

Mudford Rec – Scenic 6 miles

- Head to Mudford Road via carpark, follow road to Lyde Road
- Right on Lyde Road, down to Redwood Road and turn left
- Follow Road, go through the Bus Lane and head toward Primrose Primary School
- Go past school and head up towards the field, go down footpath on right (behind houses) Run to end
- Turn right on road until you get to the Zig Zag path to field below. Go down this path
- Turn right at bottom and follow the trail along the river until you get to the Sewer Works
- Follow the road to you get to McDonalds, turn right on Sherborne Road
- Follow this road and head towards St Michael's Avenue
- Up St Michael's Avenue, turn left at Glenthorne Avenue
- All the way down, turn right and back to Mudford Rec