

# Wendover Woods Hill Run

## Route Description

### Introduction

This route recreates as far as possible the route of the hill race staged for many years by the orienteers on the final weekend before Christmas. It has been run as an annual internal Tring Running Club event since 2011. It is usually staged in Week 2 or 3 of July.

It is a challenging route and by virtue of the climb qualifies as category C fell run, of which in the South East of England there are a select few including our own Coombe Hill run, the Isle of Wight and Box Hill.

**Length:** 8.4 km

**Climb:** 295 m

- The route starts and finishes at the barrier across the main track past Go Ape on your left coming from the commercial centre, opposite the end of the BBQ area
- The route follows well marked paths and bridleways entirely within Wendover Woods
- There are no route markings for the virtual event

### On-line route

A gpx file can also be downloaded from these links:

Strava: <https://www.strava.com/routes/24537104>

Garmin: <https://connect.garmin.com/modern/course/36666017>

### Route map, hard copy

see <http://www.tringrunningclub.org.uk/wendover-woods-8k-hill-run/> or TRC FB page

### The Route

Pole number on route map	Description	
<b>Start</b>	Barrier across the main track. From car park, past Go Ape on your left, opposite the end of the BBQ area.	

1	Head back towards car park, turn LEFT, just before car park.	
	At first crossing straight over	
2	Path drifts to right, past log wigwam on left	
3	Path in gully, drifts to left	
4	Follow gully to main path, down step, straight across main path, go between staggered barriers.	

	After barrier fence, run down gulley	
5	To take first proper path on LEFT. Follow path for about 600m to a crossways.  Beware there are steps to the right just further on from the turn - if you reach these you've missed the turn.	
6	At crossways take LEFT path up the hill, that quickly becomes v steep	
7	A path joins from left about 300m, ignore this, stay on path for another 300m.	

8	Until you reach an opening. Stay on path keeping line of trees and fitness trail to your right.	
9 & 10	Take wide path straight ahead for about 80m.	
11 & 12	Turn RIGHT at first main path. Follow path, steep downhill descent for about 400m. <i>Beware slippery chalk in lower section.</i>	
13	At bottom of hill, turn LEFT onto main path. Follow path for over 1km.	

14	Follow line of path, through clearing staying to left	
15	Take main path UPHILL from the clearing	
16	After 400m a path joins from left. Stay on path for another 500m. Until a major junction.	
A	<p>At junction turn RIGHT to go on main path DOWNHILL.</p> <p>Stay on main path, passing a major path (17) on your left.</p>	
18	After about 600m the path forks, take the LEFT larger fork, in effect staying on the path for another 150m until you meet a crossways	

<p>19</p>	<p>At the crossways take the path at 10 O'clock - so the smaller left path of the 2 paths opposite.</p>	
<p>20</p>	<p>Follow grassy track for almost 600m. At junction turn LEFT downhill.</p>	
<p>21</p>	<p>At the clearing, drift to right, turn RIGHT to join main forest track, uphill for almost 600m</p>	
<p>22</p>	<p>Ignore first path on right by bench with marker post and take next path on RIGHT with no marker post.</p>	

<p>23</p>	<p>At the staggered barrier join the main path, turn LEFT. Shortly pass a bench on right.</p> <p>Do not continue on the path uphill where GoApe is in sight.</p>	
<p>24</p>	<p>After about 150m the path forks, stay on the main path, LEFT FORK downhill. Follow path for about 300m.</p>	
<p>25</p>	<p>Pass a solitary tree protector, run on for about 100m, then you will see two tree protectors in a dip, with path leading off between them to the RIGHT.</p> <p>A staggered fence marks the entry to this path. Enter through gap and stay strong on the final climb!</p> <p>Near the top a path crosses your path, just keep going to the 'T' junction.</p>	 
<p>27</p>	<p>At the 'T' junction with main path turn RIGHT</p>	

<p>28</p>	<p>A final short climb, to a minor path on RIGHT, take this. Post has a white arrow on light green background, marking 3km course.</p> <p>Short section to main path.</p>	 A gravel path in a forest. A red arrow points from the bottom left towards a wooden post on the right side of the path. The post has a white arrow on a light green background, pointing right.
<p>29</p>	<p>Turn RIGHT joining main forest track. About 500m to the ....</p>	 A gravel path in a forest. A red arrow points from the bottom left towards a wooden post on the right side of the path. The post has a white arrow on a light green background, pointing right.
<p>30</p>	<p>FINISH FINISH FINISH FINISH FINISH</p>	 A gravel path in a forest. A wooden fence is in the foreground, partially obscuring the path. The path leads into a wooded area.