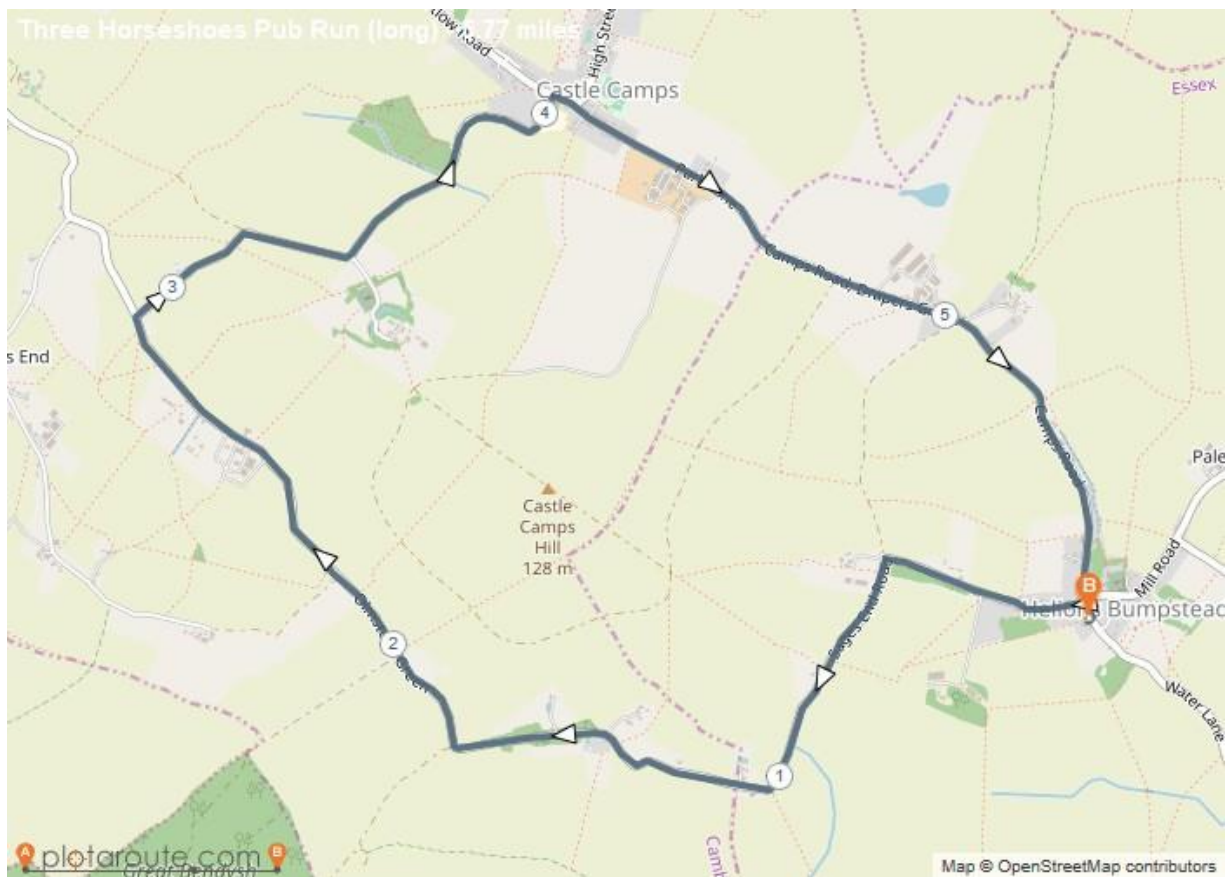


Three Horseshoes Pub Run (Helions Bumpstead)

Long route (5.8 miles - road)

- From pub, turn left into Water Lane then left at crossroads into Sages End Road.
- Follow Sages End Road (then Olmstead Green) for 3 miles, then turn right onto Church Lane.
- Follow Church Lane for about a mile into Castle Camps then turn right at the T-junction into Park Lane.
- Continue along Park Lane (then Camps Road) for just under 2 miles into Helions Bumpstead.
- At crossroads (church on LHS) continue straight over into Water Lane and finish back at the pub (on RHS).
- If you want a little extra mileage, carry on past the pub along Water Lane for as far as you want then re-trace your steps.



Short route (4 miles – road and trail)

- From pub, turn left into Water Lane and go straight over crossroads (past church RHS).
- Carry on up Camps Road towards Castle Camps then after about 0.7 miles turn right into Drapers Lane.
- Continue along Drapers Lane and bear left along the footpath.
- Continue on footpath (hedge on LHS) until you cross a low wooden bridge (covered in grass) then turn right and continue alongside the field (on LHS)
- Continue along the footpath going straight on until you emerge onto Copy Hill
- Turn right onto Copy Hill and continue all the way down into Helions Bumpstead
- At crossroads (church on THS), turn left into Water Lane and finish at pub (on RHS).

