BR6 – 7miles Double kiss and wave at the Sun 😊

- From Broome Manor, turn right and follow the footpath adjacent to the golf course until you come out through a gate onto Broome Manor Lane.
- Turn right and follow Broome Manor Lane down towards Coate Water keeping on the road as it swings round to the left. (1 mile)
- When the road turns away to the right look for a metal kissing gate on your left into a field. Go through this and follow the footpath across the field out on to cycle route 45.
- Turn right onto the cycle track and follow it up and over the curly wurly bridge (over M4) and stay on the path all the way towards Chiseldon.
- When the path meets the main road (Hodson Road) on the sharp bend, cross the road safely and pick up the footpath on the left-hand side of the road going away from Chiseldon towards Hodson.
- At the junction to Hodson, cross the road with care and turn right and carry on past the Calley Arms and continue down the hill into Hodson.
- Stay on this road over the motorway and then on the sharp bend to the left look for the metal kissing gate you went through earlier and go through this again across the fields to cycleway route 45
- Turn left onto the cycle track and then bear right over the bridge. Take the lower path alongside the lake (5 miles) and continue along to the miniature railway.
- Take the footpath straight ahead out onto Dayhouse Lane and turn left and then keep left past the RJ museum 😊 and the Sun Inn ☹.
- Take the left turn into Coate Water on the footpath and just before the café take the right hand turn away from the carpark on the smooth path.
- Turn right over a wooden bridge into the arboretum (6 miles) and follow the main path through the trees to emerge onto the polo field. Ignore the main path across and bear left and pick up the cut through between the houses to come out onto Broome Manor Lane.
- Cross the road and pick up the footpath immediately in front of you through a gate adjacent to the golf course. Follow this back to the club house. https://www.mapometer.com/running/route_4909736.html

BR6 Shin Splints Route – 5.65 miles Kissing Gate Curly

- **From Broome Manor, turn right and follow the footpath adjacent to the golf course until you come out through a gate onto Broome Manor Lane.**
- **Turn right and follow Broome Manor Lane down towards Coate Water keeping on the road as it swings round to the left. (1 mile)**
- **When the road turns away to the right look for a metal kissing gate on your left into a field. Go through this and follow the footpath across the field out on to cycle route 45.**
- **Turn right onto the cycle track and follow it up and over the curly wurly bridge (over M4) and stay on the path all the way towards Chiseldon.**
- **When the path meets the main road (Hodson Road) on the sharp bend, cross the road safely and pick up the footpath on the left-hand side of the road going away from Chiseldon towards Hodson.**
- **At the junction to Hodson, cross the road with care and turn right and carry on past the Calley Arms and continue down the hill into Hodson.**
- **Stay on this road over the motorway downhill, passing Coate Water on your right all the way back into Broome Manor Lane.**
- **Turn left through the gate onto the footpath adjacent to the golf course and retrace back to the clubhouse.**

https://www.mapometer.com/running/route_4909731.html

BR6 Shin Splints Route – Kissing Gate 3.4 miles

- **From Broome Manor, turn right and follow the footpath adjacent to the golf course until you come out through a gate onto Broome Manor Lane.**
- **Turn right and follow Broome Manor Lane down towards Coate Water keeping on the road as it swings round to the left. (1 mile)**
- **When the road turns away to the right look for a metal kissing gate on your left into a field. Go through this and follow the footpath across the field out on to cycle route 45.**
- **Turn left onto the cycle track and then bear right over the bridge. Take the lower path alongside the lake and continue around to the café.**
- **Turn right at the café and then turn left onto the smooth path.**
- **Turn right over a wooden bridge into the arboretum and follow the main path through the trees to emerge onto the polo field. Ignore the main path across and bear left and pick up the cut through between the houses to come out onto Broome Manor Lane.**
- **Cross the road and pick up the footpath immediately in front of you through a gate adjacent to the golf course. Follow this back to the club house.**

https://www.mapometer.com/running/route_4909726.html