



GMMU
Summer

2019

The Start



The Summer Green Man Ultra follows the Green Man Challenge Route in a clockwise direction. The route is mostly the Winter Green Man route in reverse.

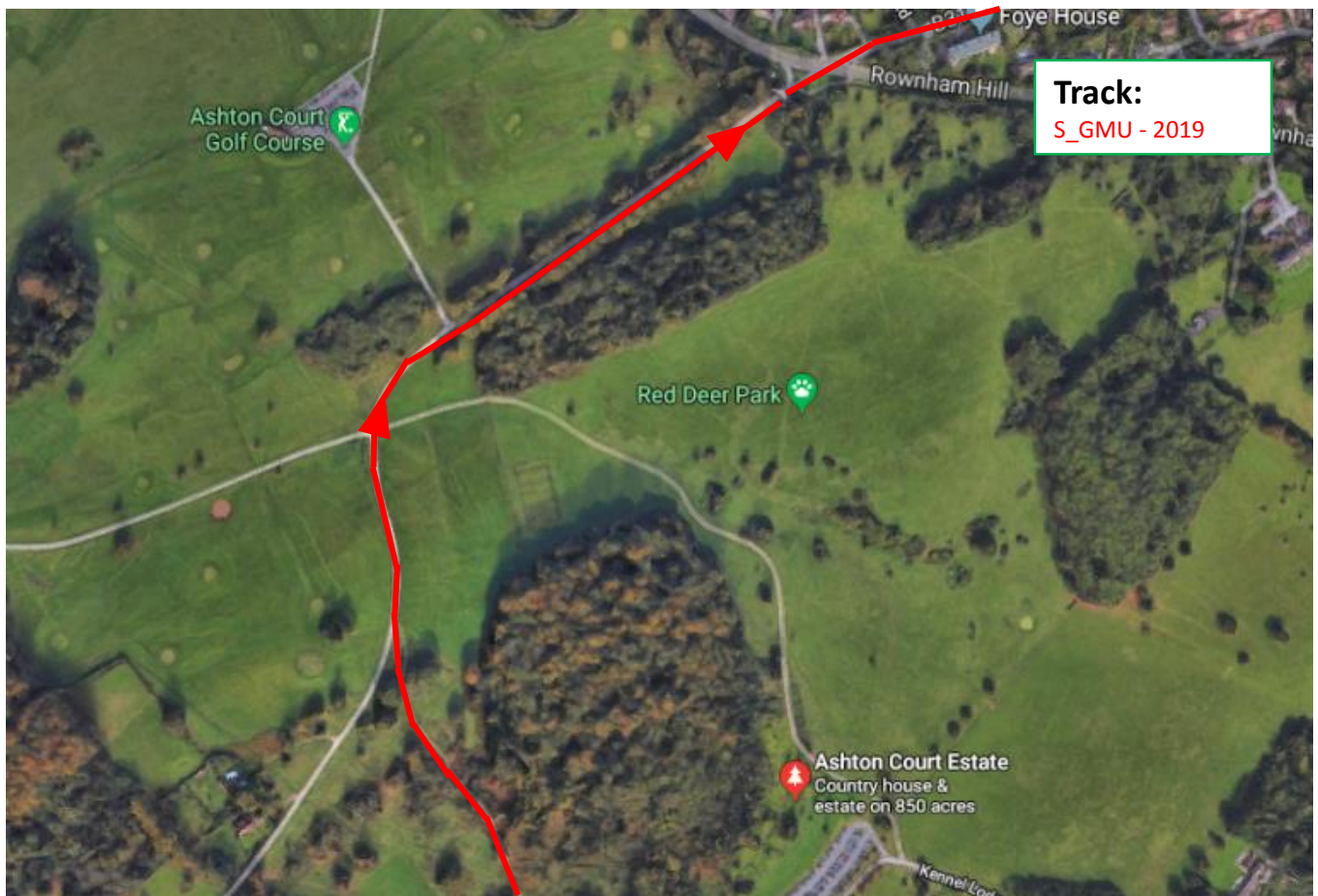
Except at the start....

Leaving the start, head across the school field towards a break in the fence. Cross the next field through a kissing gate into the grounds of Ashton Court. Once through the gate, head diagonally left across the grass and right around the end of a small wood to join a tarmac path.

Turn right onto this tarmac path and follow it towards the mansion house. As you draw level with the mansion house, turn left onto a gravel track that winds uphill next to the woods.

I'd walk this bit!

Escaping Court!



Follow the path uphill until you reach a tarmac path. Turn right onto the tarmac path and follow this path, or the track alongside if you prefer, until you reach the gatehouse at the exit to Ashton Court.

Exit through the gatehouse, then use the signal controlled crossing to cross Rownam Hill and head onto the B3129, Bridge Road (G/R 558 727).

Brunel's Beauty.



Continue along Bridge Road until you reach Clifton Suspension Bridge.

Cross the bridge. (G/R 565 731)

PLEASE WALK ACROSS THE BRIDGE IN SINGLE FILE – DO NOT RUN AND DO NOT ATTEMPT TO OVERTAKE OTHER COMPETITORS UNTIL YOU ARE CLEAR OF THE BRIDGE.

Once across you are looking for a footpath that winds up to the left.

From the bridge to The Downs

Once across the bridge take the footpath on the left that winds up to the observatory.

Take the path past the observatory and stay on this path as it travels downhill to meet a wider avenue lined on either side with beech trees.

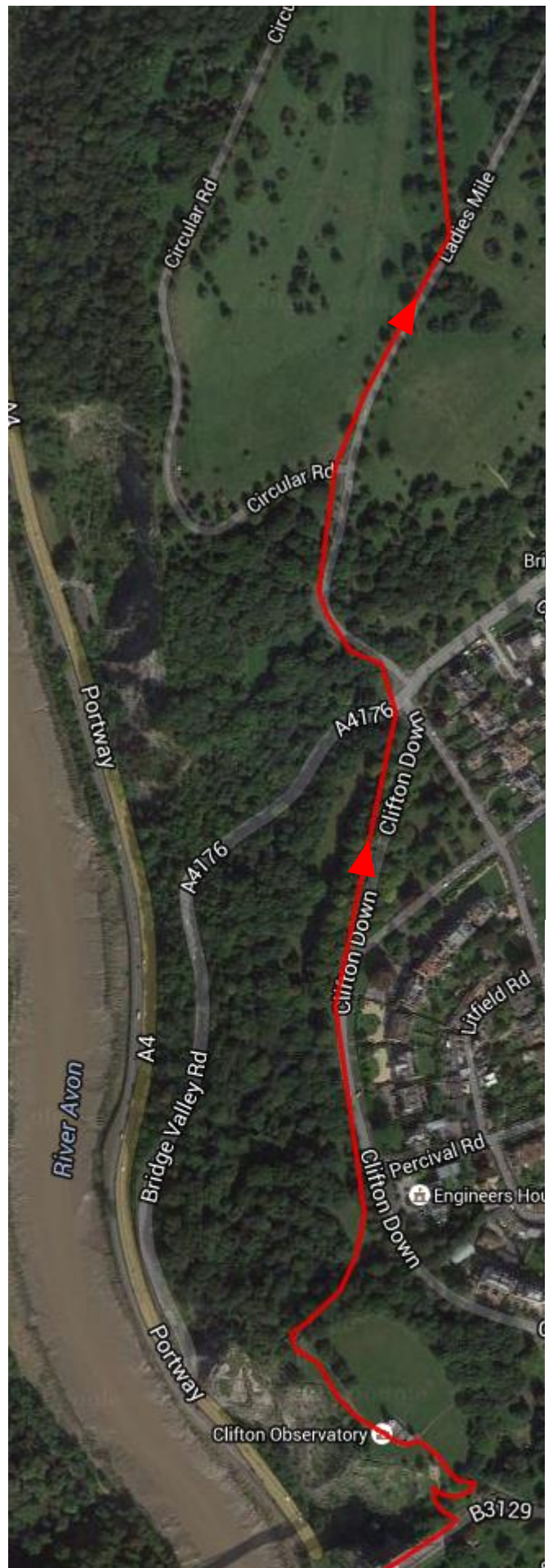
Turn left onto this wider path and follow it downhill until you reach the A4176, Bridge Valley Road.

Take great care crossing the A4176 making use of the traffic island.

Once across, take the path uphill towards the downs.

As it levels off you will find yourself on the ladies mile.

After 100 yards you'll reach the start of a wide grass avenue of trees to the left. Turn into the avenue and follow it across the downs.



Down off the Downs Dudes!



As you near the end of the avenue of trees, peel off to the left, then carefully across the road into Julian Road. Continue along Julian Road for a couple of minutes until it curves round to the left, take Pitch and Pay lane which forks off to the right.

Pitch and Pay lane will then take you downhill for a while, crossing the odd road, but sticking on Pitch and Pay lane as it gets narrower and continues downhill, eventually emerging onto a road opposite a thatched cottage.

Look out for the thatch-work fox atop the cottage!

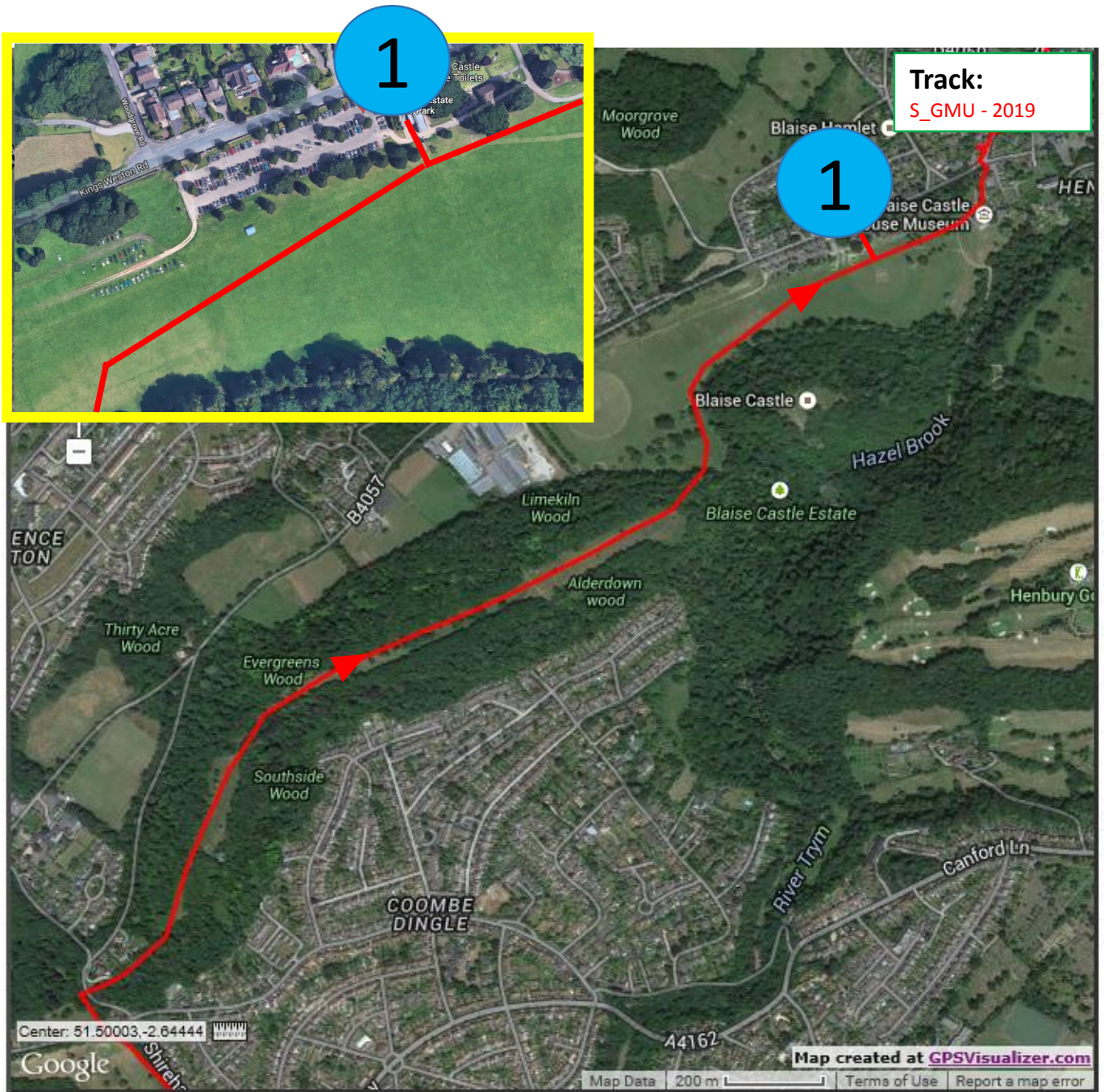
Through the Golf Course and into Blaise



Continue straight until you reach a five-way roundabout. Take the first exit on the left in front of the church. As you reach the church car-park, look to your right and you will see a footpath between the houses. Take the footpath. At the other end of this path you emerge onto the A4162. At about 6 miles, carefully cross the road and enter the golf course directly opposite.

Climb uphill through the golf course, sticking to the official footpath which runs alongside the hedge at the right hand side. Leave the golf course through the kissing gate at the top. Cross carefully to the other side, then head right along the B4054 Shirehampton Road. Then left a little way up Kings Weston Road and carefully cross this road as well. Find the footpath on the right that takes you into the Blaise estate.

