**Sunday 28th**

**Route appx description**: Start Maiden Castle.Elvet Bridge. Cathedral. Prebends Bridge. Radisson. Frankland Farm. Kennesl. Low Newton Nature Reserve. Over rail bridge. Newton Hall Canterbury Road. Vets for pets. Cycle track. DLI. (8mile appx).

Sniperley roundabout. Witton Gilbert. Langley Park. Cycle track back to Bearpark (14m). Broom Park picnic site. Brandon. Sawmills Lane. Main road back to Nevilles X (19m). Cock of North. New Inn. Rose Tree pub Shincliffe. Sherburn Hospital. Sherburn Road. Trod to Maiden Castle.

Possible sections (suggestion only - can do less or the lot/whatever suits you!)

M. Castle DLI – 7m

DLI –Broompark – 7m

Broompark-Nevilles X – 5 miles

Nev X – MC – 6miles

Map/Profile or Route: http://gb.mapometer.com/running/route\_4205700.html

**Monday 29th**

**Route appx description**: Start Broom Park Picnic Site 9.30am. Along cycle track to first bridge beyond Ushaw Moor. Onto bridge and take road up to Ushaw College. Bearpark. Cycle track back to Broompark picnic site.(6miles).

Cycle track towards Langley Moor but take road to New Brancepeth. Straight across at New Brancepeth towards Esh Winning. Back on Ushaw Moor road to Stonebridge pub.(13miles)

Langley Moor. Rejoin cycle track to Brancepeth. At Morley Wood pub (last bit of Brandon) cross the Willington road and down Scripton Gill road to Croxdale viaduct. Up to Cock of North roundabout. (22m) . New Inn. Rose Tree pub at Shincliffe. Cycle track to Prebends bridge along river. Durham School. Archery rise tennis club. Duke of Wellington pub. Broom Park picnic site.

Possible sections

Broom Park – Broom Park – 7m

Broom Park-Stonebridge pub-7m

Stonebridge pub-Broom park – 13 m

Map: http://gb.mapometer.com/running/route\_4236169.html