



WREAKE  
RUNNERS

## Spring Route 2

### ‘River Run’ (3.5m/6m / 8m)

Similar to Route 1, with longer river sections, second half faster road section.

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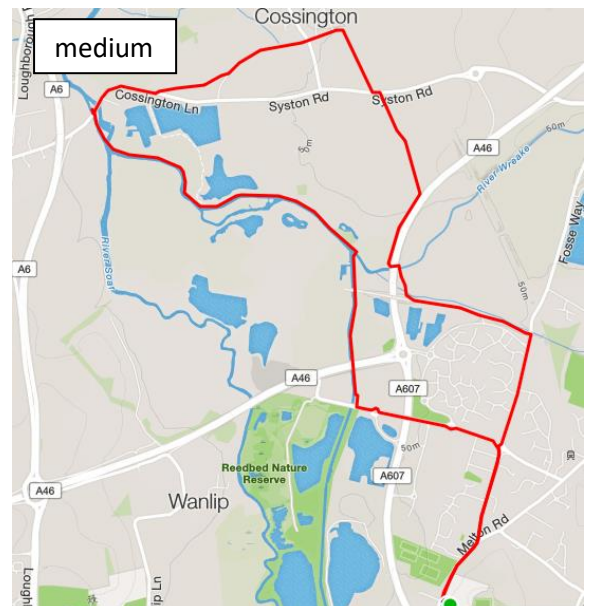
### Short Route (3.5 miles)

1. Hub right, Fosse Way, left Wanlip Rd to Hope & Anchor
2. Right then follow River Hub right, Fosse Way, left Wanlip Rd to Hope & Anchor
3. Right then follow River, at Three Turn Bridge turn R follow Wreake, under A46,
4. R to Meadow Lane, to Fosse Way. Right along Fosse Way back to Hub

### Medium Route (6 miles)

1. As short route, over bridge to following river all the way to Cossington Lane
2. Cross road and turn right, follow road, take 2<sup>nd</sup> footpath through field to join Platts Lane
3. Follow Platts Lane, straight over at junction
4. Back lane straight on (don't turn left), join footpath on right
5. Follow footpath across field, cross Syston Rd, continue along path
6. Turn left under A46, then first right
7. Meadow Lane to Fosse Way
8. Right along Fosse Way back to Hub

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### Long Route (8 miles)

1. Hub left, Thurmaston village, right Canal St
2. Right then follow River, keep following river all the way to Cossington Lane
3. Cross road and turn right, follow road, take 2<sup>nd</sup> footpath through field to join Platts Lane
4. Follow Platts Lane, straight over at junction
5. Back lane straight on (don't turn left), join footpath on right
6. Follow footpath across field, cross Syston Rd, continue along path
7. Turn left under A46, then left and follow Wreake to Gate Hangs Well
8. Join road and return to Hub along Fosse Way



Route on strava, short: <https://www.strava.com/routes/7848084>

long: <https://www.strava.com/routes/7848061>