 mile until you get to the junction with the trails and the start of the 1.5m loop, Turn left to start a clockwise loop. Do not deviate from the main trail.



At one point you go into a few trees and there is an s-bend. Bear left then right to keep on the trail (effectively straight on).



A bit further on, after the big puddle and round a sweeping left bend, there is a fork. Keep left.



Go into the woods, and at the end of the woodland trail turn left (sorry, forgot to take a photo, but it's obvious!)

It's a short way back to the start of the loop. Keep straight ahead to do your 2<sup>nd</sup> lap.

If you are on your bike then do 5 laps.

When you have completed your 2<sup>nd</sup> lap (or 5<sup>th</sup> on bike), turn left onto the tarmac and go back the way you came in. Remember to turn left at the bridge.

Finish at the end of Jennet's Lane.