

Bollington Christmas Special



****BRING TRAIL SHOES****

Parking: Adlington Road Car Park (or on Adlington Road).

Warm up: Through Bollington recreation ground.

Hills

- 1) Up Beeston Brow and Green Lane.
- 2) Up Cocksheadhey Road and then partially up Nab.
- 3) From The Poachers Inn, up Smithy Brow, turning right up Blaze hill, finishing at the farm track to the right.
- 4) A short climb up Oakenbank lane to a path junction.
- 5) From the Waulkmill waterfall up through the woods to a gate.
- 6) The Death March! Up to Kerridge ridge (route may change on the night).

Bonus speed rep.

For anyone still feeling fresh... a 1km speed effort along the canal between 2 bridges.

Warm down: Through Bollington recreation ground

Stats:

Distance 8.6km / 5.4miles

368m / 1207ft

