

Totton Running Club

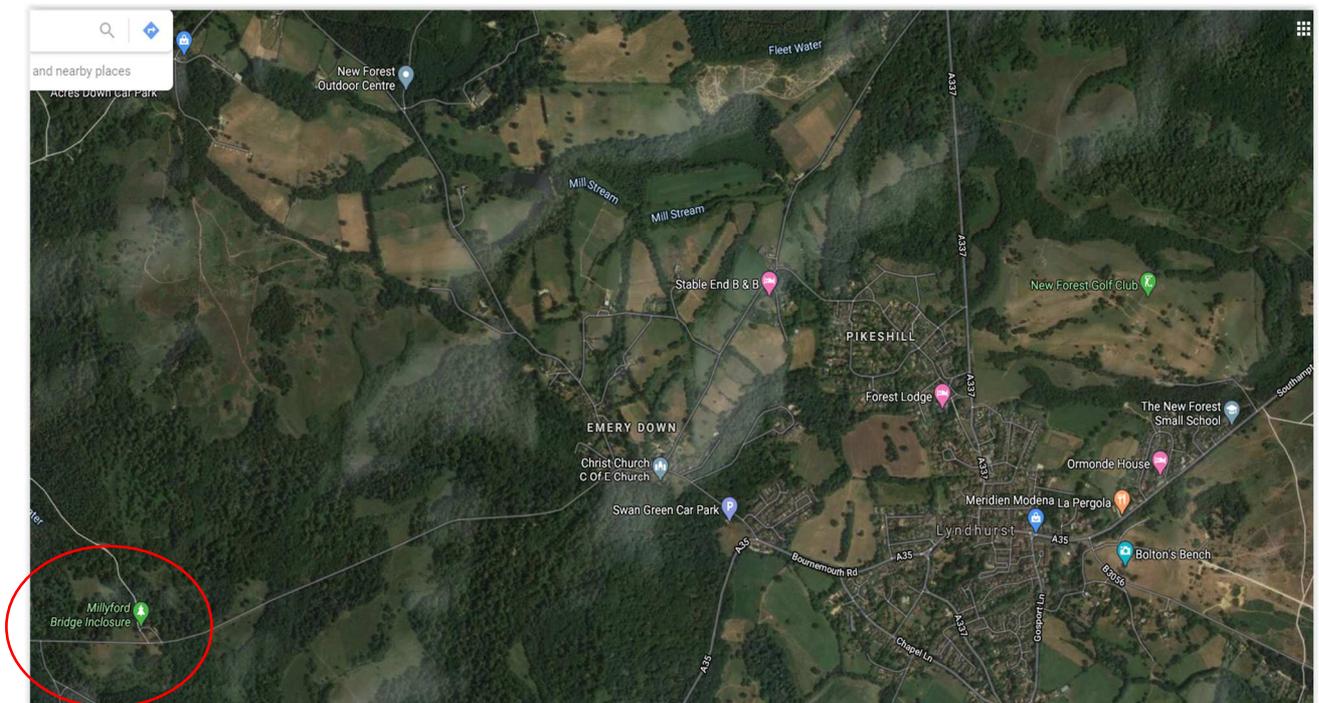
Virtual RR10 Race 3 – Millyford Bridge

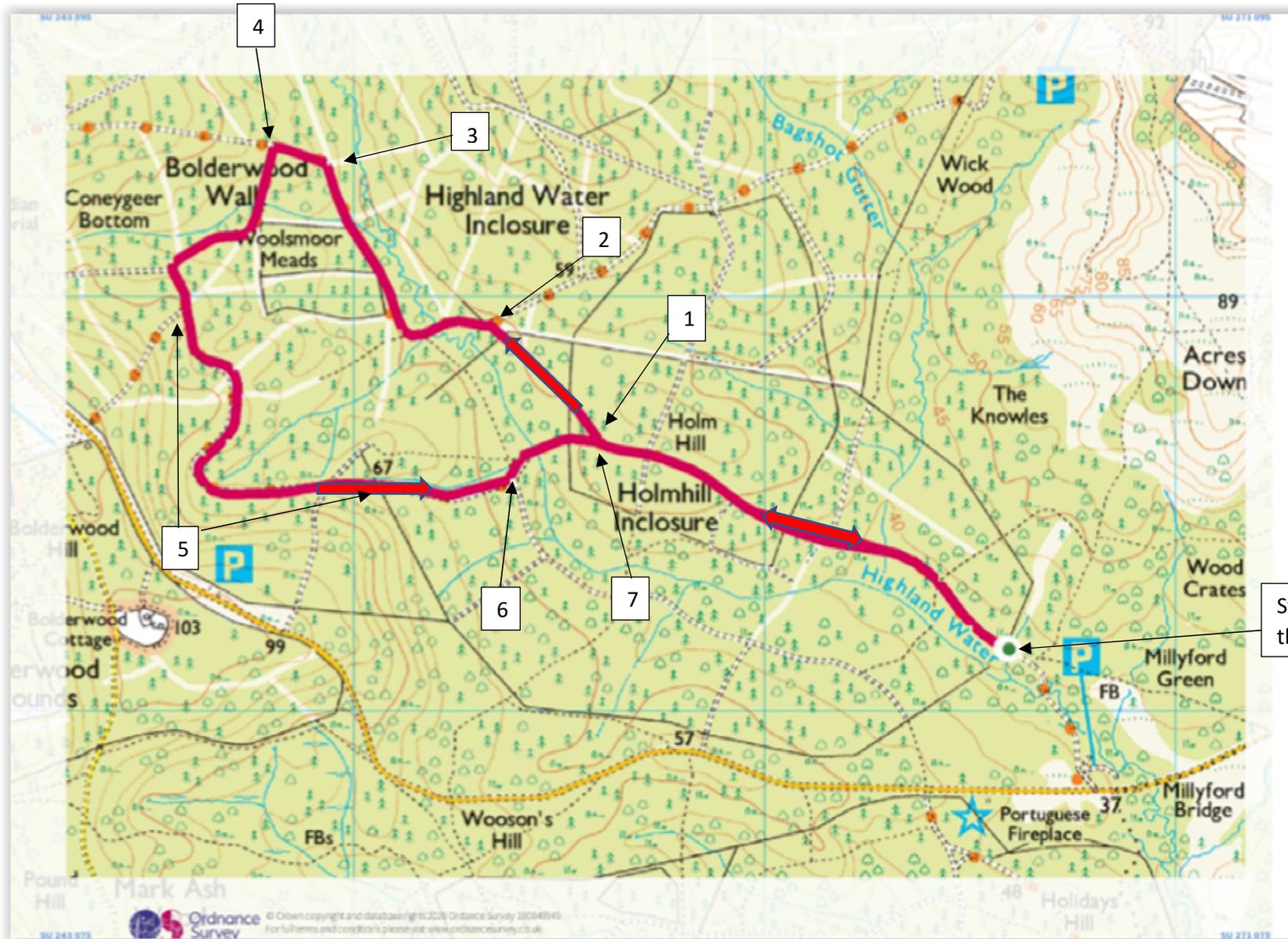
Friday runners will know this route well but if you've not been to Millyford Bridge before it is a straightforward loop to run.

To get to the car park from the Totton/Ashurst direction then you have two options – going through Lyndhurst to Emery Down or using the narrow short cut road from the Cadnam to Lyndhurst road.

There is a 3rd option of traveling up the A31 and taking the Emery Down exit just past the Esso Garage.

Once in Emery Down you will need to take the road to the right of the New Forest Inn pub, carry on driving down this road for just over a mile and Millyford Bridge car park is on the right-hand side





Start/Finish at the first gate

The route is roughly a 3.5 mile loop all on gravel paths and it's undulating.

To get to the start head down the track to the left of the car park – You will have roughly about 0.22 of a mile warm up to the gate where the route and time will start from. (Should you want a longer warm up then you can park at Emery down and run to the start – should add an extra mile)



1



From the start gate carry on up the gravel track over a bridge for roughly 0.7 of a mile, you will then see a split in the track. Head down to the right where the horse is in the picture, you will also have the route marker of 148 on your right. Continue on the track until you reach the next gate

2	 A gravel track leads through a wooded area. A red arrow points to the left, indicating the correct direction. A red 'X' is marked on the right side of the track, indicating a wrong turn.	<p>Once through the gate, head around to the left and follow the gravel track over the bridge, and then follow it around to the right</p>
