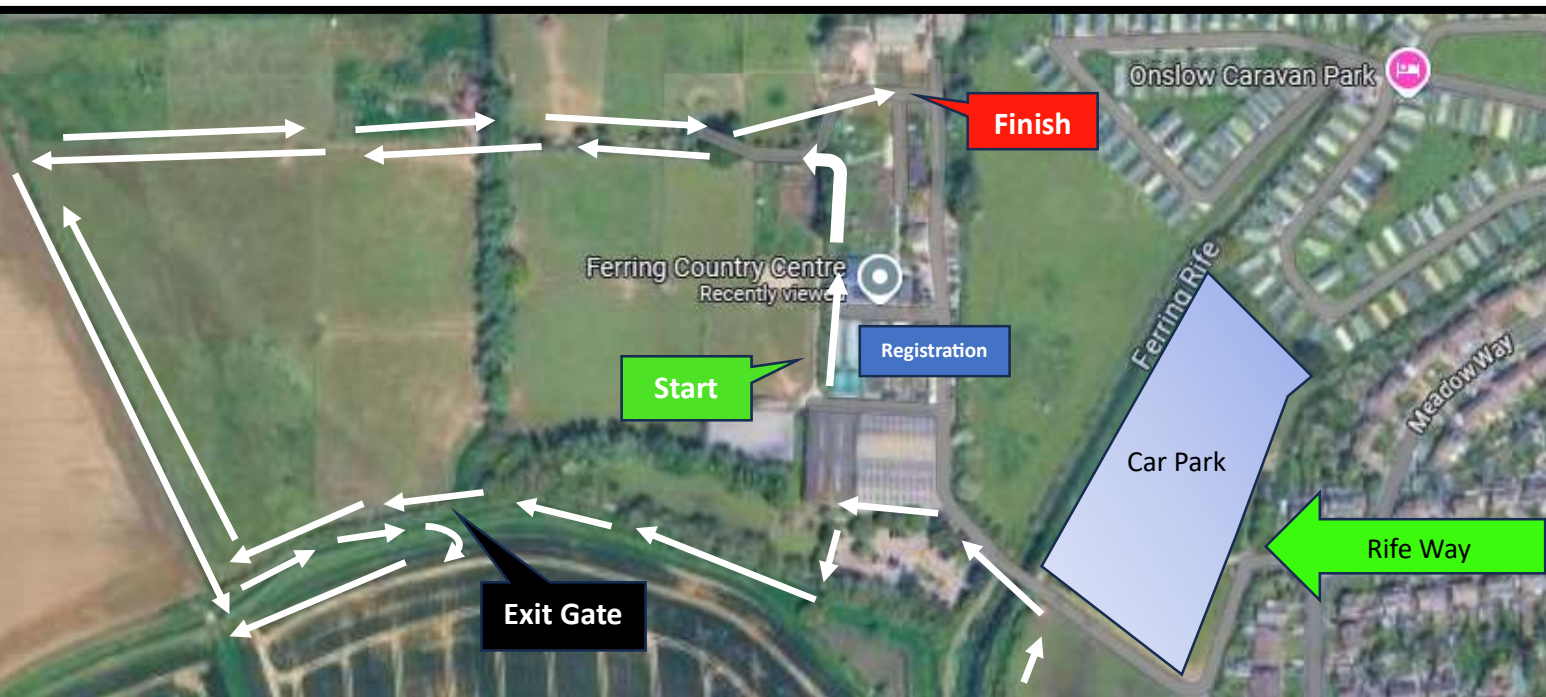


5 Mile Route

(White Numbers)

One anticlockwise lap around the perimeter to start, exiting from the kissing gate onto the public footpath by the field.

One clockwise lap to finish via the car park.



5km Route

(Yellow Numbers)

One **short** anticlockwise lap around the centre exiting via the car park, over the bridge and onto Ferring Rife.

One anticlockwise **short** lap to finish.

