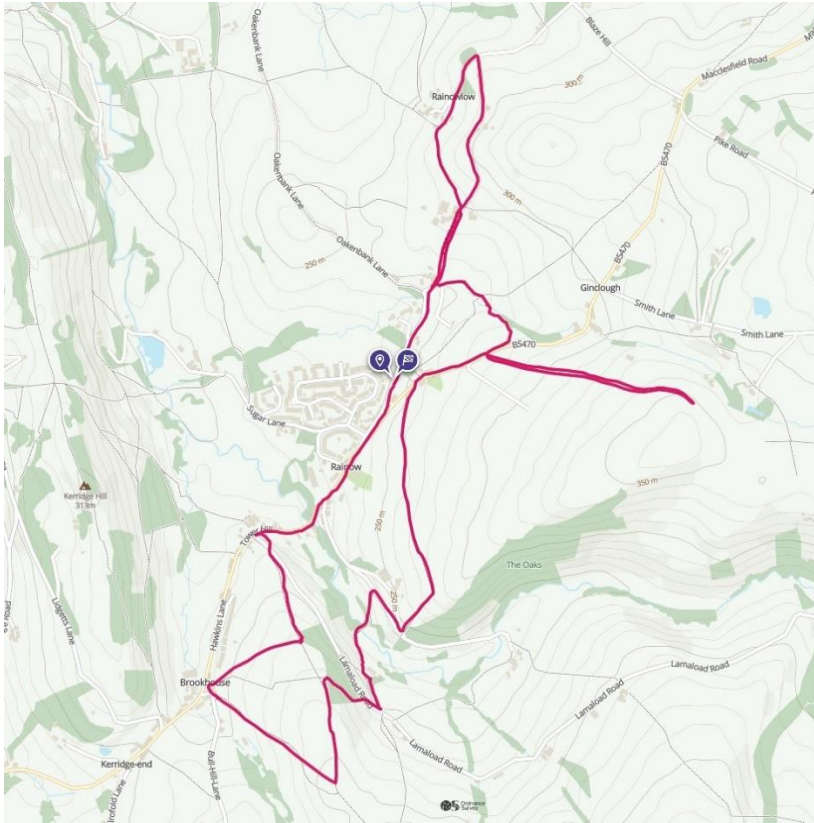


The Rainow Rollercoaster



Note: A significant portion of this run would be described as off-road, mostly over fields. It's fairly well trodden, but in places you may see some mud! Road shoes are probably not suitable...

PLEASE BRING TRAIL / FELL SHOES

Location: Starts at Smithy Lane near the Robin Hood Inn

Warmup: An anti-clockwise route with a short warm up through Rainow Village down to the bridge over the River Dean.

Approximately 7 hills (4 long and 3 short)

- 1) Tower Hill - From the bridge to the turn off for Lamaload Rd
- 2) Gritstone Trail - From Lamaload Rd to the 2nd gate.
- 3) Trail - From Brookhouse to the hill top.
- 4) Trail - From Footbridge to Thornsett Farm track.
- 5) Steep hill - From Thornsett Farm track to gate
- 6) Farm track - From B5470 to the hill top
- 7) Kiskill Lane -From Smithy Lane up to the top.

Warm down: Kiskill lane → Rainowlow → Smithy Lane

Stats:

Distance - 9km / 5.5miles

Ascent – 380m / 1250ft