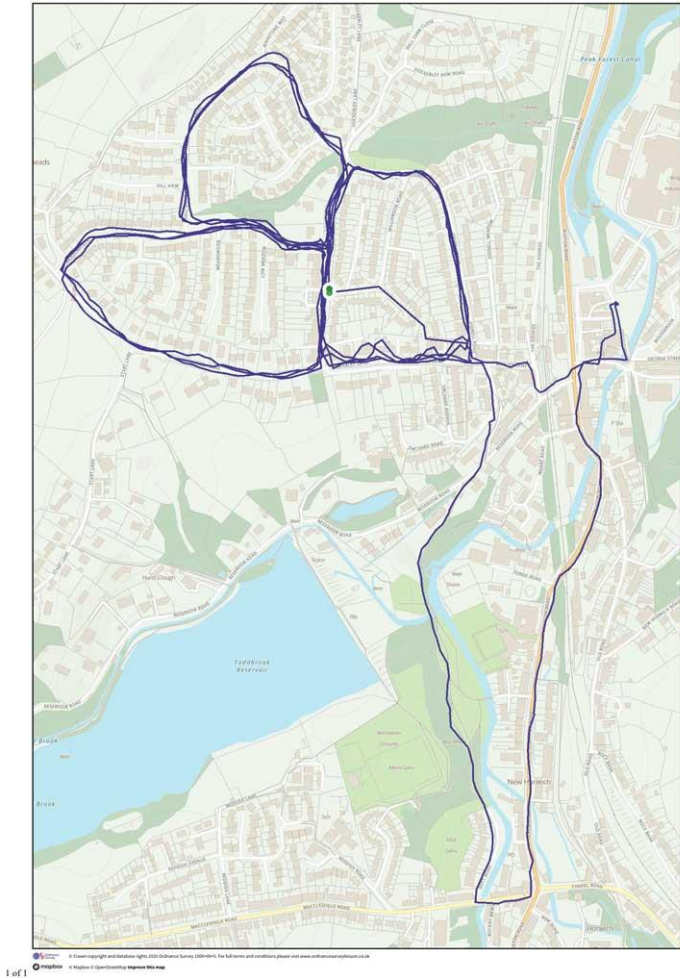


The Rule of Three



Warm Up: Starting at the car park Tom Brads croft. Head up the incline to Old road, up to Chapel Road then down to the lights. Cross over to Macc road the turn right into the park. Through the park to Reservoir Road then cut through to Whaley Lane and on to Hockerley lane.

Rule of 3: Start point is a tree bottom of Meadow field. There are 3 loops. 1: Up Meadow field to Whaley Lane then down and back to Hockerley. 2: Down to Hill drive then up and along to Meadow field and back down to Hockerley. 3: Down to Jodrell Road then up to Hockerley. Do each loop 3

times. Loops can be in either direction so change direction for variety etc. Total number of loops is 9.

Warm Down: Return downhill via any route to the car park

Stats: 7.6 miles

1290 ft of ascent

Road Shoes recommended