

Winter Bash Trail Race 2022: 10.2 Miles from Ticknall Village Hall



Route Instructions

Start to 1 mile

- 0.1 Go through kissing gate on north side of car park. **TURN LEFT** onto footpath across field towards gate to the right of church.
- 0.2 Continue north west on same path for 1 mile, ignoring any turns to left or right, to the path crossroads at Hangman's Stone; situated at the bottom of the first down hill .

Mile 1 to 2

- 1.1 Continue **STRAIGHT ON** up slight hill [P1] with trees on your right, and straight again as the path joins a track after 300yds.
- 1.2 As main track turns left after 280yds continue **STRAIGHT ON** path along side of field, with trees on your left and cooling towers in the distance ahead. [P2]
- 1.3 After 0.55 miles, just as you emerge from a small wood is **CP1**. **TURN RIGHT** at path junction, and head down gentle gradient towards Home Farm. [P3]

Mile 2 to 3

- 2.1 At gate/stile at bottom of field continue onto concrete track with building on both sides.
- 2.2 Follow the track as it swings left and then right, pass Foremarke church on your right and continue down hill.
- 2.3 **TURN RIGHT** onto track over an old cattle grid and through woodland into the **grounds of Foremarke Hall School**.
- 2.4 Follow the road through the school grounds taking **CARE** for any **traffic**.

- 2.5 After 0.3 miles, as road swings left, go **STRAIGHT ON** onto unpaved track between residential houses. [P4]
- 2.6 Continue on track as it diminishes into a footpath.

Mile 3 to 4

- 3.1 After 0.4 miles enter Heath Wood and continue in the same direction as the path starts to climb.
- 3.2 At the top of the hill go over stile and cross the field, with a line of trees each side of you, to reach a minor road.
- 3.3 Take **CARE** crossing road and continue **STRAIGHT ON** onto track opposite.
- 3.4 Drop down hill for 270yds to Seven Spouts farm and **TURN LEFT** at junction immediate past the farm. [P5]
- 3.5 Continue into woods and follow track for 0.6 miles.

Mile 4 to 5

- 4.1 Emerge onto minor road (at bend in road), and continue **STRAIGHT ON** the road. Take **CARE** for traffic.
- 4.2 After 300yds **TURN RIGHT** onto track heading down hill, signposted 'Other Right of Way with Public Access'.
- 4.3 At bottom of hill continue **STRAIGHT ON** as path starts to climb with woods on your right.
- 4.4 Climb for 150yds and watch out for a right turn onto path with a tubular metal chicane. [P6]
- 4.5 **TURN RIGHT** past chicane into Robin Wood to **CP2**. Then follow path as it drops down, climbs back up and widens into a forestry track.

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Mile 5 to 6

- 5.1 At top of hill continue on main track [P7] ignoring dead-end turn on left and other turns onto grass/mud tracks/paths.
- 5.2 At next junction take **left-hand fork** onto level track which curves to left and starts to climb [P8]
- 5.3 Ignore any turns onto lesser paths/tracks, and follow main track as it gradually winds its way up through Robin Wood.
- 5.4 Go past the metal (black/yellow) barrier at the exit from the wood and continue **STRAIGHT ON** along the track. [P9]

Mile 6 to 7

- 6.1 After 0.25 miles cross the main A514 road with **EXTREME CARE** and continue in same direction on footpath along field edge.
- 6.2 At field corner, follow path around to left as it drops down hill towards St Brides farm.
- 6.3 At St Brides cross the opening at path/track junction **diagonally left** and continue down hill on path with hedge on your left and wire fence on your right. [P10]
- 6.4 After 100yds path turns left through bridle gate and immediately right to continue down hill.
- 6.5 Continue on path as it swings left around bottom of field and right to bridle gate in the field corner.
- 6.6 Go through gate and head **STRAIGHT ON** up the hill on grassy path.
- 6.7 After 300yds continue in same direction through farm yard onto track to reach the road at the junction at the top of Robinson's Hill / end of Cockshut Lane.

