Run to Hoburne Lane roundabout and turn left. As you start to go up the hill there is a bus stop and black electronic sign. On your left is a path with metal barriers. This is the start of the figure of 8 loop - but don't go through the path yet!

Repeat 3 times:

* Continue up the hill and turn left into Smugglers Wood Road.
* Turn left again into Manning Avenue
* Follow this round, and after going up the hill at the far end turn right
* Turn right into Manning Avenue, but as you go down the hill, cut through the footpath on the left (this is the green bit on the map)

The first 2 times round the loop you will turn left out of the footpath to start the next loop.

After the 3rd loop, turn right out of the footpath and head back to the start.

