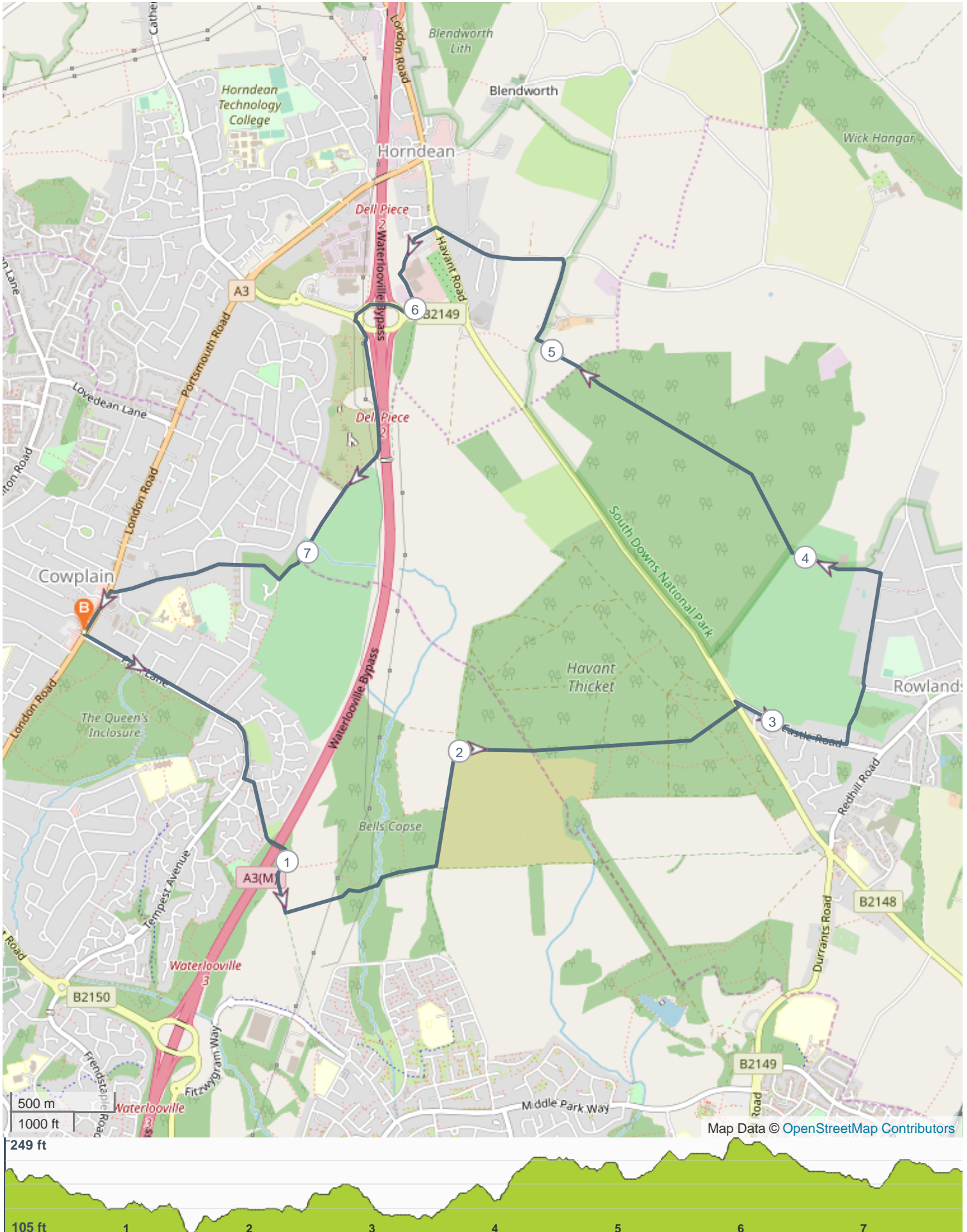


# Rowlands Castle Golf Course Run



## ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start at Lidl Cowplain
2	0.002	←	Run down Park Lane
3	0.697	←	Turn left by Tesco Express
4	0.730	→	Turn down dirt path, follow over footbridge
5	1.164	←	Turn left onto narrow dirt path
6	1.635	↖	Turn left at junction onto wide gravel / dirt path
7	1.994	→	Turn right at junction onto track
8	2.863	←	Go through gate, cross road junction, join Castle Road
9	3.241	←	Turn left onto paved footpath. Look out for golfers, cross to clubhouse carpark
10	3.422	↖	Run up Links Lane. Admire the houses.
11	3.760	←	Turn left through wooden kissing gate, just after Holt Gardens. Look out crossing golf course. Follow track through woods, then cross 2 stiles through fields to road.
12	5.051	→	Turn right on road
13	5.298	←	Turn left at road junction. Take care - busy road, no pavement
14	5.704	↖	Cross road, run up lane to pond, follow path (can be very muddy if it has rained).
15	6.023	→	Turn right on road. Follow footpath around north side of roundabout. Look out for cars coming on/off A3.
16	6.213	←	Cross to south side of road. Join small dirt footpath.
17	6.301	↖	Follow footpath and track through woods.
18	7.117	↖	Turn right at top of track onto paved road. Follow through gate.
19	7.644	←	Turn left onto London Road, A3
20	7.793		Finish at Lidl Cowplain