

R Right	TR turn right	RHFE right hand field edge	FB footbridge
L Left	TL turn left	LHFE left hand field edge	EP enclosed path
X cross	FC field corner	WP waymarked post	SA straight ahead
FP finger post	EMERGENCY No 07436 017047		

TAKE CARE on ROADS, FOOTBRIDGES and STILES (especially if wet), observe the country code.

- 1 exit pub **TL** up steps, **TL** on path, at end of tarmac **TL** down steps into field.
- 2 **bear R** diagonally **X** field pass houses, at road **TR**, at hidden **FP** **TR** into **EP**.
- 3 **X** track into **EP**, up bank and at **WP** **TL** on stony path, pass houses and chalets.
- 4 join road and at sailing club **TL** on path, pass beach huts. 1ml
- 5 at "Mill Beach marine club" (blue gate) **TL** into **EP**, at road **TR**, in 30yds **TL** **X** road.
- 6 pass barrier **X** **FB**, **bear R** **X** grass **keep L** of car park, pass **WP** into **EP** then **TR**.
- 7 **keep L** past caravans into **EP**, **X** road pass **WP** onto **LHFE**, pass **WP** into **EP**.
- 8 **bear L** and **TR** on grass track between fields, join **RHFE** track.
- 9 **bear R** thru hedge and **bear L** with track on **LHFE**, **SA** **X** wide track on **LHFE**.
- 10 at **FC** thru gap (**FP**) **TL** on road and immediately **TL** on road for 500yds. 2ml
- 11 pass crossroad sign, in 200yds at **FP** **TL** thru gap on **RHFE** track, **SA** thru yard.
- 12 pass metal gates and **keep L** on grass, join **RHFE**, in **FC** thru kissing gate.
- 13 at **FP** **TR** on road, in 30yds **TL** into nature reserve car park.
- 14 **TR** between posts onto narrow path, at fork **keep L** on earthen path. 3ml
- 15 ignore gaps **L** & **R**, **SA** thru metal gate and **TR**, **SA** onto wide **LHFE** (ignore **FB**).
- 16 **SA** on earthen path, **X** planks, **SA** past steps, ignore grass track to **L**.
- 17 at metal gate **keep L** on path, at path junction and notice **TL** on path, **X** **FB**.
- 18 ignore gates to **R**, **keep L** on earth path, **X** **FB**, at fork **keep L** on narrow path.
- 19 up steps and **TR** on path, **X** planks, **SA** on wide **RHFE**. 4ml
- 20 in **FC** **TR** **X** **FB**, **TL** **X** 2 **FBs**, thru gate **X** track thru gate, immediately **TR** on path.
- 21 **X** **FB**, ignore gap to **R**, at car park **TR**, thru gap by gate and **TR** on road.
- 22 pass restaurant **bear R** on gravel track, pass barrier, continue on gravel track.
- 23 **TR** and **TL** with track, **TL** and **TR** (**WP**) with track, **TR** pass **WP**. 5ml
- 24 **TL** thru gap (**WP** and map) and **TL** on wide path (**WP**).
- 25 pass hut thru fence gap into car park, **bear L** on grass, at **FP** **X** road **TL** on verge.
- 26 **X** "Wharf Road" continue on verge, pass Mill Beach marine club and **TR** into **EP**.
- 27 at end **TR** on path, pass beach huts, at sailing club **TR** then **keep L** on sea wall.
- 28 pass chalets and houses, **TL** and **TR** with sea wall. 6ml
- 29 at junction **WP** **TL** on sea wall, **TR** and **SA** thru barrier, ignore steps to **R**.
- 30 at **FP** **TR** down steps to pub.

To register your finish time check in with your NUMBER : 49