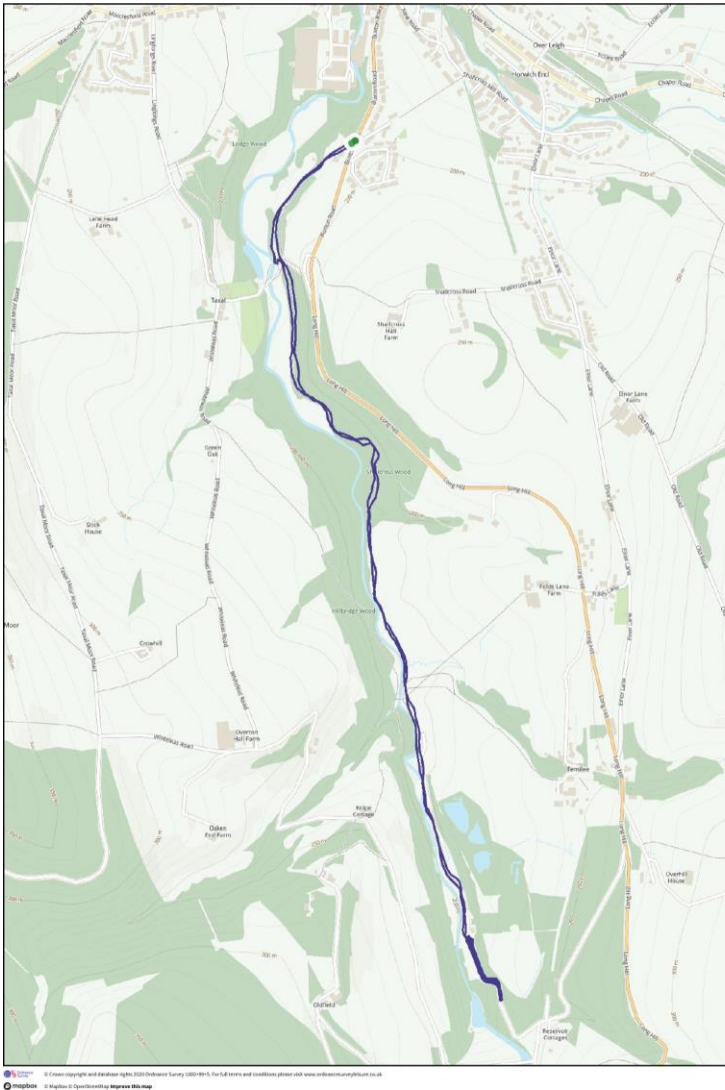


Fernilee Reps



Warm Up:

Starting at Taxal Layby on long hill follow the valley bottom track on the east side of the Goyt to the location of the old Water treatment works.

Reps:

Go up the roadway round one ^m left one right bend to the end of the crash barrier and back to the bottom. Repeat 10 times.

Warm Down:

Return back to the layby at Taxal.

STATS:

Distance: 5.75 miles

Altitude gain: 900ft

Shoes: Could be wet and muddy in parts on the warm up/down Recommend therefore Trail shoes with some grip if that is the case.