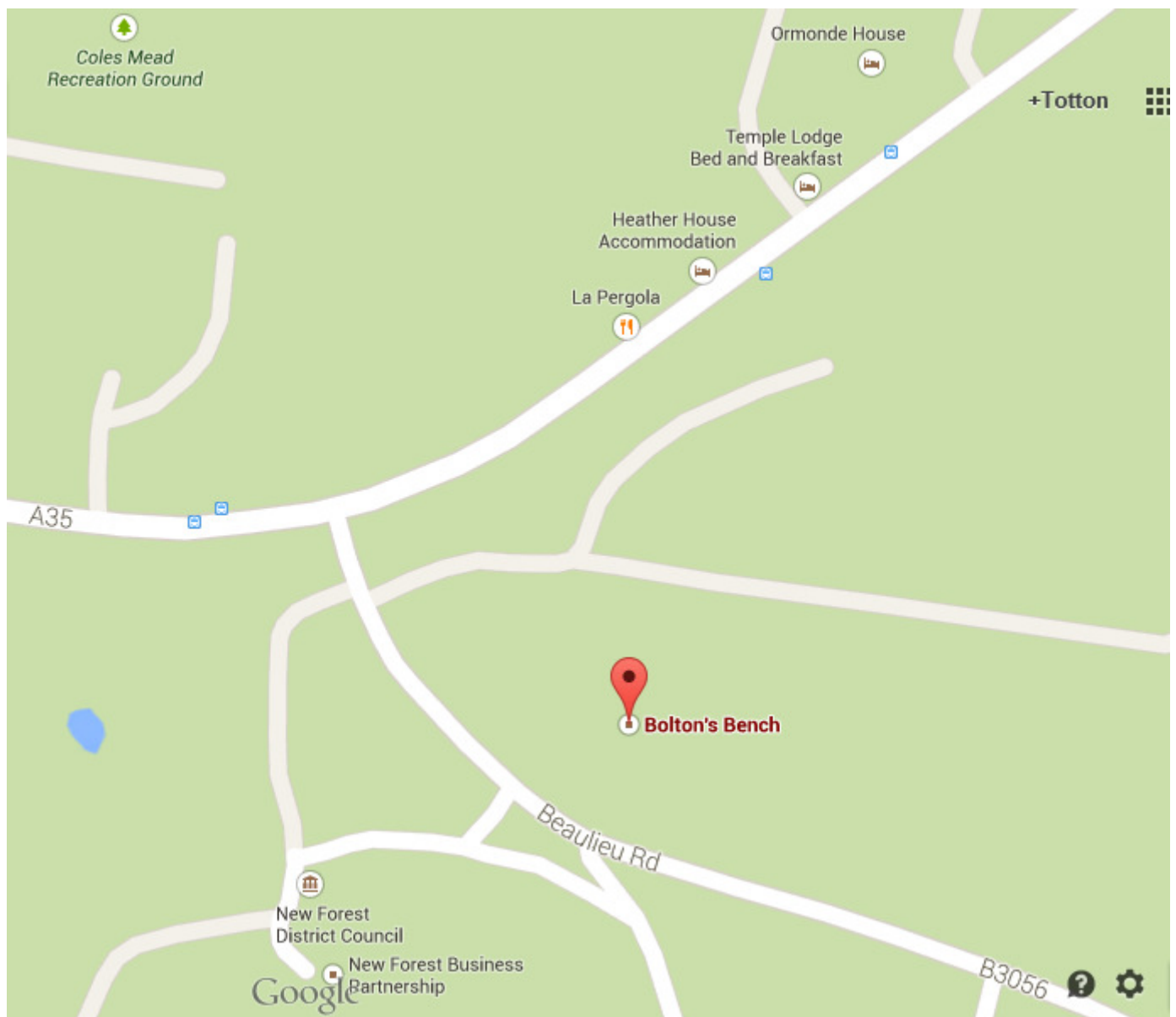


Bolton's Bench

B3056, Lyndhurst, SO43 7BQ



Bolton's Bench is located opposite the Lyndhurst Park Hotel and is the second main location for the spring/summer training schedule. We meet on the green next to the bottom car park. This location is mainly used for hill training on the main hill and in the sand dunes. It is also used as a starting point for the two Friday social runs.



From SO40 8WU, Totton to SO43 7BQ, Lyndhurst

Distance: 5.4 miles | Time: 0 hr 11 min

Road	Distance (miles)	Directions	Total (miles)
	0.00	Start out on Hazel Farm Road	0.00
A336	0.14	At roundabout take the 3rd exit onto the A336	0.14
	0.35	At roundabout take the 1st exit onto Fletchwood Road	0.49
A326	0.15	At roundabout take the 1st exit onto the A326	0.64
	0.79	At roundabout take the 2nd exit onto the A326	1.43
A35	0.14	Branch left, then turn right onto the A35 Signposted Lyndhurst	1.57
	0.25	At roundabout take the 1st exit onto the A35 Signposted Lyndhurst	1.81
	0.05	Entering New Forest National Park	1.86
	3.55	Arrive on Southampton Road	5.41

Section time 0:11, Total time 0:11

