

THE MIDDLETON MIRTH TRAIL

Approx. 4.7 Miles / 7.5 Km.

Sunday 1st December 2024 – 12th January 2025

Start: Urban Bike Park Cafe, Leeds LS10 3TN



BL = Bear Left	FB = Footbridge	SA = Straight Ahead
BR = Bear Right	FPS = Footpath Sign	THRU = Through
BWS = Bridleway Sign	KG = Kissing Gate	TL = Turn Left
CONT = Continue	L = Left	TR = Turn Right
EP = Enclosed Path	R = Right	X = Cross

Follow the Highway & Country Codes. Cross roads with care and close gates behind you.

Beware of cars using the car park. Face oncoming traffic when on roads.

Each Paragraph = Approx. 1 mile

1. Leave café **TL** between planters. **CONT** with rock wall on L. **TL** at bin onto path shared with bikes. **CONT SA**, passing rocks on L. **THRU** log barrier. **TR** at path junction. Follow wide tarmac path down, then uphill. **THRU** metal barrier. **BL** downhill on road (safer verge and path to the R). Past car park, **CONT SA THRU** metal barrier "Middleton Park". **CONT SA** passing visitor centre on your L. **TR** at bandstand, **FPS** to "Winrose Drive".
2. **BL** at next **FPS** to "Winrose Drive". **SA** (ignore L fork). Exit woods, **CONT SA X**field on grass path. **THRU** hedge gap. **CONT SA X**field on same grass path towards hedge (L foreground of distant houses). **BR** with path. **TL THRU** 1st hedge gap (single wooden gatepost). **SA**, then **BR** with hedge on R for 30m. Leave hedge, **CONT SA X**field on grass path. **BL THRU** gap between trees. Immediately **BR** on narrow, then wider path downhill. Join tarmac. **THRU** metal barrier, **TL** (**FPS** to "Visitor Centre"). Immediately **BL THRU** metal barrier.
3. **CONT SA, BR** at **FPS** to "Waggonway". **SA** uphill on tarmac for 750m, passing rock info-boards. **CONT SA** at path X-ing to **BR** uphill with path. **CONT SA** for 300m, past 1st **FPS**. **BR** downhill at 2nd **FPS** to "Wood Pit". **TR** at wooden post, immediately **TR** again. **CONT SA** downhill on wide track for 900m.

4. **TL** at metal FPS for 10m, **BL** at wooden waymarker post. CONT **SA**. Pass waymarker post on your R, then in 10m **TL** to join main woodland path (wooden post). CONT **SA** for 350m (with waymarkers on L, then deep ditch on R). **BR** at fork to distant FPS and FB. **XFB**. CONT **SA** uphill with fence on R. Take care on the cobbles. Join tarmac at school. CONT **SA** uphill. **TL** at T-junction. CONT **SA** uphill **THRU** metal gate.
5. CONT **SA** on tarmac path (mind the balls!). **SA THRU** log barrier at bin. **SA** uphill to FPS. **TR** towards “Bankcliffe Lane”. **BL** onto tarmac path (ignore path to road). CONT **SA**, uphill round S-bend. Past rock, **TL** and **FINISH** at café.

Please Donate to The Leeds Hospitals Charity and Record Your Completion of the Route:

www.countrytrailraces.co.uk/event-completion-middleton/