Through Blaise to Checkpoint 1

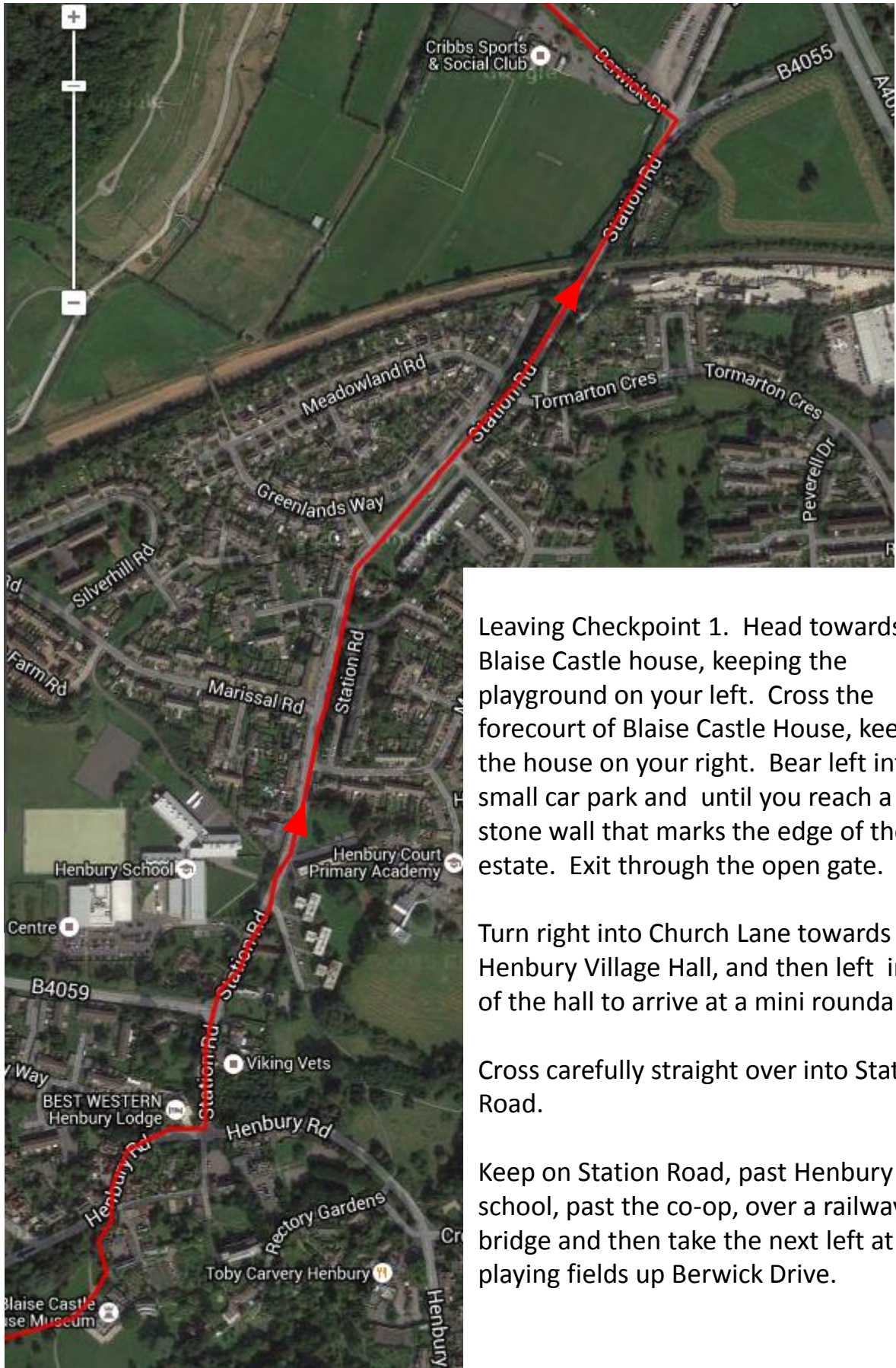


Continue along the stony path into the Blaise estate. The path climbs uphill a while before giving way to a footpath across the grass.

This path follows the spine of a broad hill. You travel along the grassland with trees woods to both sides until you reach the end. At the end on the left you will find a set of broad steps that wind down through the wood. Follow these steps and then continue downhill until you emerge onto the grass.

Follow round with the woods on your right until you catch sight of the car park, café and playground. Checkpoint 1 is by the Café. Well done!

Leaving Blaise



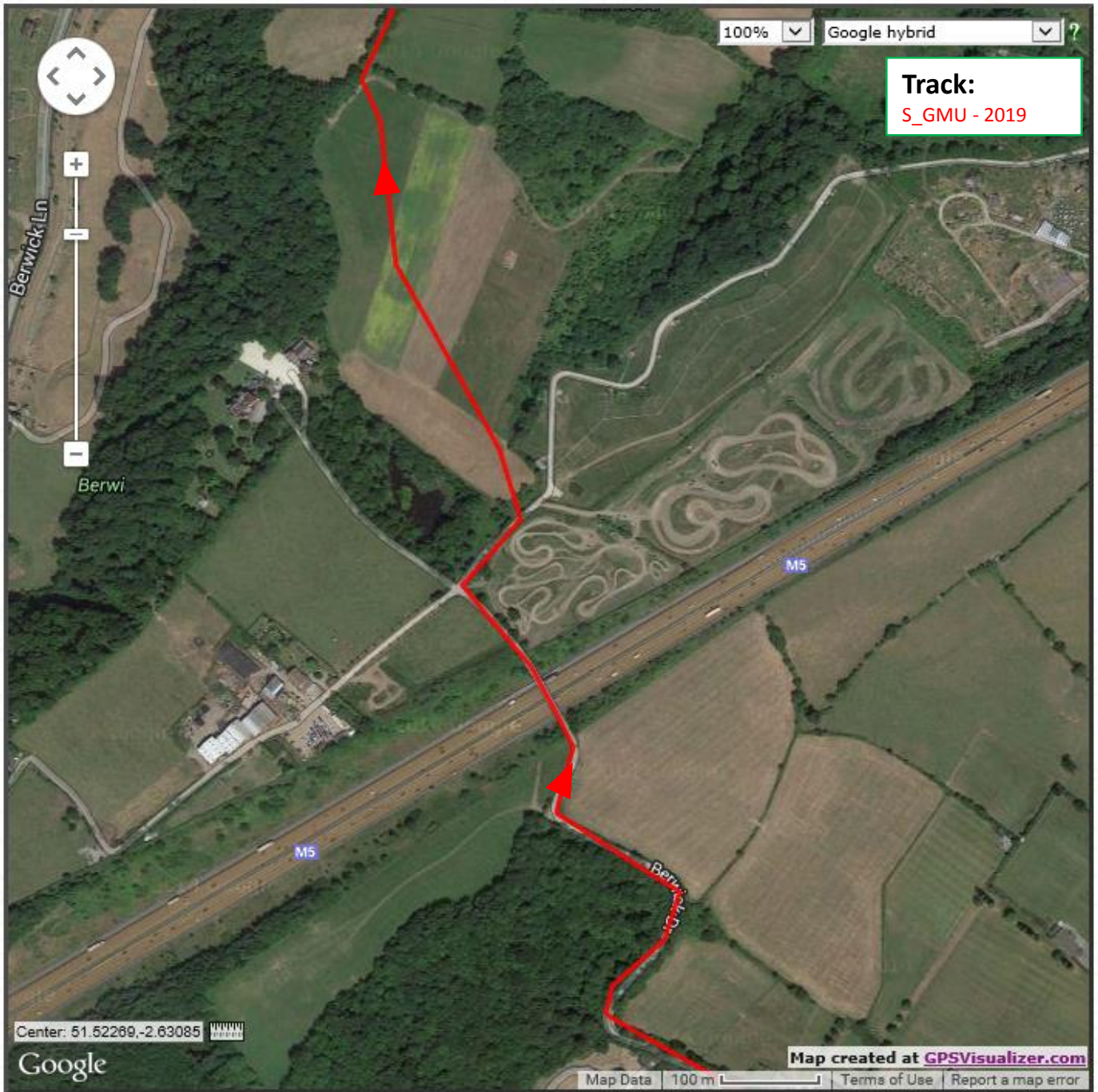
Leaving Checkpoint 1. Head towards the Blaise Castle house, keeping the playground on your left. Cross the forecourt of Blaise Castle House, keeping the house on your right. Bear left into a small car park and until you reach a high stone wall that marks the edge of the estate. Exit through the open gate.

Turn right into Church Lane towards the Henbury Village Hall, and then left in front of the hall to arrive at a mini roundabout.

Cross carefully straight over into Station Road.

Keep on Station Road, past Henbury school, past the co-op, over a railway bridge and then take the next left at the playing fields up Berwick Drive.

Up and over the M5

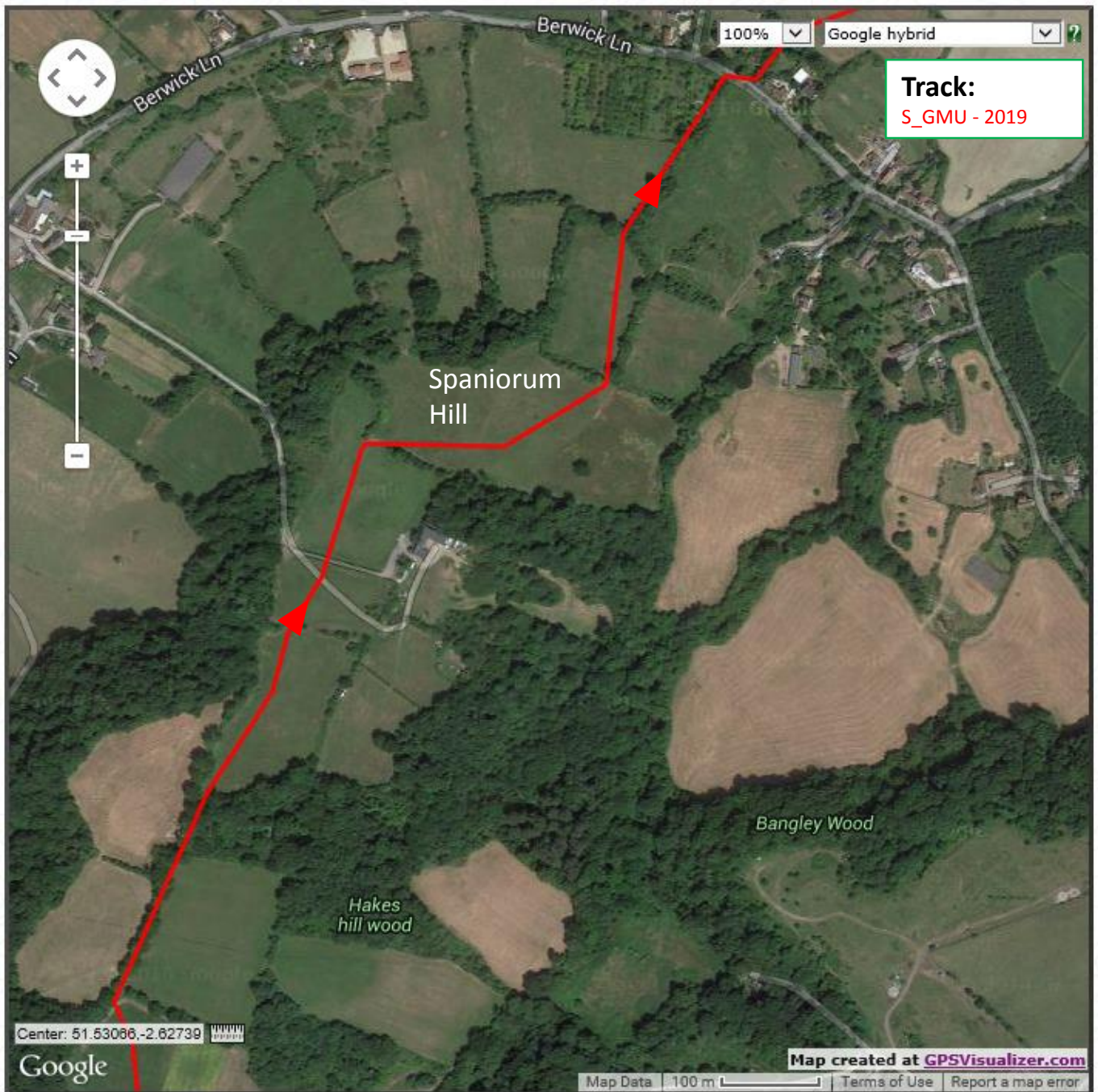


Continue up Berwick Drive, following the tarmac road as it crosses the motorway. (G/R 563 805). About 8 miles.

After the motorway take the first right into a lane. As you proceed along the lane you are looking for a break in the hedgerow that takes you into a large field.

Once in the field head diagonally across to the opposite corner where you'll find a gap in the hedgerow. Pass through into the next field keeping the line of trees on your left.

