

Lockdown Trails 4: Taylor's Hole

This course is 5.8 miles of mostly trail, with some road and, if you're lucky, a couple of muddy stretches. It's a relatively benign course really, without much in the way of hills and no mud above an inch deep, but you'd benefit from trail shoes in the Winter months. Park at LSV and from the corner of the track car park, take a short walk under the bridge to the trails and the start / finish is at the junction of the trails. From the start you head out in the direction of the Flash.



