

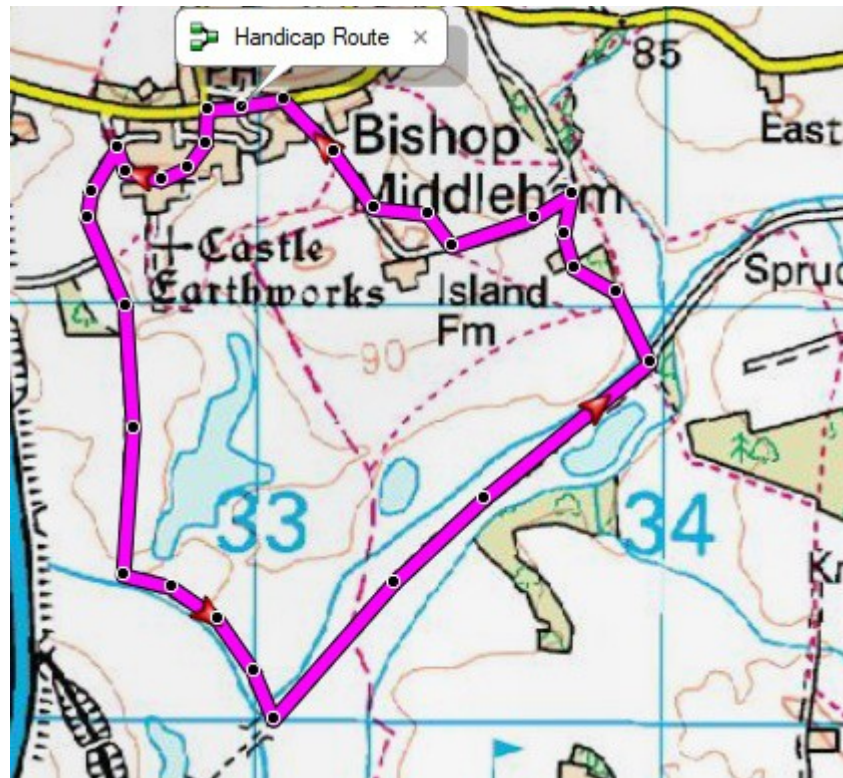
# New Handicap Route

Route 5

6 miles

Start – Bishop Middleham Hall

Trail



- 1) Bishop Middleham Hall turn left and run out to the cross roads
- 2) Turn Left and over Church hill
- 3) Turn left down the path and follow it over the styles and up onto the old railway track
- 4) Follow that along until you get to a cross roads
- 5) Turn left over the bridge and up the hill
- 6) Over the style and along the road. Once into the trees take the left up the track
- 7) Follow that until it opens out and then take the path over the field.
- 8) Down the path and back to the start
- 9) 2 laps for the distance