

Route Notes: Whitehead Hall Meadow

Distance: 5.59m

Terrain: Mostly road, with some hard trail and canal towpath

Mud levels: 0.5/5 Slight smatter at one point, but easily avoided

Hills: 1/5 Barely anything, but a couple of short sharp rises at bridges

Footwear: Road shoes

Start: Junction of East Lincs and Higher Green Lane, where Wed efforts starts from. Start at the bench and head up Higher Green Lane towards the canal.

Finish: At the bench you started from (see below)

