

Swinley Forest

This section is mostly a plateau, and the first part you hit when running from The Look Out. It is worthwhile learning the tracks that surround this area, since this will always orientate you and point you in the right direction to finish your run.

Suggested Familiarisation Route

The following route is approximately 4 miles, but circumnavigates Swinley Woods and knowledge of it will allow you to find your way back.

