

## Breadsall Handicap Route

The Breadsall route contains its own challenge. It is a 2.2mile circuit run once by the two milers and twice by the four milers.

Starting on the Greenway by The Paddock public house the route runs for about a mile along the line of the old railway track. Despite the designation of old railway this mile undulates as well as twists and turns. There is plenty to look at along the route – but just get on with the run because the clock is ticking!

After about a mile you reach a gate with a stile and a horse stile as well blocking the path. At this point go through the first stile and immediately turn right up the hill. As you ascend the hill you will find a lot of manhole covers and other stuff that can be slippery in the wet so PLEASE TAKE CARE.

At the top of the hill you come out by The Windmill public house. Turn immediate right and stay on the same side of the road. This road is a 40mph so if you choose to step into the carriageway PLEASE TAKE CARE. Follow the paved footpath all the way down the hill and back to The Paddock.