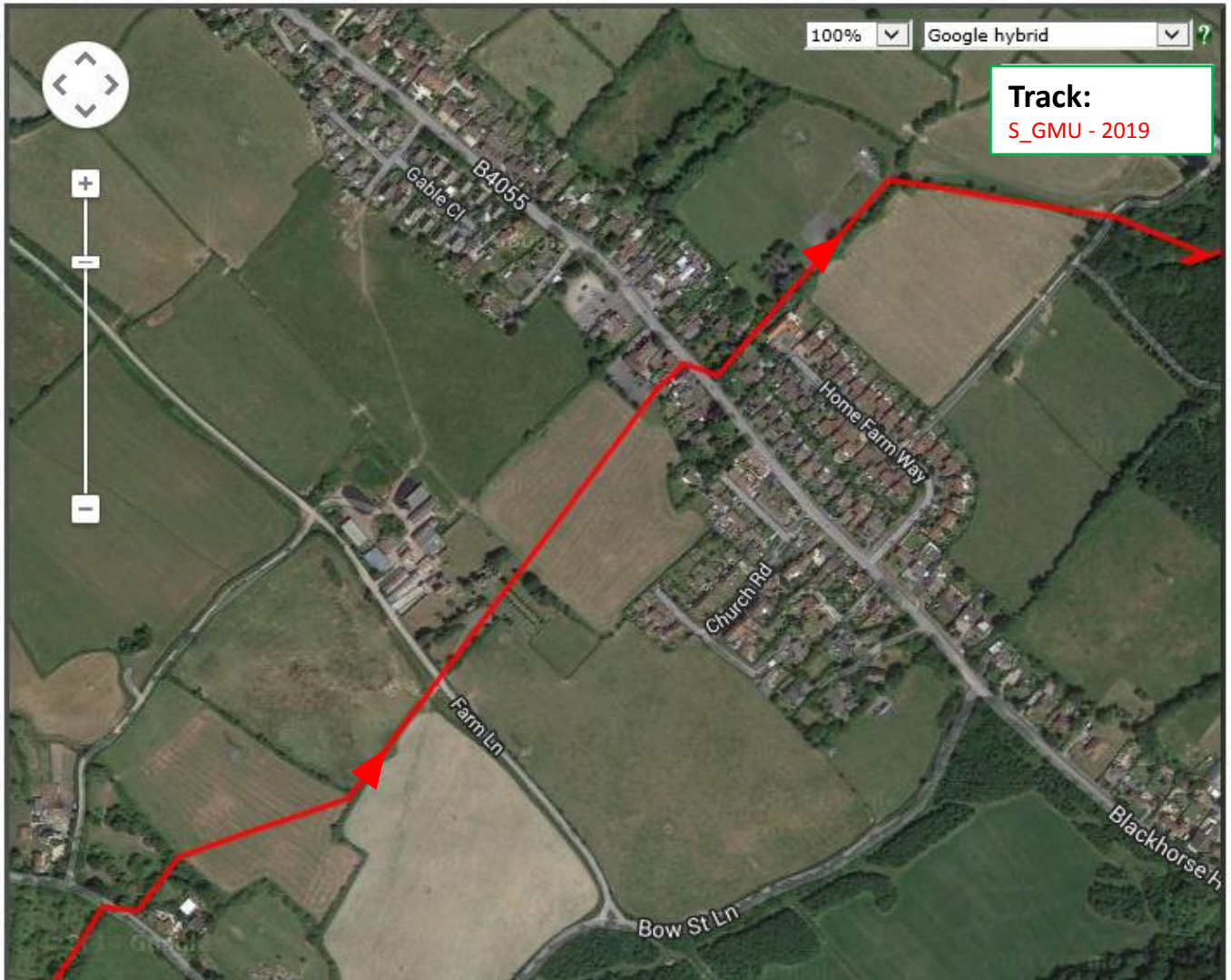
Hakes Hill Wood and Spaniorum Hill



Keeping to the left hand side of the field press on into a small wood, through to the kissing gate and on into the next field. Through another metal kissing gate across a small tarmac lane and through yet another metal kissing gate into a field. Across that field to another kissing gate and through, you find yourself at the top of Spaniorum Hill. Enjoy the view a moment.

Descending the grass path diagonally down to the right, through another gate at the bottom, follow the path to another gate, and then descend the right hand side of a cow field to a kissing gate, through into a narrow path beautifully tunnelled with tree and shrub.

The Fox!

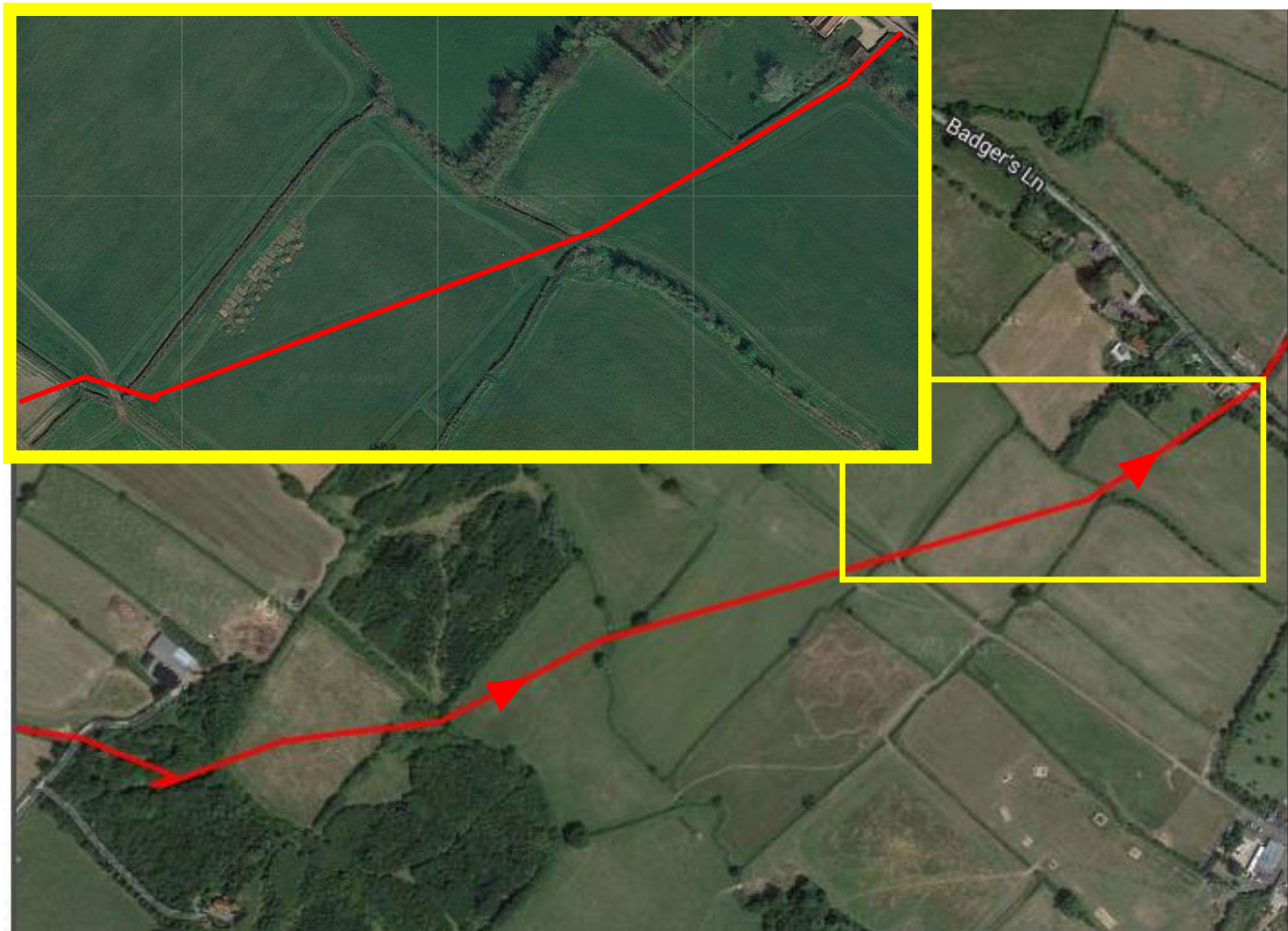


Along this path, through a kissing gate and down a couple of steps brings you to . Berwick Lane. Watch for traffic. Turn right onto Berwick Lane for around 10 metres and then left onto a path. At the end of this path there's another kissing gate leading to a field. Cross diagonally right on the grass path to another kissing gate and then along the right hand side of a field to another kissing gate.

You should emerge onto Farm Lane with All Saints church opposite. Cross the cattle grid into the church carpark. Move respectfully through the church yard and into the field at the other side. Cross straight across the field and through the path to emerge onto the B4055.

Cross carefully and travel right along the road to 10 metres and then left into a tarmac path, through a metal gate and past a playground on your left. As you draw level with the skate ramps, go over the stile to your right and into a field. Cross the field, keeping the hedgerow to your right and through a kissing gate at the other side onto a track.

11 Miles, and a tricky bit!



Directly opposite across the track is a poorly maintained kissing gate leading into a small wood. Enter the wood and take the path as it curves off to the left. Keep following the path bearing left until you reach a double stiled bridge that crosses a ditch.

Take the path directly ahead of you, diagonally across the field to another stile. Over the stile, follow a lightly trodden path across the grass to another double stile across a ditch. Again cross diagonally until you find a kissing gate.

Concentrate – Folks get this next bit wrong quite often.

As you pass through the kissing gate you briefly enter a field, you are looking for another kissing gate to your right to enter into another field.

Cross this again on the diagonal and through a gap in the hedges to another field. Push on roughly straight until you reach a broken stile by a tree in the corner. A short path next to a garden should bring you to a road, Badgers Lane.

Over the M5



If you've done the previous page correctly, directly across Badgers lane you should be able to go into an often overgrown footpath. Take this path until you reach a stile by the stables. Over the stile and turn right up Ash Lane. At the end of Ash lane cross carefully Over Lane and through the kissing gate into a narrow path. Follow this path all the way up until you reach the bridge over the M5.

At 11.7 miles (G/R 594 825) cross over the M5, turn left into the narrow path that runs between the motorway and the allotments.

Escape from the M5!



Follow this path until it turns right. Then follow the path straight, through the wooded section, across the grass to a metal stile onto a road. Turn left into Aztec West business park. Follow the path round to the left past a small lake. Turn right onto Park Avenue. Travel around 100 yards until you see a small footpath on the right that goes down a shallow set of stairs. Take this path and when it joins Hempton Lane, go straight on.

Just past the school you'll come to the a path on the right that takes you to the pedestrian underpass under the A38.

When you reach the other side head towards the Travellers Rest pub. Before the pub, turn left into The Common. All the way along The Common, across Brook Way (G/R 612 824) and into The Common East. Just about half marathon distance here!

Brooking it!



Continue along The Common East as it bears left and take the footbridge over Bradley Stoke Way. (G/R 616 826). At the end of the footbridge turn right, double back, down the bank and across a tiny concrete footbridge over Patchway Brook. Turn left onto a single track footpath through the woods.

Keep following the CFP signs as they guide you through the park. Staying on the right hand side of the brook.

Patchway Brook



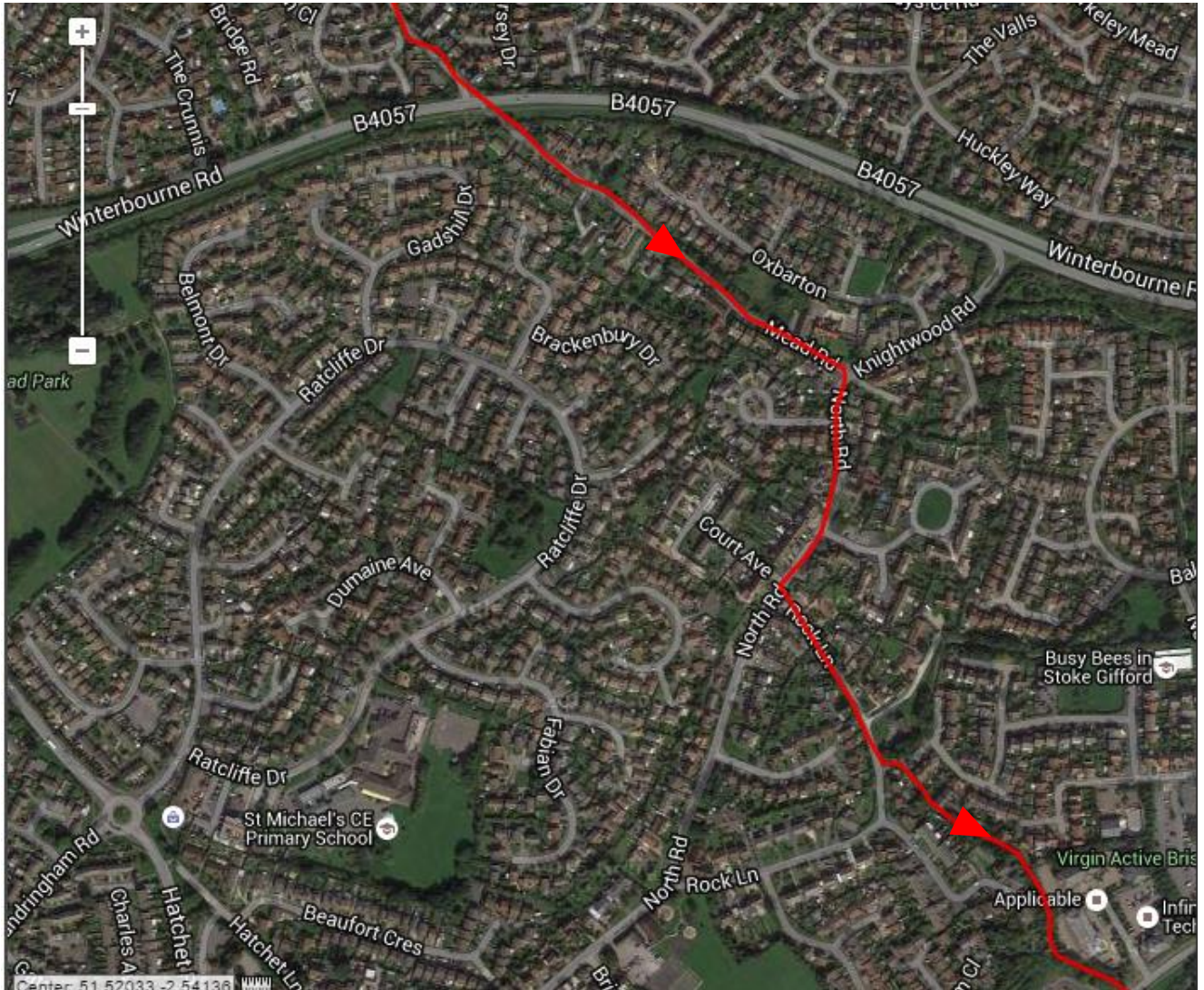
Continue for just over half a mile, then at 14.5 miles, bear right and continue on the path.