- 6.8 Cross the end of Cockshut Lane with **EXTREME CARE** and head down Robinson's Hill. **KEEP ON PAVEMENT.**

Mile 7 to 8

- 7.1 50 yards after bus stops cross road **CAREFULLY** to **TURN RIGHT** onto footpath with hedges either side to reach CP3. [P11]
- 7.2 Go up hill on path across field.
- 7.3 At top of hill continue on same path as it bears right and heads slightly down hill following a line of telegraph poles. [P12].
*Do not go through gap near old windmill unless you want to visit the **public toilets**, which are situated on the far side of the car park for Staunton Harold reservoir.*
- 7.4 At far side of field, **BEAR LEFT** with line of telegraphs poles and head onto path which goes up hill between hedges and new woodland on your left.
- 7.5 Continue on path in same direction, with reservoir below you on left, for 0.3 miles. Ignore any junctions on left or right until you can no longer go in a straight line.
- 7.6 **BEAR RIGHT** at gate and follow fenced in path along side of field towards small wood 100 yards away. [P13]
- 7.7 Go over stile onto narrow path along left side of wood and continue straight along edge of next field.
- 7.8 Continue on same path over stiles as it bears left and heads slightly down hill across 2 more fields to a minor road.
- 7.9 Cross road with **CARE** and go over stile on opposite side.
- 7.10 **BEAR RIGHT** to head diagonally down steep hill to reach footbridge in the bottom of the valley.

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Mile 8 to 9

- 8.1 Cross footbridge and head uphill across field.
- 8.2 At large tree at top of hill **TURN LEFT** and continue climbing along edge of field. [P14]
- 8.3 At top of hill, follow path past a small wooded area.
- 8.4 Continue on path as it bears left to drop slightly downhill across the field to a stile at farm track.
- 8.5 Go **STRAIGHT ON** over track to continue on same path as it rises diagonally across field towards trees on skyline. *Enjoy a great view of reservoir on your left.*
- 8.6 In corner of field go over stile and continue on path for very short distance to gate in wall on the right.
- 8.7 Go through gate & **TURN LEFT** on path along edge of woods.
- 8.8 After 20yds **TURN RIGHT** to head down hill with high wire deer fence on your left.
- 8.9 Follow path through gate at bottom of hill, past end of pond and round to the right.
- 8.10 At first fork in path **BEAR RIGHT** to stay close to water (**NOT** up steps to the left) [P15] and continue to next gate,.
- 8.11 Go through gate, **BEAR LEFT** and **climb steep steps**.
- 8.12 At top of steps **TURN RIGHT** and follow path with pond below on right to CP4.
- 8.13 Continue down steps and **BEAR RIGHT** through gate onto path which crosses between the two ponds. [P16]

Mile 9 to 10

- 9.1 After ponds **BEAR LEFT** at fork in path and continue on path.

- 9.2 At crossroads with track go **STRAIGHT ON** across and continue in same direction until path emerges from woods and reaches a new gate into open ground; with Calke Abbey access road running down the middle.
- 9.3 Head **diagonally left across the open ground** [P17]. Cross the access road **CAREFULLY** and head for a wooden **bridle gate** on the far side of the open ground
- 9.4 Go through wooden gate and follow short path to T-junction with graded path. **Turn right** up hill to gate at top.
- 9.5 Continue in same direction onto graded path through middle of open area, to left of access road.
- 9.6 Follow the path, ignoring stile on left, for 0.3 miles to path junction.
- 9.7 Go **STRAIGHT ON** through bridle gate and continue into field. [P18]

Mile 10 to end

- 10.1 Follow path as it bears slightly left towards houses in bottom left corner of field.
- 10.2 Go through gate onto track between houses, drop down to main A514 road and **TURN LEFT** along **pavement**.
- 10.3 Cross main road with **EXTEME CAUTION** and **TURN RIGHT** to follow **pavement** up Ingleby Lane.
- 10.4 After junction with Chapel Street cross road with **CARE** to enter village hall through wooden pedestrian gate on the left.
Follow marshal's directions to **FINISH**

Numbers on photos correspond to numbers within text.



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