

Stapleford Trot – 10 miles

Leave venue and follow track round back of farm buildings, along track to where you meet the bridleway – cross over bridleway and go straight on along field keeping the dyke on your left (past the log) all the way to where you meet Stapleford road – but don't exit field here – turn right staying on field edge with Stapleford road on your left hand side until you reach road crossing 1 - exit field (large tree trunk marks exit point) on to road, turn right, go over the bridge, then immediately after the bridge turn left back on to field track.

Follow field edge round and up the hill – turning left just in front of the wood and following the track around the edge of the wood (keep the wood on your right hand side) to A.

A – leave field through horse gate and turn right down Cuckoo Hill – stay on the lane for approx. 200 yards until the T-junction (B)

B – enter field on your left and go around full loop anti-clockwise back to B. Exit field, turn left on road for 50 yards, cross Sawgate road (road crossing 2) then in to field and follow field edge up to C.

C – exit field – turn left on to road then immediately you will see a path on your right through the trees marked with yellow TROT arrow. Go through the trees, crossing a wooden bridge, then when you get on the grass turn left and follow the field track round in front of Stapleford Hall and golf course. Keep going along here (there is a dyke on your left hand side) until you meet the stony / sandy track at X. Turn right up the track to D.

The grassy field track in front of the Hall from C to X is rutted and is a trip hazard – please walk.

D – exit track, turn left along lane approx. 200 yards to F (stay on road)

F – at F (just past road junction) enter the field on your right and follow the track (keeping the hedge on your left) to G

G – exit field track at G, turn left along lane to Station cottages (approx. 200 yards) then turn right at the junction (stay on the lane) to H.

H – enter field and do full lap of field (loop 2) back to H. At H exit field and turn left along lane.

Then turn right up the farm track (Pears Lodge Farm), up past the farm house and stables back to venue field.