Webb's Wood



Stay on the path until it turns to tarmac, goes under a road bridge, then after 100 yards look for a left turn marked CFP to a metal footbridge across the brook. At the end of the bridge turn right along the footpath through the woods. Follow it until it reaches Baileys Court Road, go straight across onto a gravel path and follow this around to the right, then turn left onto another footpath signposted CFP. Continue straight along this path until you reach a T-junction with another path. Turn right, again signposted CFP.

16 miles and still all smiles!



Continue along the path until you reach the Winterbourne Road (B4057)

Cross over into the end of Mead Road. Continue up Mead Road until you turn right into North Road. Continue along North road and then left into Rock Lane (G/R 627 803) , easy to miss this one, so keep your eyes open!

After 100m, turn left into a footpath and then immediately right onto another path, signposted CFP. Follow along this path for a while.

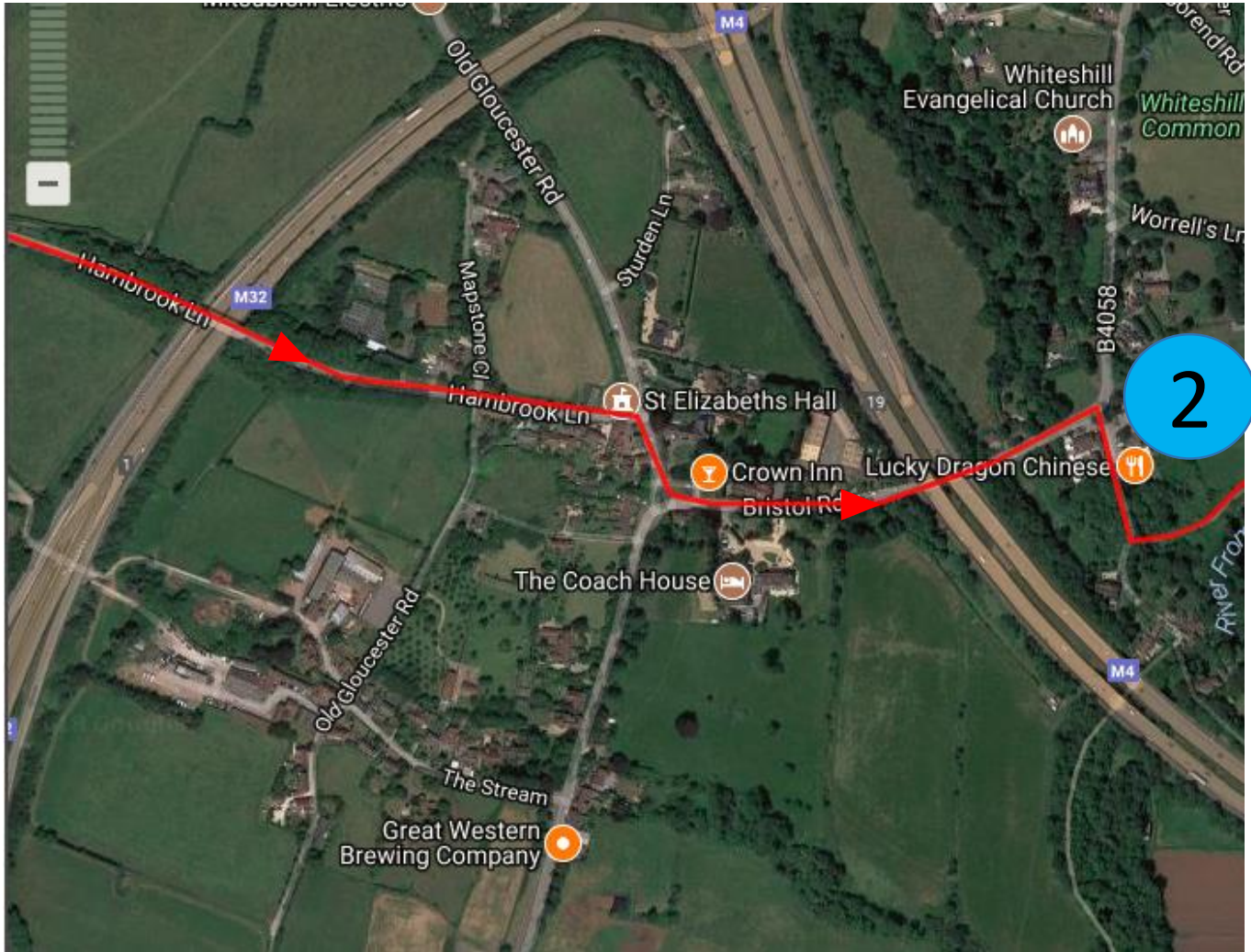
Stoke Gifford



The path crosses Hunts Ground Road, then a bridge over the railway and then meets Hambrook Lane. At 16.3 miles turn left onto Hambrook Lane (G/R 630 795).

Follow Hambrook Lane, be careful as you cross the Stoke Gifford Bypass, then continue along Hambrook Lane as it crosses the M32.

M32 to Checkpoint 2



At the end of Hambrook Lane you reach a T-junction. Turn right and then first left into Bristol Road. Continue under the M4, then at 17.6 miles (G/R 644 790) find a safe place to cross over to the White Horse Pub (Post Code BS16 1RY) .

This is Checkpoint 2! Well done.

Leaving checkpoint 2



Leaving checkpoint 2 head down the lane between the carpark and the pub. On the left you'll see a strange arrangement of gates. Go through these onto a footpath marked CFP and Frome Valley Walkway. Follow the footpath until you reach a road. No pavements here so carefully cross the road and go right across a small stone bridge.

After the bridge bear left and follow the road as it runs beside the Frome.

Frome Valley Way



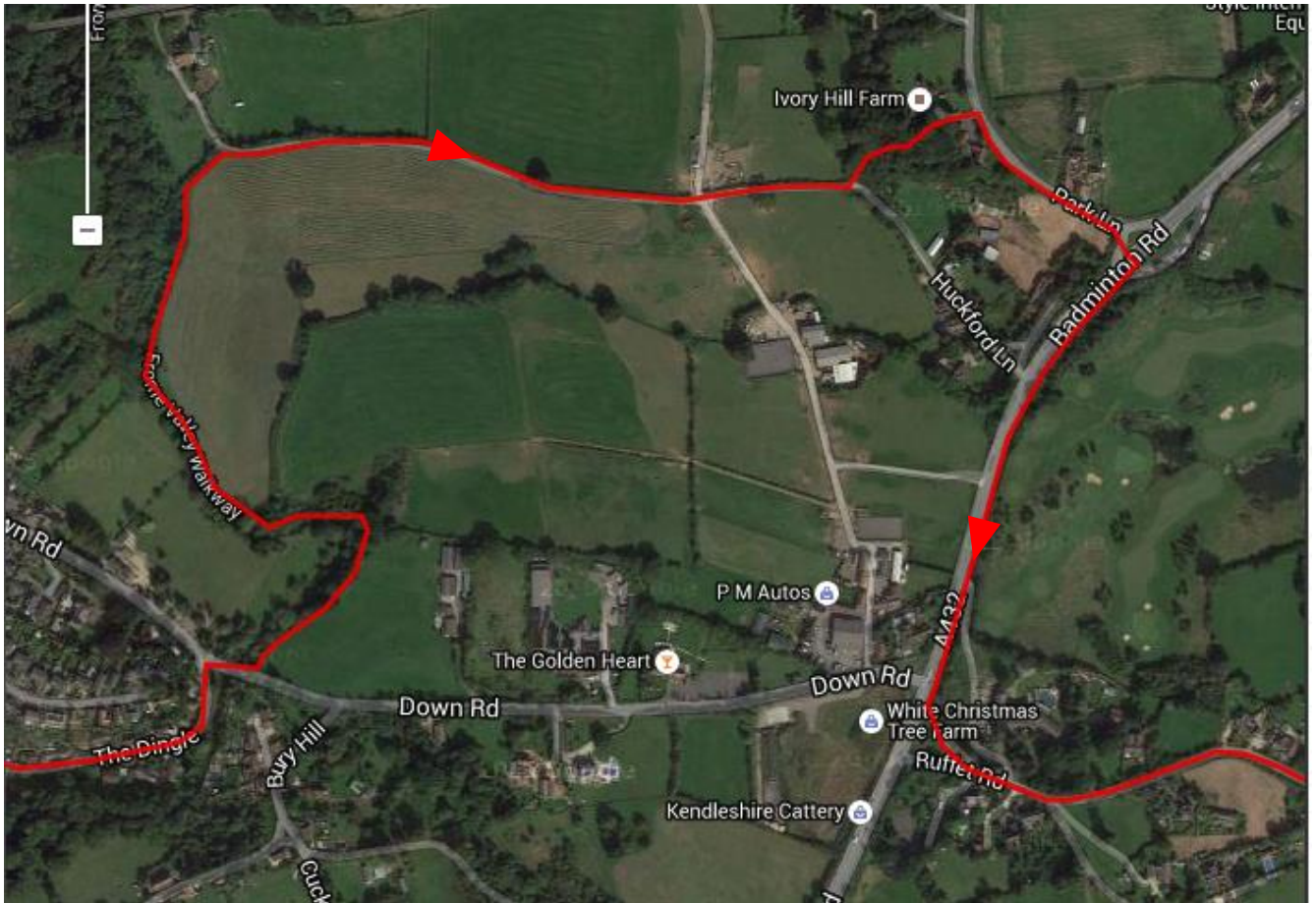
Keep following the road round left as it travels slightly uphill.

When you draw level with the stables you'll see an entrance on the right marked Frome Valley Walkway.

Follow the Frome Valley Walkway as it runs alongside the Frome. When you reach a metal footbridge at 18.4 miles (G/R 653 795) , cross the Frome, taking time to appreciate the beauty of this spot.

One across the river, turn right and carry on along the FVW. Eventually you'll reach a road, The Dingle. Descend down The Dingle to the bottom.

The Dingle to A432



At the bottom of The Dingle, at 18.7 miles (G/R 657 794) , cross the road and head right for 10 metres, then left through a kissing gate to re-join the Frome Valley Walkway.

Follow on next to the Frome for a couple of hundred yards, it can be muddy and sometimes flooded along here, so take care.

After a while the beautiful viaduct comes into view and the path forks. Take the right hand fork up a short steep section of path, through a kissing gate and right onto a gravel track.

Follow this track as it runs along parallel to the viaduct. After a hundred yards you come to a path on the left that runs into a wooded hill. There are two paths, take the permitted route to the right. This climbs up through the woods and delivers you to Park Lane. Descend Park lane to the T-junction with the A432.

Carefully cross using the islands provided. Head right along the A432 and turn left into Ruffet Road.

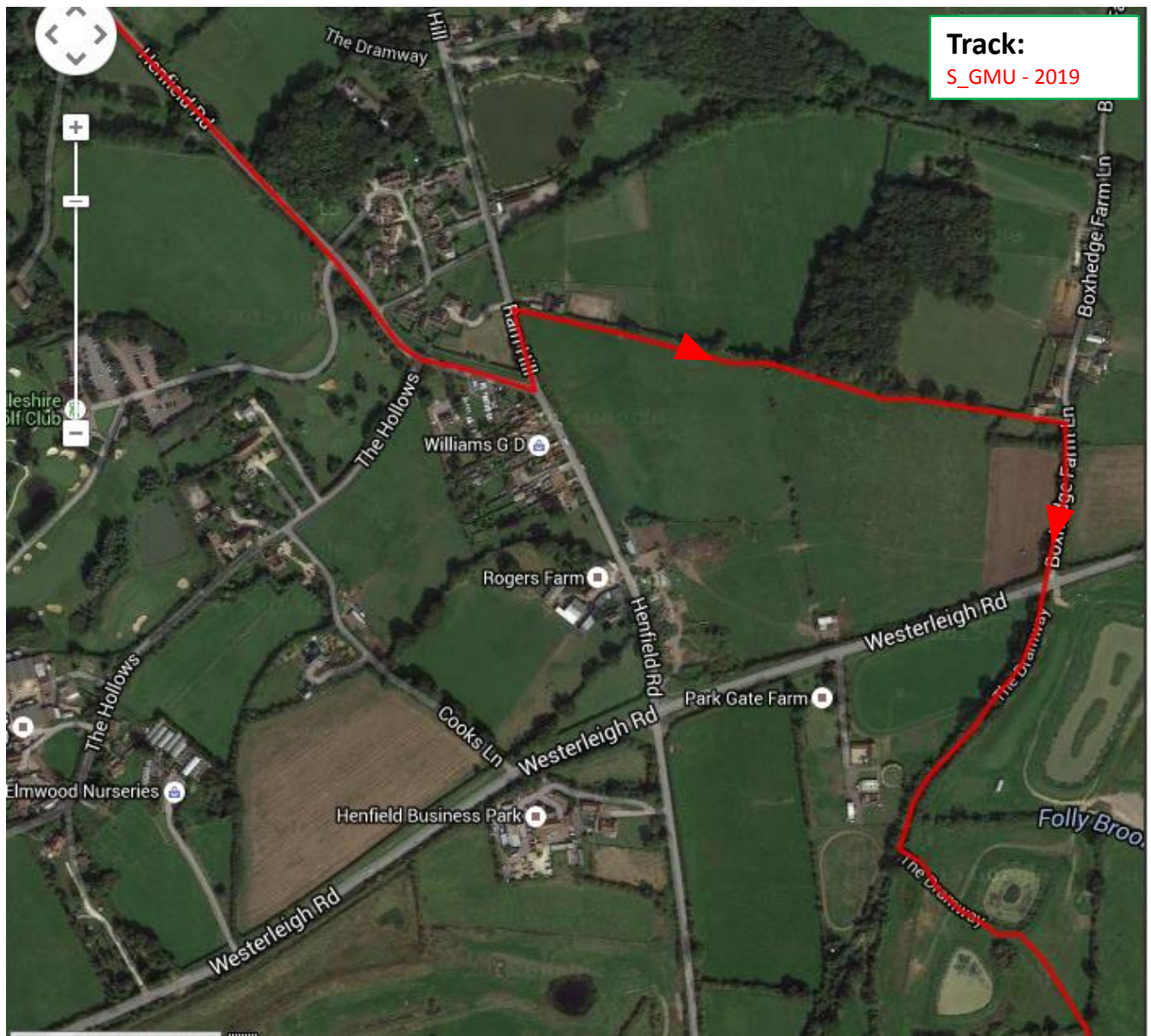
Fore!!!! Not through the golf course.



