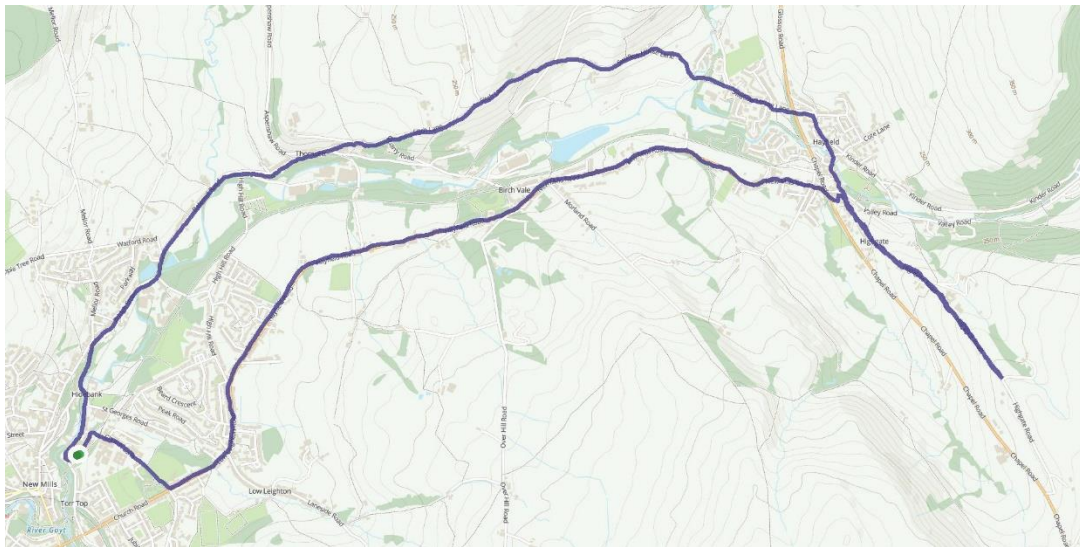


New Mills Hill Training (Hayfield and back)



This session takes us to Hayfield and back (oddly!)

Warm Up: From the Leisure centre head along the Sett Valley Trail to Hayfield.

Hills: We head up Highgate Road first. Then back to Hayfield village and head out via the hilly route along Swallow House Lane, Sitch Lane, then back to New Mills.

Warm Down: Along the roads to the Leisure centre.

Stats: 7.5 miles; 1400 ft of up. Shoes: Road.