

# Running in Swinley Forest & Surrounding Areas

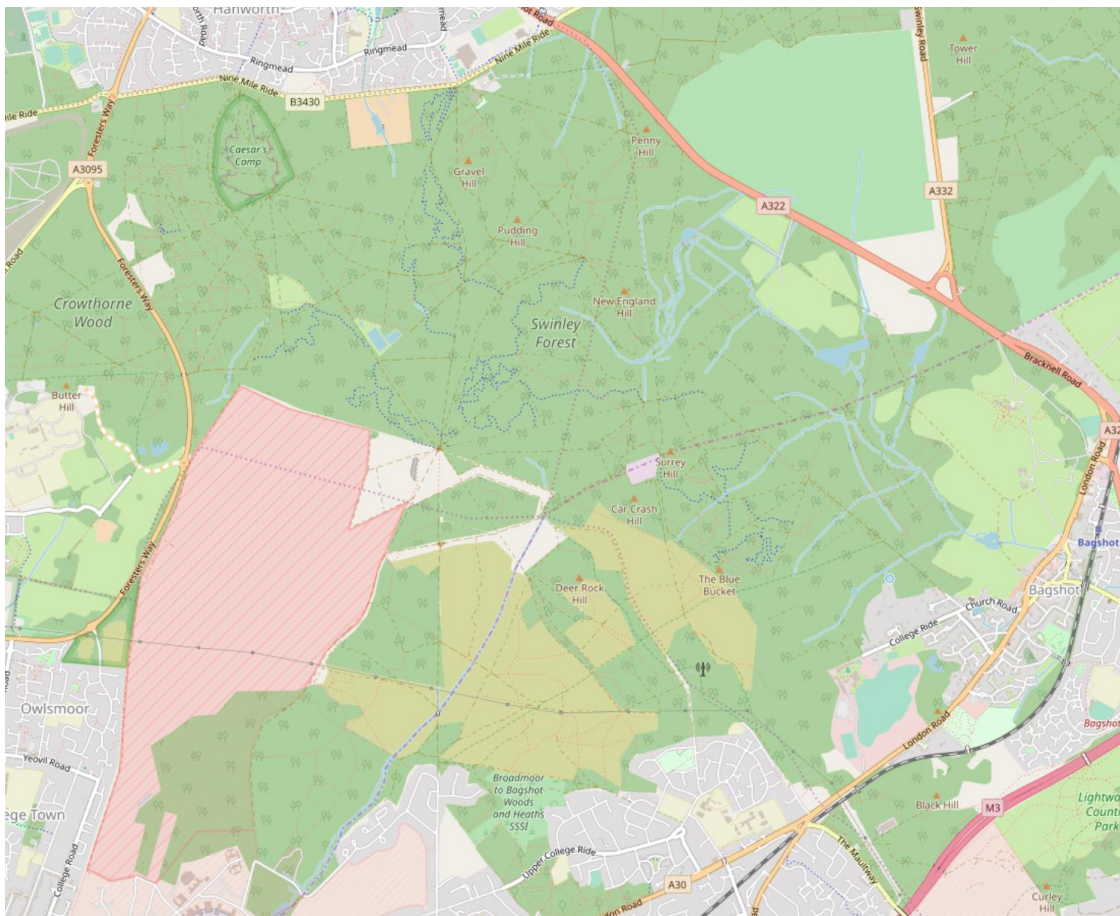
## Background

Swinley Forest is approx. 11km<sup>2</sup> of forest adjoining Bracknell. This guide describes principally the contiguous forest and heathland area accessible from The Look Out car park. I make that distinction because the forested area on the opposite side of the A322 to Martin's Heron is called "Swinley Park" and can also be referred to as "Swinley Forest".

## Geography

The area mainly consists of Scots Pine forest, with open heathland to the south. There are some small ponds, springs and streams but no rivers run through the area. The area is generally suitable for running all year round – and can look particularly Alpine in snowy conditions - but does get muddy during very wet spells and the winter. Road shoes are generally suitable from April to October, and trail shoes November to March but of course wet and dry spells can change this quickly.

The area is roughly square, with The Look Out car park at the most northerly point, and the forest to the south, with the southernmost section mostly heathland.



Swinley Forest and its Environs