Continue for some time along Ruffet Road, taking care to stay on Ruffet Road, following it round to the left at the junction with Coalsack Lane.

At 20.7 miles reach the end of Ruffet Road, turn right into Henfield Road.

Past the Golf Course

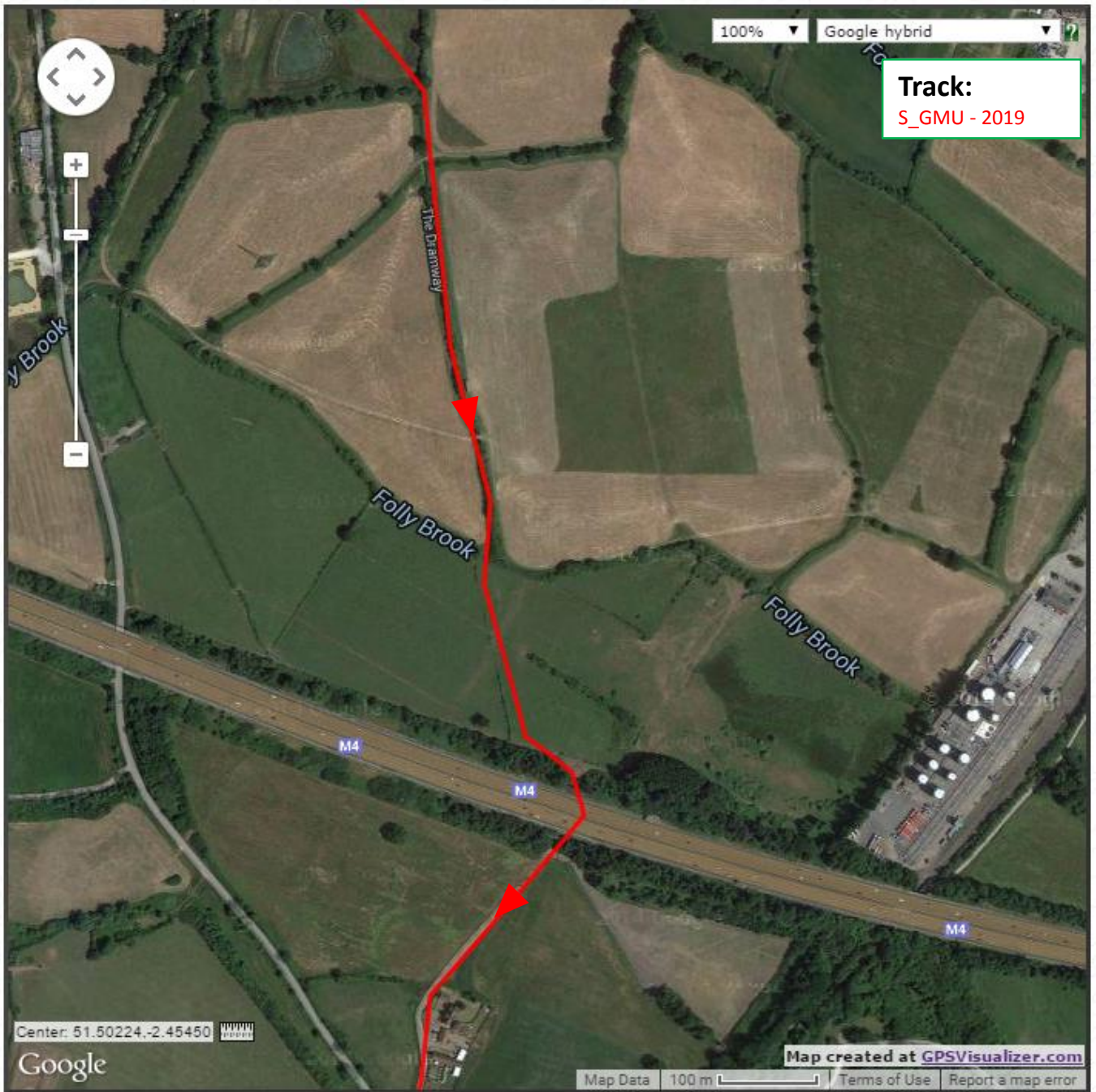


At the end of Henfield Road turn left into Ram Hill. After 20 metres go through a kissing gate on the right into a field. Say hello to the horses.

Keeping to the left travel through this, and the next field, find an exit through a kissing gate onto a short tidy gravel path next to a cottage and then right onto a tarmac road, Boxhedge Farm Lane.

At the end of this lane you'll need to cross the Westerleigh Road. It's fast and busy, so be careful. Straight across you're onto the track marked The Dramway. Follow for a hundred yards until at 21.8 miles (G/R 682 788) you reach a gate on the left marked The Dramway, go through and follow the path diagonally right, between the two fishing lakes to find a pretty badly maintained stile in the corner.

Under the M4

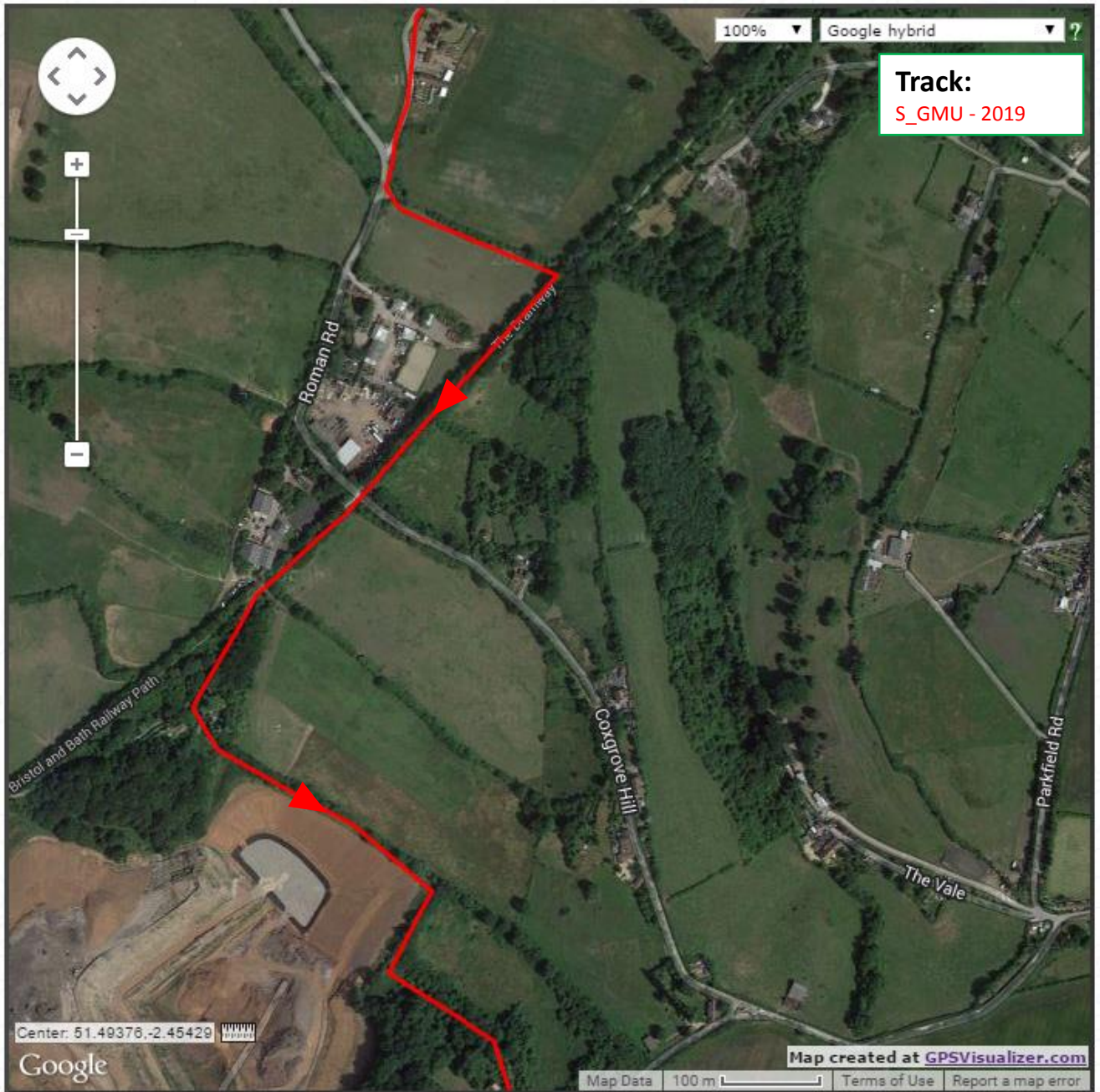


After the stile push on roughly straight ahead, keeping the hedge line to your left.

Eventually you reach a tiny wooden bridge with a stile at each end that takes you over Folly Brook.

Follow round the right hand edge of this field until you find the underpass under the M4, 22.4 miles (G/R 685 779). After you are under the M4 push on straight past the pretty cottage until you join the road.

The Dramway and the Landfill !



Very soon after joining the road, you'll see a path to the left, signposted The Dramway. Take this way, going through the kissing gate into a field, sticking to the left as you climb up to a kissing gate in the corner at 22.6 miles. Go through the gate and then right onto the Dramway.

Head along the Dramway until you reach the wonderful Brandy Bottom Colliery. Take the path on the left that goes between the colliery buildings and up the side of the landfill. Follow the path round the corner of the landfill right, then you're looking for a turning on the left that takes you up through the woods away from the landfill.

Escape from Landfill!

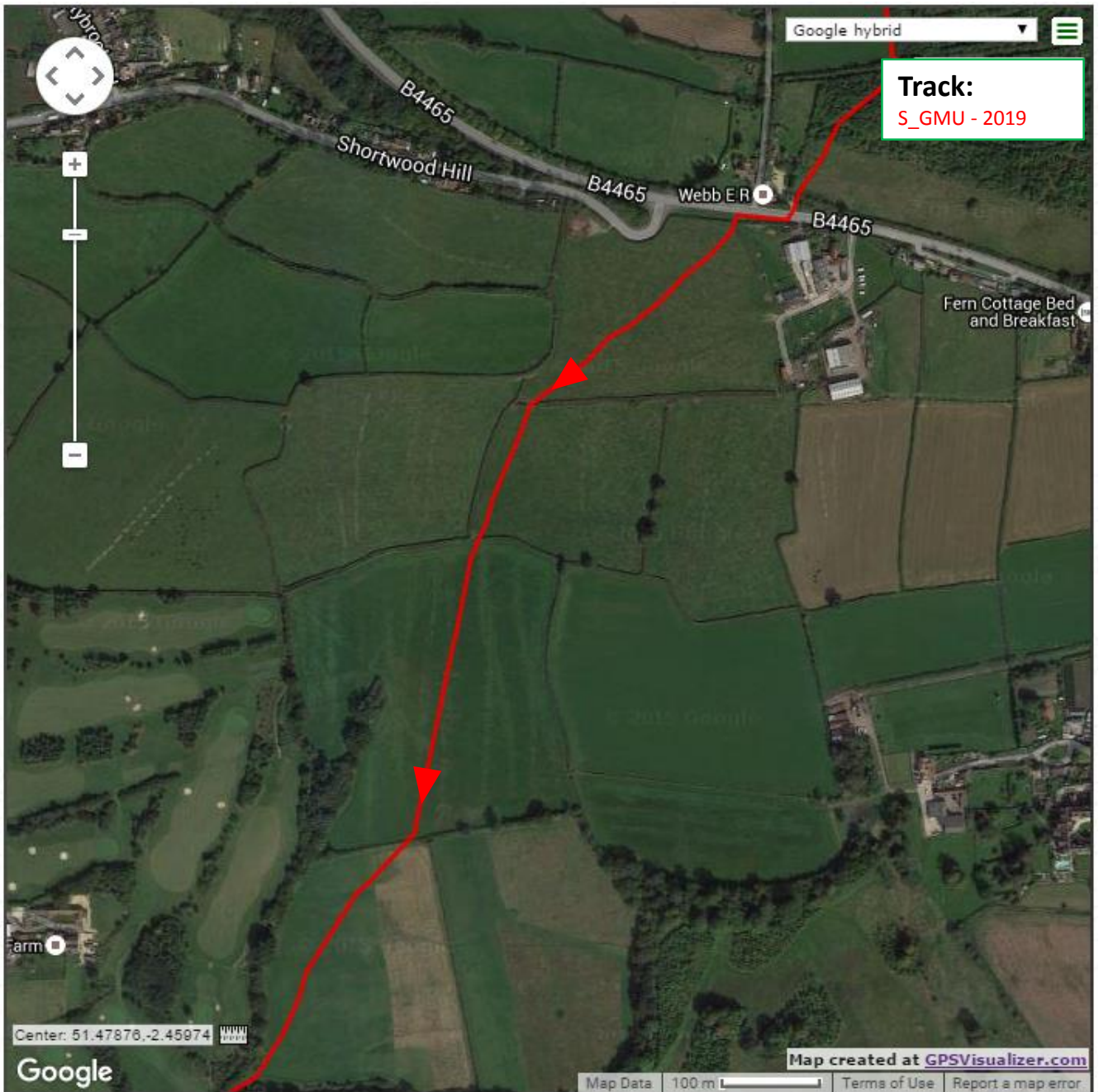


At the top of the woods pass over a stile and up the track that runs next to the house.

