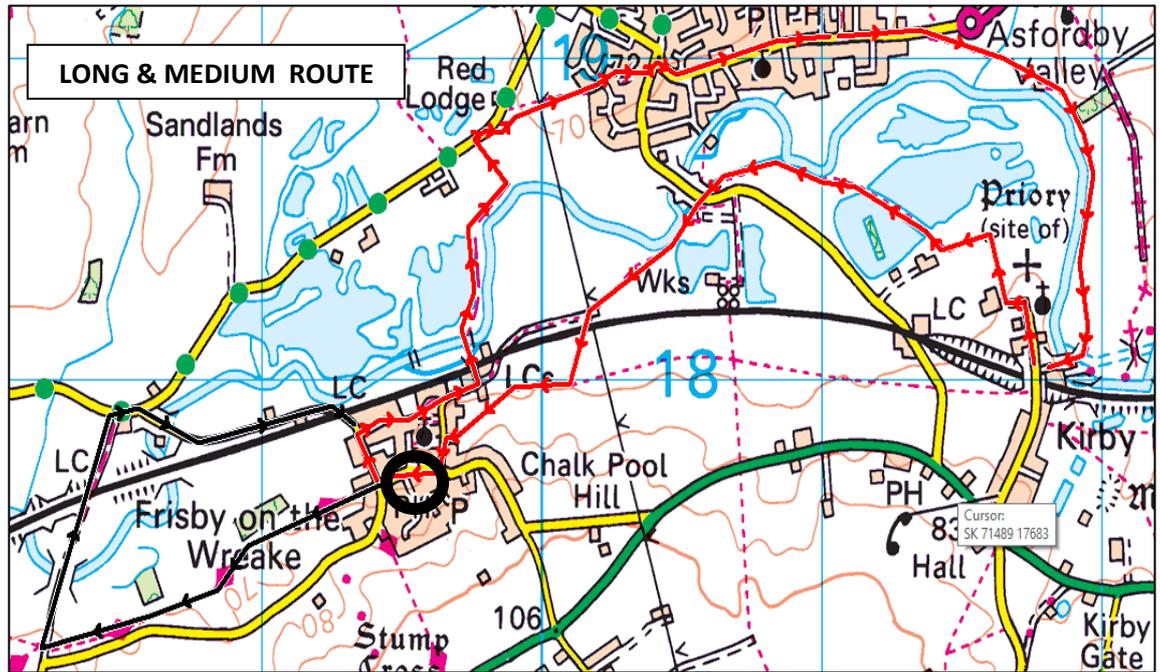


Around Frisby and along & across the river. Start and finish at the pub! Red & black = long, red only = medium

LONG ROUTE - first part.

Go left from the Bell Inn on a footpath between houses, across the fields to the road. Go right, down the hill and across the railway, then turn right at the road. Take the next right into Frisby, then cross the railway and take the next left into Well Field.



SHORT AND MEDIUM ROUTES

Take the road opposite the pub and then turn right into Well Field.

ALL ROUTES

At the end of Well Field, take a jitty in the right corner leading to a road, cross over and go left. Take the jitty in the left corner of the cul-de-sac which leads to Hollow Lane. At the end of Hollow Lane go left to cross over the railway. Follow the river then take the track on the left up to the road. Go right then very soon right again onto a footpath. Pass some play equipment on the left. At the T junction turn right, cross over and go through the jitty on the left. At Station Road cross over and go left. Turn right into Main St.

SHORT ROUTE

Turn right down Mill Lane, over the water and right to the road. **Caution** - cross over and go left then right on the first footpath.

MEDIUM AND LONG ROUTES

Continue along Main St passing through the Village, to take footpath on the right, this first goes left and then half right over fields to join the river and eventually, at the end of the path, go right over the railway bridge and up to the road. Turn right then turn left at the bottom to pass a Garden Nursery. Over the stile, then go right, at the bottom go half left to run between two lakes. Turn left and immediately right, over a stile and half left over to the river. Go through trees to the road, turn right and cross over to footpath on the left.

ALL ROUTES

Continue ahead until a point where the path goes left over the railway, take this path then go slightly right to the next yellow post in the bushes. Go right for one field, then diagonally left. At the road go left. At the bottom, turn right back to the pub.

