

## Instructions for Terry's Race

### From the layby on Long Hill

1. Take track at the back of the layby and follow downhill.
2. Go over the footbridge. Follow the footpath which becomes a track and goes steeply uphill past the church.
3. Turn left along the road for a short distance until a green footpath sign on the right, go over the stile by a drinking trough and up the 4 B'stard Fields.
4. Go over the ladder stile at the top of the last field and turn left along the road.
5. After a short distance, come to another green footpath sign where you turn right up a narrow path uphill leading past "Terry's Tree" and onto the ridge.
6. Turn left and follow the ridge to the end.
7. Turn right, then left to a gate. Go along the edge of the wood. Turn left and then down through the woods, over a footbridge and steeply up again.
8. At a gate the path turns left and then right and up to a gate.
9. Go through the gate and turn left to run along the top of Windgather Rocks.
10. After the rocks peter out follow the wall for some way until you reach a signpost and can take a path on the left diagonally across the moor. Follow the posts.
11. Eventually you will reach the road named The Street.
12. Go down the path at the side of the road downhill for about a mile.
13. Turn left along a forestry track signposted Hoo Moor and Fernilee and follow this for about a mile. Ignore all side tracks.
14. At the end go through a gate and go straight ahead through the farm named Oldfield. Continue on the track to reach another farm.
15. At the far end of the buildings follow a signpost leading between outbuildings and down then right.
16. You will reach a wooden stile on the left which takes you steeply down through larch woods.
17. Go right past the farm and then downhill to reach a gate. Follow an indistinct path downhill to a gate.
18. Continue down cross the footbridge and then cross the main footbridge over the Goyt.
19. Turn left and follow the path along the river, through a couple of gates. It becomes a good track.
20. Follow it through the woods for about ½ mile. You will reach a big gate near the first footbridge you crossed at the start of the run.
21. Turn right and go steeply uphill to the layby where you started.

Good Luck!