At the top of the driveway, go around the side of the black gates onto the road. Carry on straight up the road and follow it as it turns 90 degrees right. Then, after 50 yards, just as it bears right again, take the kissing gate on the left signposted CFP.

Go straight along the well trodden path across the field until at the other side you find the entrance to a path again marked CFP. Go straight ahead and then follow this path through the lightly wooded area until you reach the B4465.

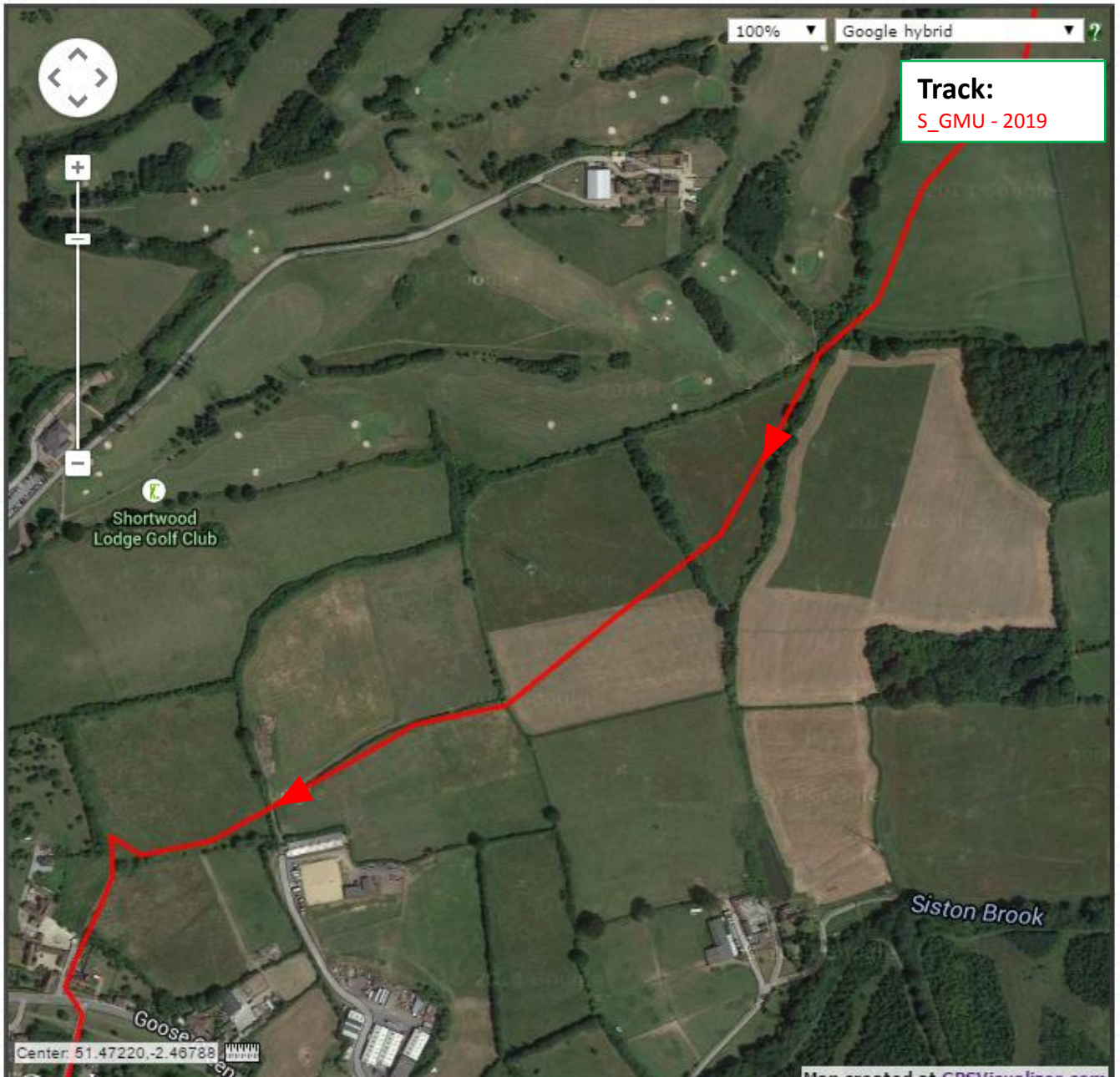
Ahhhhh, nice downhill bit!



Carefully cross the B4465 and head right. After a few yards you'll reach a high stile on the left marked CFP. Over the stile and head diagonally right down across the field to another high stile. Push on through the next two fields travelling straight, over stiles until you reach a kissing gate.

Through this gate you'll find yourself at the top of a hill. There are a few ways down and you'll see a few trodden paths, but essentially you're trying to get to the bottom right hand corner. Down you go!

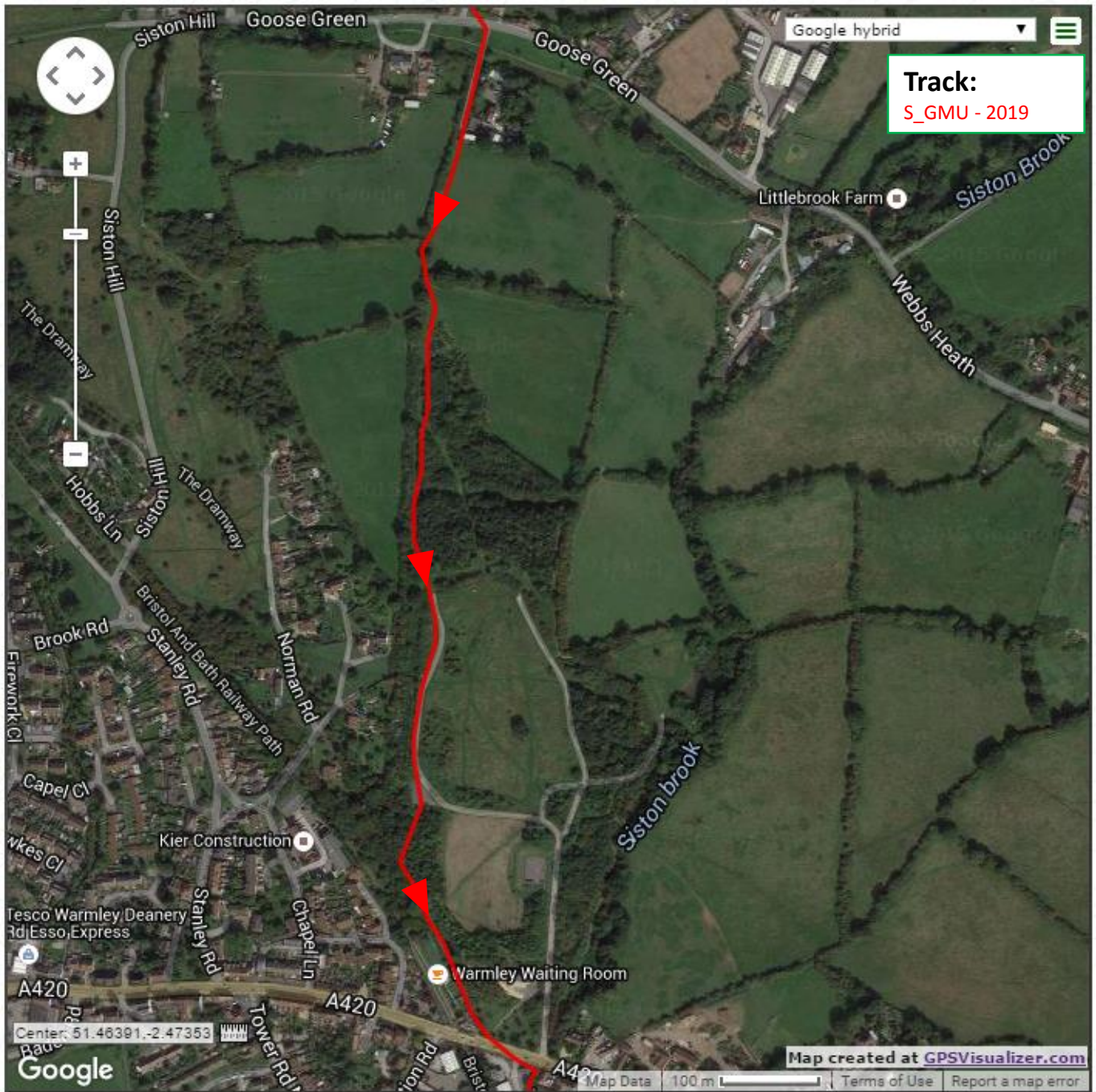
25 miles, 25 stiles.



Pass through the opening at the bottom of the hill into a roughly triangular field. You should see a pylon roughly ahead of you. Cross the field on a lightly trodden path through the grass, past a wooden telegraph pole and onwards to an opening in the hedge on the other side.

Carry on roughly straight, sighting on some farm buildings, to a kissing gate in the hedge on the other side of the field. Through the gate and straight on, keeping the hedgerow on your right. Exit the field via another kissing gate, cross a small lane and through another kissing gate. At 25.2 miles, follow the meandering path through the next field and follow it round to the left, after another gate it joins a driveway that meets a road, Goose Green. (G/R 671 744)

Dramway again!



Cross Goose Green, and almost opposite enter a track signposted CFP and The Dramway.

Follow this path until you pass through a kissing gate into a field. Keep to the right hand side of the field until you reach a kissing gate. Go through and then find the next kissing gate a few yards further on the left. Once through this gate keeping right carry on to a wide path through the woods. This bears left and becomes a gravel track. Follow this all the way down until you reach the A420. Cross the A420, go slightly left and then right into a path marked CFP and the Dramway between the builders yard and the bakery. (G/R 671 735)

Cyclepath!!!!!!



At 26.8 miles (G/R 677 723) you are on the Bristol Bath Cycle Path. Just keep going straight!

Still cyclepath.



This is a long bit of railway path.

Don't lose concentration totally though. You are looking for a path to the right marked CFP. It turns immediately left and then climbs up a short while before opening out onto a road, Cherry Wood.

Across from the end of Cherry Wood you'll see a step and a kissing gate. Go through this into the top of Willsbridge Mill.

Willsbridge Mill

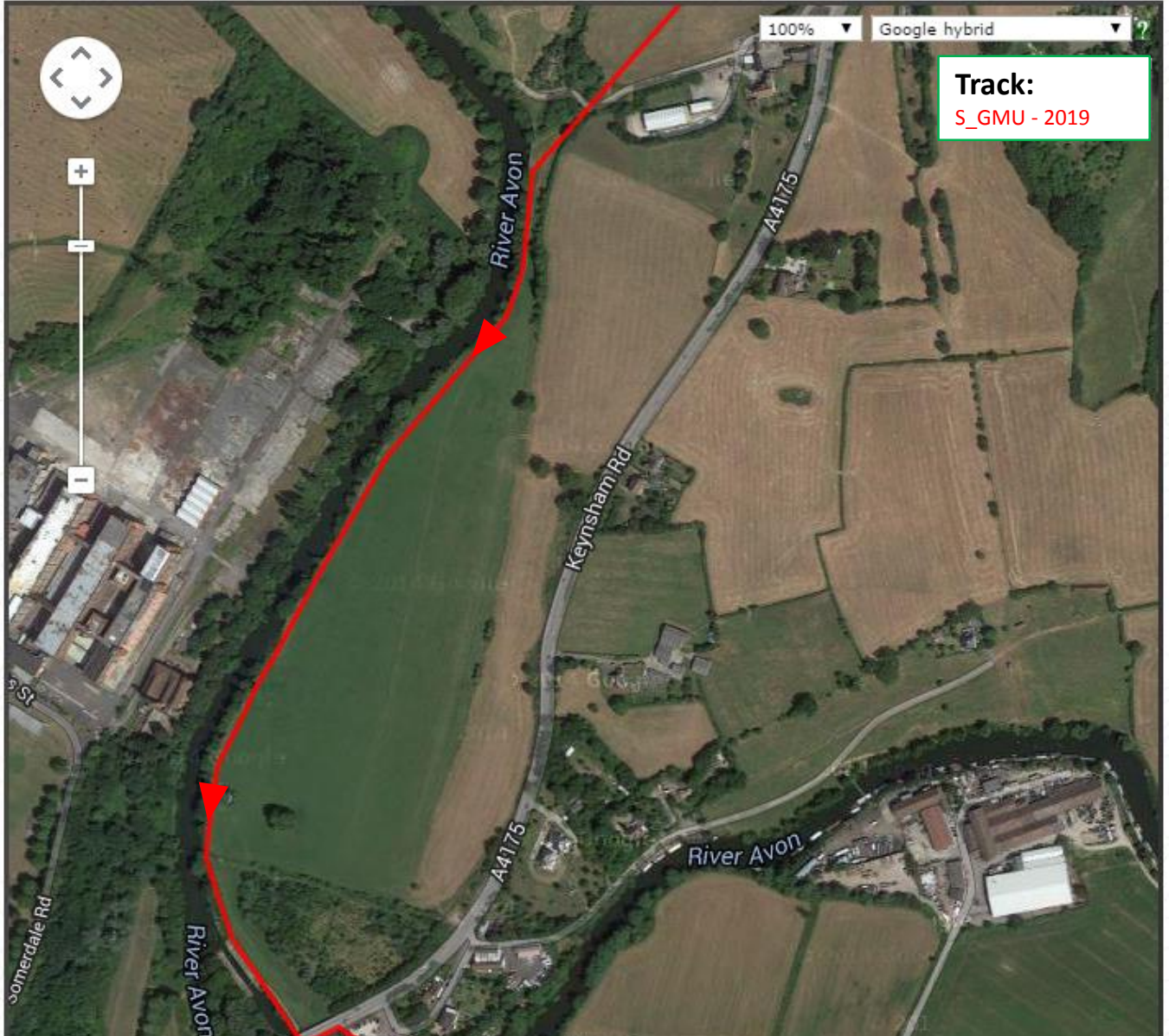


At 27.9 miles (G/R 669 709) keep roughly straight as you make your way through the woods of Willsbridge Mill. Keep on through, sticking to the main path until you reach the mill itself.

