

## Lockdown Trail Series 1: Pennington Flash

The route follows the trails behind the hotel and under Atherleigh Way, then turns right to go parallel to Atherleigh Way up to the canal.

Turn left and follow the canal to the lock gate, before turning onto Pennington Flash trails.

When you get to the bridle path turn left to do a loop of Parkrun and then head back to the Parkrun finish.

At parkrun finish turn left and follow the trail around the loop and eventually to the main car park.

At the other end of the car park cross the wooden bridge and go right from there on the path closest to the flash to do an elongated anti-clockwise loop as far as the steps, then back on the path slightly higher than and parallel to the path came up on.

Once back at the wooden bridge head directly back to LSV via the trails and to the finish at the running track gate.