



Laps

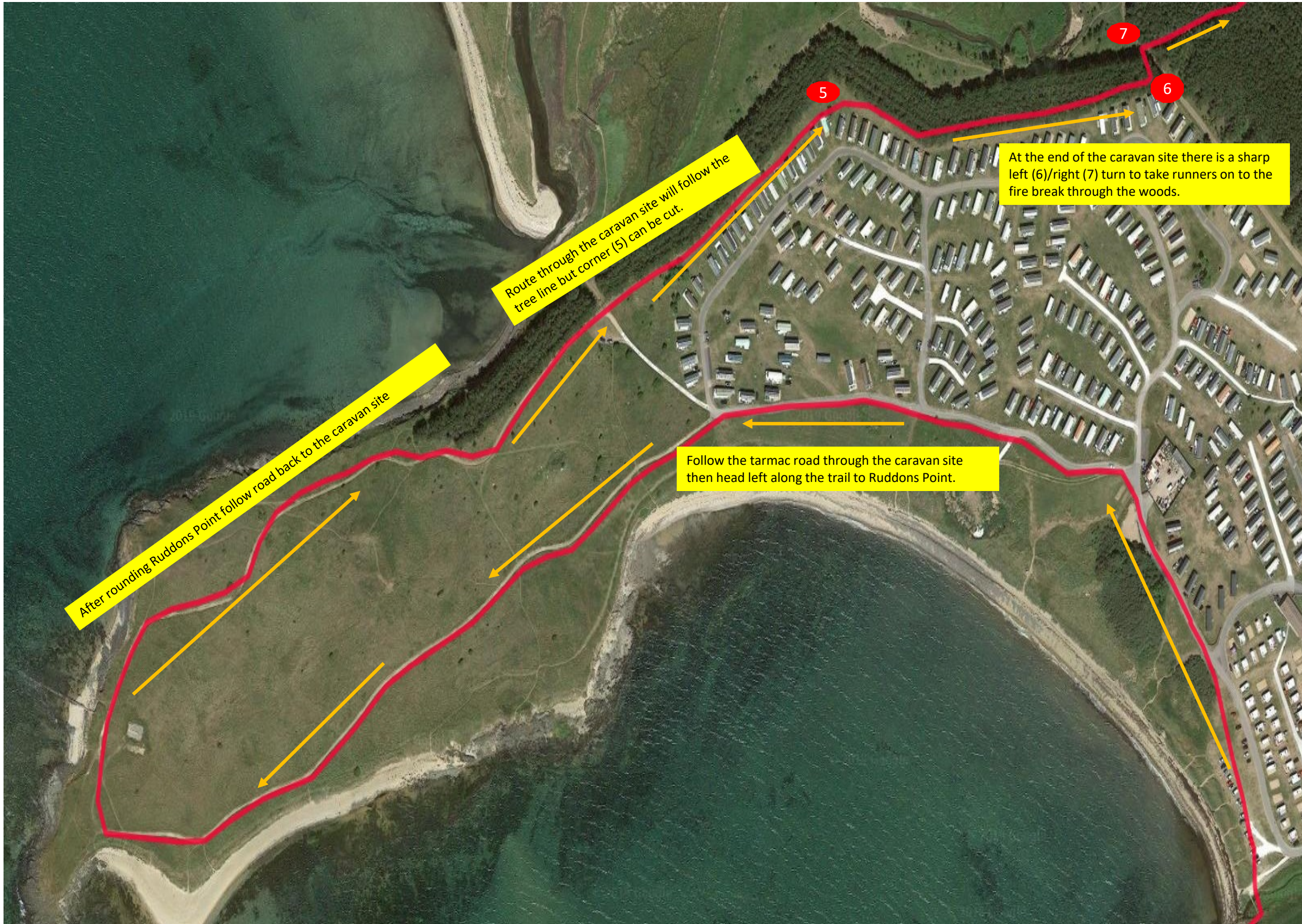
Start on the shingle path beside the chalets in the caravan site. Head through the gate at the end of the shingle path (1) then through the entrance (2) on to the road and turn right and head up the road.

Head along the fire trap towards the entrance road. The finish is the exit out on to the road (2)

After crossing the bridge over the burn (4) head slightly right and cross over the car parking area to join the road around the caravan site

Continue over the top of the rise and head down the trail to join up with the coastal path – turn right and head back towards the caravan site.

Pass through the gate (3) and turn right to head up the slight incline.



After rounding Ruddons Point follow road back to the caravan site

Route through the caravan site will follow the tree line but corner (5) can be cut.

Follow the tarmac road through the caravan site then head left along the trail to Ruddons Point.

At the end of the caravan site there is a sharp left (6)/right (7) turn to take runners on to the fire break through the woods.

5

6

7

Routes through the woods will be marked with flour/posts/tape.
Flour arrows will show direction of travel.
There is a short section (10) where the same path is used and this will be well marked to avoid any confusion.

Pass through gate (8) on to entrance road and turn right and head down road towards the car park.

Follow fire break trail all the way out to the entrance road by the entrance to West Muircambus farm .

Just over the brow of the rise in the road there is an entrance (9) into the woods which leads on to a fire break trail.