Bare left at the mill, through the woods alongside Sestern Brook until you emerge onto the A431. Take the road uphill towards the roundabout. Cross over and right onto the Keynsham Road. After a few yards on the right, go over a very high stile. Head along the high line through the field with the stables on your right. You might meet a goat!

At the end of the field, go over a wooden stile, across a small track and then through a kissing gate into another field. Follow the trodden path slightly rightwards.

Approaching Checkpoint 3



At the bottom of the field, go through another kissing gate, follow the path round until you are next to the Avon. Then another kissing gate takes you into a field that widens out next to the Avon. Keep following the river to the other side of the field and then find the path next to the lock that takes you under the road bridge at 29 miles.

Really close to Checkpoint 3.

Checkpoint 3



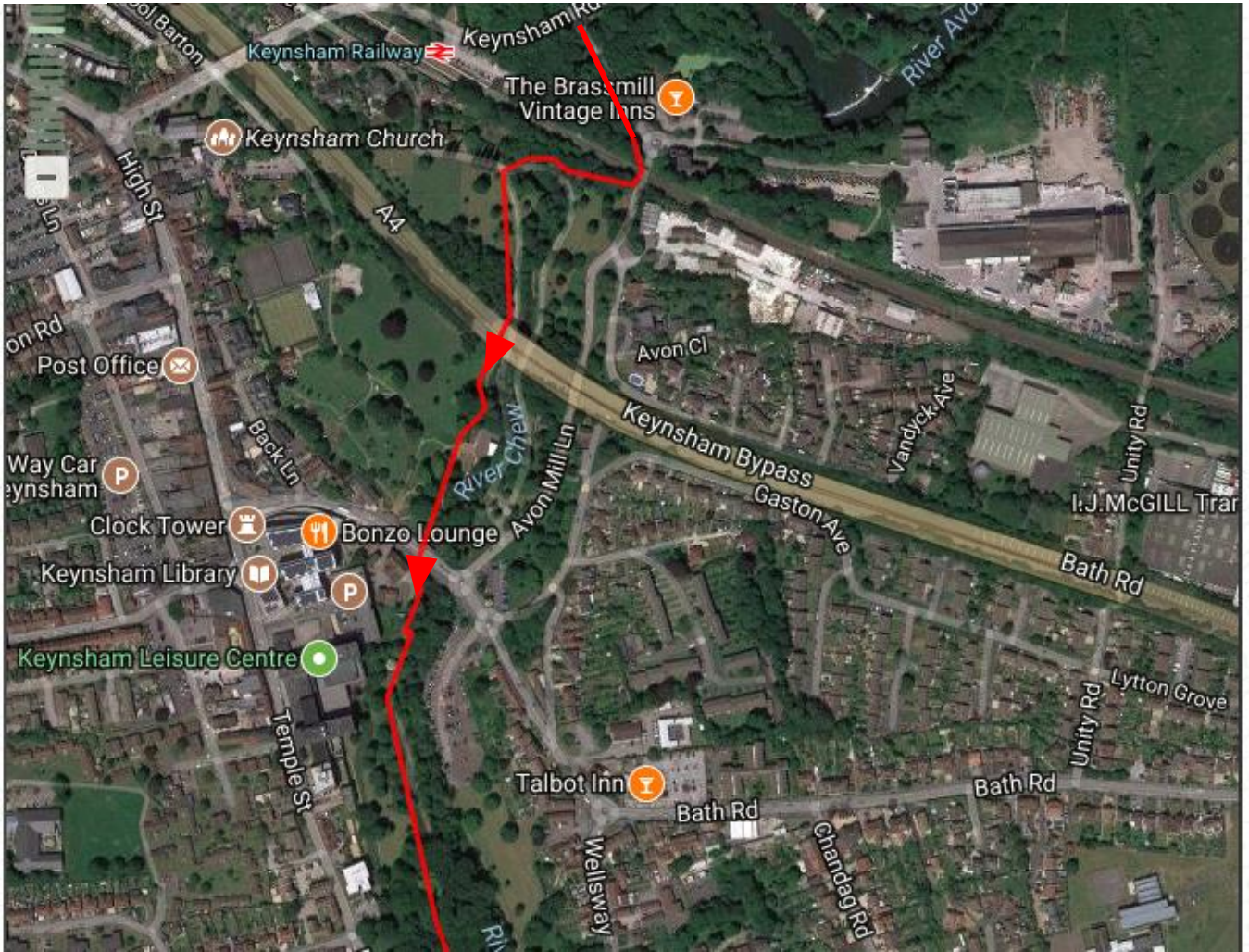
As you emerge from under the bridge you arrive at the road leading to the Lock Keeper pub (don't be tempted!). Turn left and then left again into the small gravel carpark,

Well done, this is Checkpoint 3!

Food, water, hugs!

up a set of concrete steps onto the Keynsham Road, turn left again and follow the Keynsham Road as it bridges the Avon. Then turn left again into Avon Mill Lane and forward to the mini roundabout.

Leaving Checkpoint 3



Head towards the mini roundabout, carefully cross to take the right exit that goes under the railway bridge. You'll want to be on the right hand side of the road.

Immediately after you go under the railway bridge (G/R 658 687) enter the park on your right through a gap in the wall/fence. Descend the short hill, over a footbridge and turn left to follow the tarmac path that runs alongside the River Chew.

Continue on this footpath, working your way through the park, keeping the river on your left.

Albert Mill

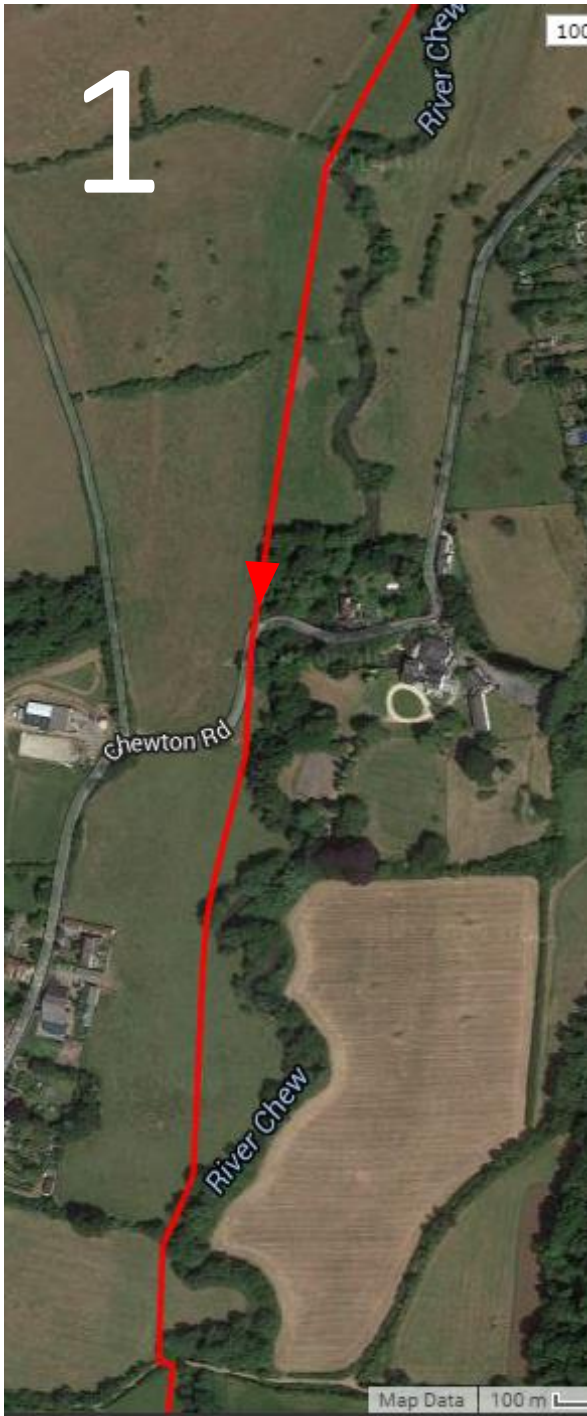


At the end of the park, after you pass the duck ponds, continue onto a tarmac road.

Turn right and then immediately left into St Clements Road, then bear left onto the tarmac drive that takes you into Albert Mill. Go forward into the carpark at Albert Mill and take the small footpath on the left marked CFP. This path turns immediately right and runs alongside the water.

You now follow the path as it runs alongside the River Chew for a while, sticking to the low ground.

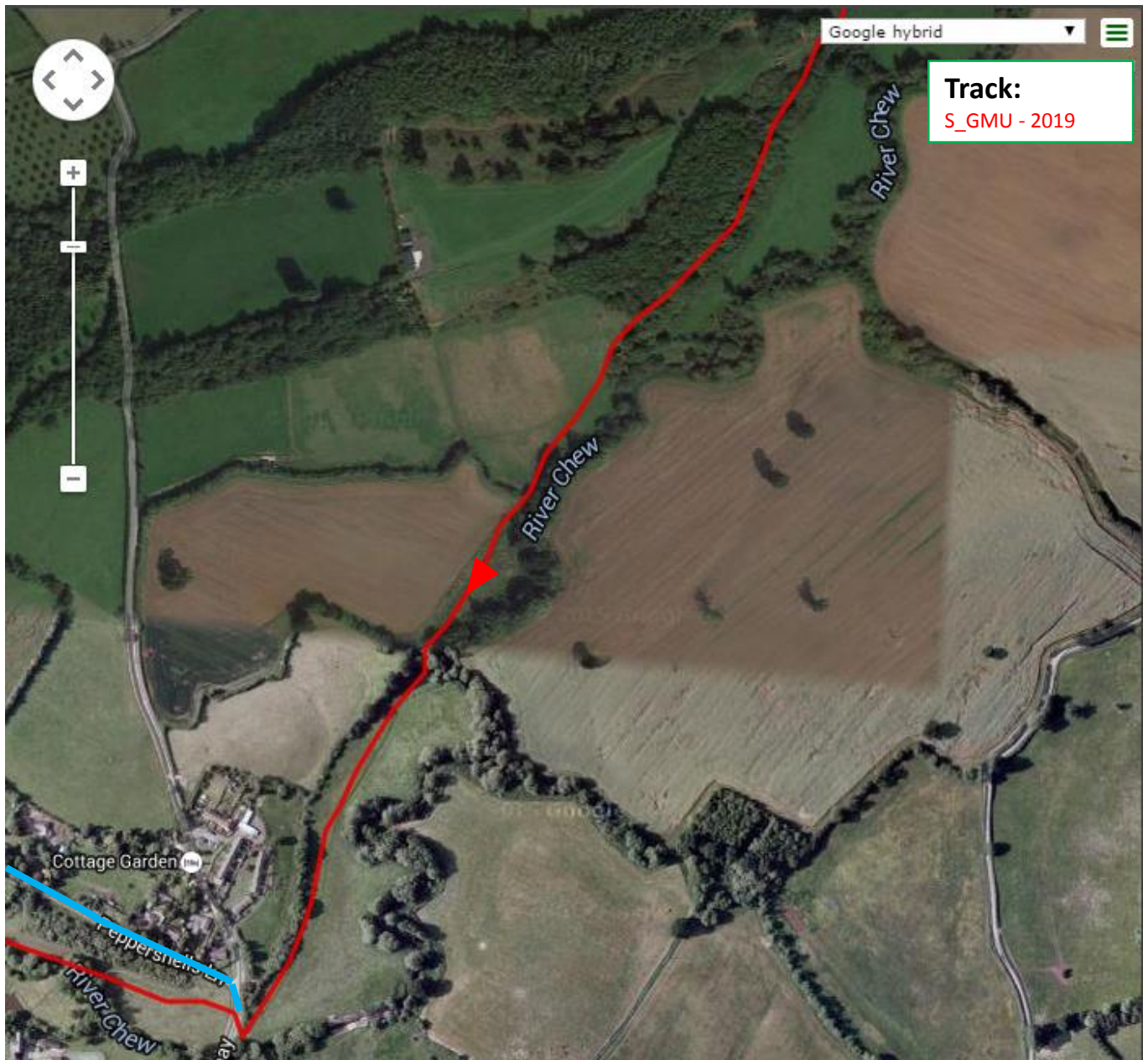
Follow the river for a couple of miles



1 – Keep on straight through the fields, staying on the low ground alongside the river Chew. At the end of these fields you need to get onto the Chewton Road. To get there means crossing a broad muddy entrance to get to the kissing gate. If you're lucky this will be dry. If you're unlucky it will be knee deep cow slurry. Once on Chewton Road continue forward 10 metres to a kissing gate on the Left. Go through this and then follow the Chew again to a gate and then another gate.

2 – Keep on roughly straight alongside the Chew, through two more gates, then through a kissing gate, descend a short gnarly path, across a tiny wooden bridge and through another kissing gate onto a long straight path through some woods.