3	 A gravel track continues through a wooded area. A red arrow points to the left, indicating the correct direction.	<p>Carry on up the track and it sweeps around to the left</p>
4	 A gravel track leads through a wooded area. A red arrow points to the left, indicating the correct direction. A red 'X' is marked on the right side of the track, indicating a wrong turn.	<p>Take the left hand turn at the 102 route marker which is roughly 1.4 miles into the route.</p> <p>(For anyone that wants to explore on a recce then straight on goes up to the Canadian War Memorial)</p>

5



The route will twist and turn in different directions for a bit, as long as you keep to the main gravel track you shouldn't go wrong. Most of the paths off of this route are narrower than the track or have been used for logging

At the red circle you will see the 145 route marker at about 1.8 miles in, keep it to your left and carry straight on.

Once you get to the big sweeping left hand curve you will just need to keep straight until you get to a gate at about 2.45 miles in.

6	 A gravel path winds through a lush green forest. A red arrow points to the left side of the path, and a red 'X' is marked on the right side.	<p>Once through the gate and going down the hill, follow the gravel track around to the left.</p> <p>You will have the 147 route marker on your left at about 2.66 miles</p>
7	 A gravel path continues through a forest. A red arrow points to the right side of the path, and a red 'X' is marked on the left side.	<p>Keep to the right of the gravel path, you are now on the home straight back to the gate where you started from.</p> <p>The route marker 148 is on your left.</p>
8	<h1 data-bbox="284 1413 1002 1547">FINISHED</h1>	<p>Once you've made it to the gate you are finished, stop your watch and enjoy a warm down back up to the car park.</p>