A little bit more river Chew

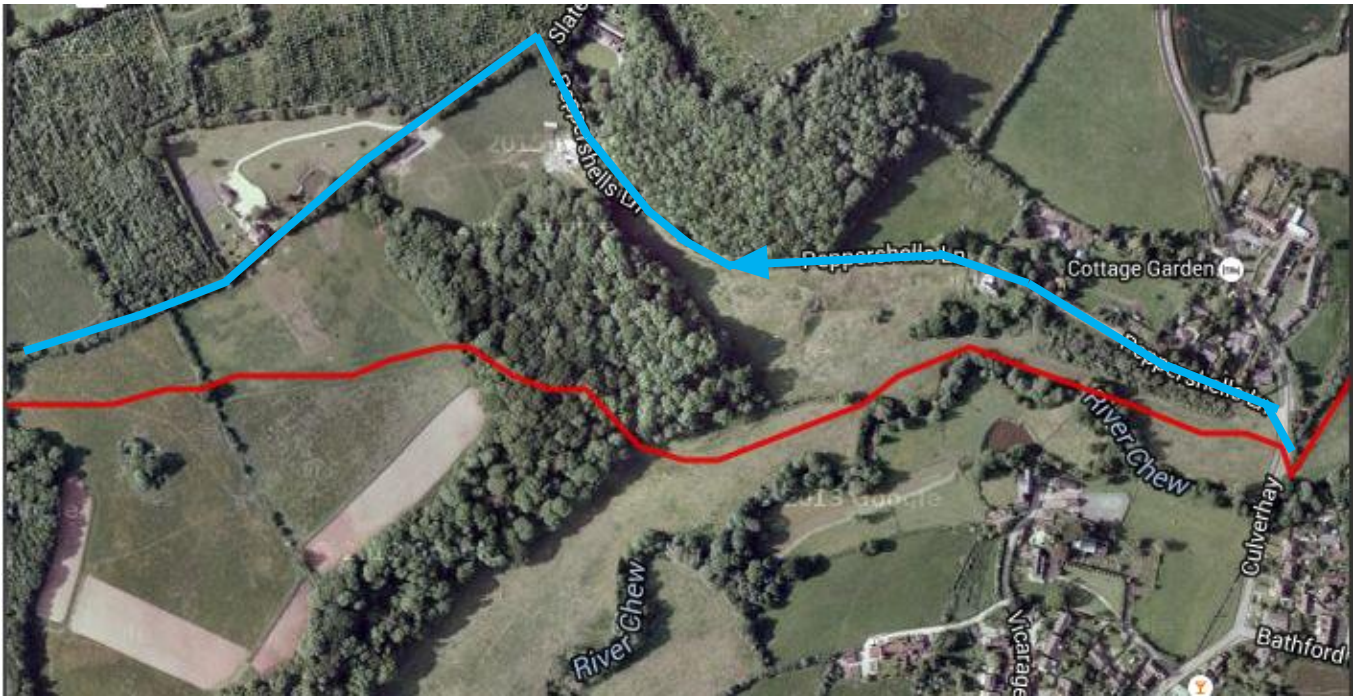


At the end of the wooded path, go through a kissing gate into a field. Descend slightly to the left until you are once again level with the Chew.

Pass through another gate and then straight on across the next field. Then through a couple of gates right next to a turn in the river, passing onto a long straight well trodden section. At the end of this section you reach a kissing gate onto a road. Turn right onto Culverhay and then, following the blue diversion, take the next left up Peppershells Road.

32.3 miles done people!

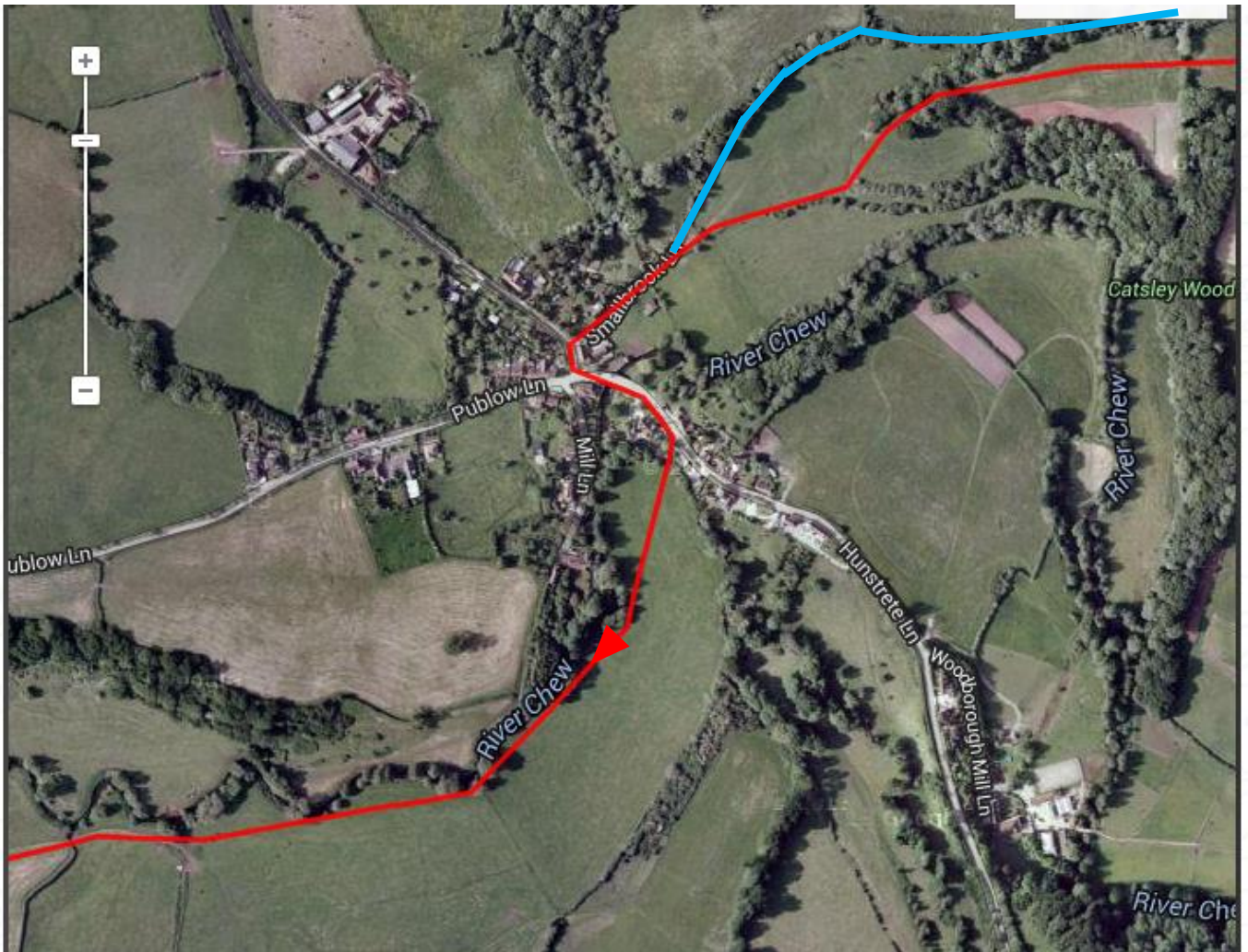
Blue Diversion



Stay on Peppershells Lane until you reach Smallbrook Lane on your left.

Follow Smallbrook lane as it gets progressively narrower and poorer underfoot. Keep going all the way down Smallbrook Lane.

Where's Woollard? - Blue Diversion

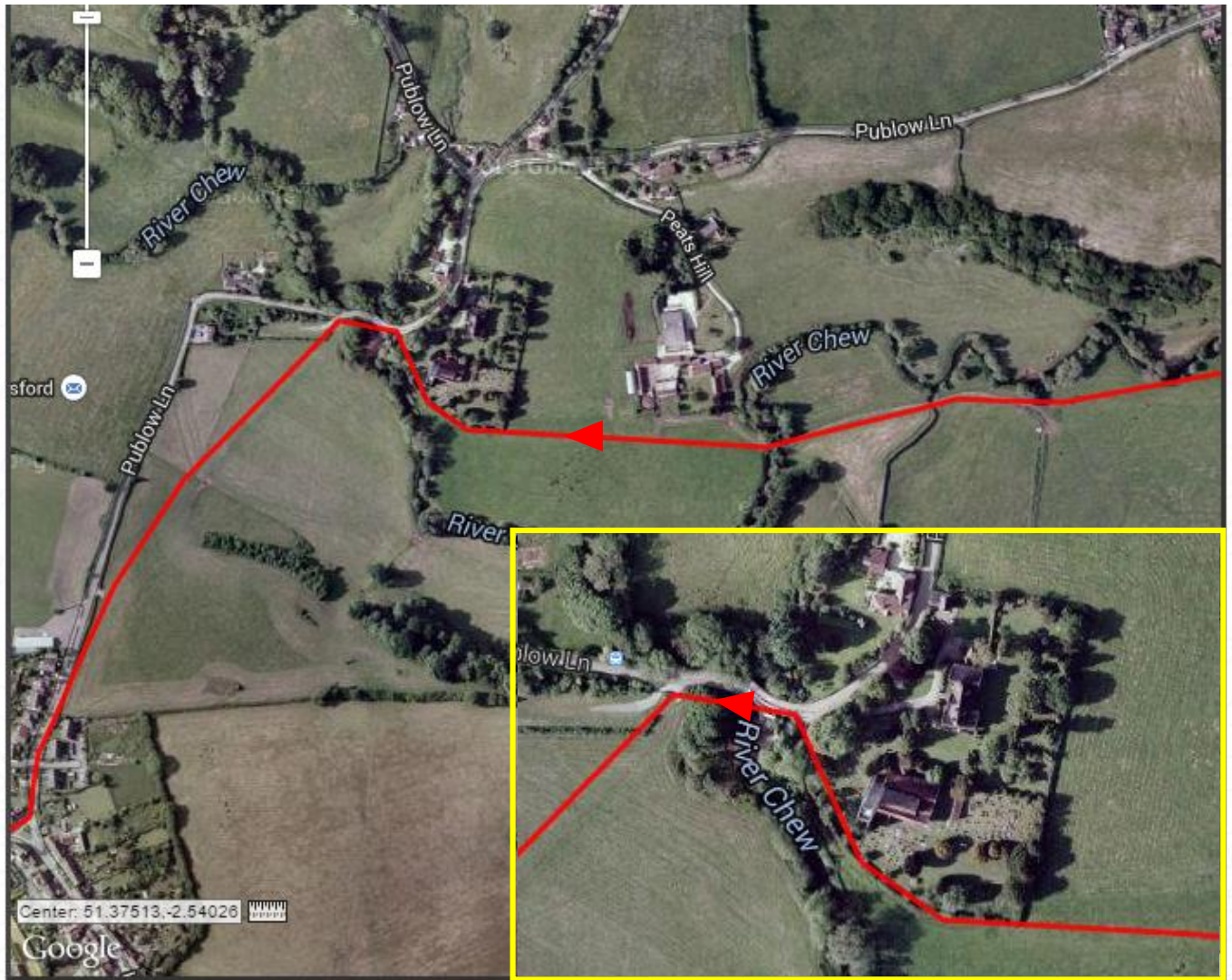


Continue down Smallbrook Lane until you emerge in the very pretty villiage of Woollard.

At 33.5 miles (G/R 631 645) turn left out of Smallbrook Lane and cross the bridge over the Chew.

After a few yards take the footpath right, across a tiny concrete bridge over a small stream, through a kissing gate into a large field, often full of sheep. Head across the field keeping the river Chew on your right.

The Church of All Saints



Continue on through the fields, through a couple of metal gates, keeping the River Chew on your right. After a few hundred yards, cross a concrete bridge over the river next to a farm.

Head on straight and onto a path that runs alongside the churchyard, emerging onto a road in front of the church. (G/R 622 642) Travel left over a bridge and then through a metal gate on your left into a field.

Head across this field diagonally right, through a gate into another field, travelling uphill towards the top right hand corner of the field where you'll find a kissing gate.

Through Pensford – 35 Miles



Exit the field through the kissing gate and descend a short path onto Publow Lane (G/R 620 638). Follow Publow Lane towards the George and Dragon, bearing right to the junction with the A37.

Turn right onto the A37 and proceed to the signalled crossing. Wait for the green man!

Once across, look right and you'll see a gap in the wall with a set of concrete steps. Head down the steps. Across the small gravel car park and then into the lane directly opposite between the small stone cottage and the Stone wall.

Follow this lane as it climbs, travels under the spectacular Pensford Viaduct (G/R 618 637) and then into the wonderfully atmospheric Culvery Wood.



Pensford to the B3130



At 35 miles descend the rocky path through Culvery Wood.

At the bottom pass through a kissing gate and then follow the trodden path along the left of the field, keeping the River Chew on your left, to a gap/gate in the hedge.

Cross the next field to a kissing gate, through and then head right, uphill all the way to the top to emerge through a kissing gate onto a road, the B3130 (G/R 610 642) . Be careful as there's no pavement and cars travel quite fast along here and there is a blind bend.

Travel left along the B3130 for just a couple of metres and then turn right into a lane. The lane quickly becomes rocky and uphill. Enjoy!

B3130 to Checkpoint 4



Ascend the rocky path all the way up through the woods, emerging through a gate into a field. Carry on straight on the left of the field until you reach the small airstrip.

Stop, look both ways, and up, before crossing the airstrip.

From the airstrip the path continues and then bears left. After 25 metres look for a kissing gate on the left, go through and then diagonally across the field to another kissing gate, diagonally across the next field too, then through another couple of gates to emerge onto a road (G/R 601 649).

Follow this road left to arrive at Checkpoint 4 and 36.7 miles

Leaving Checkpoint 4. Just 9 miles to go!

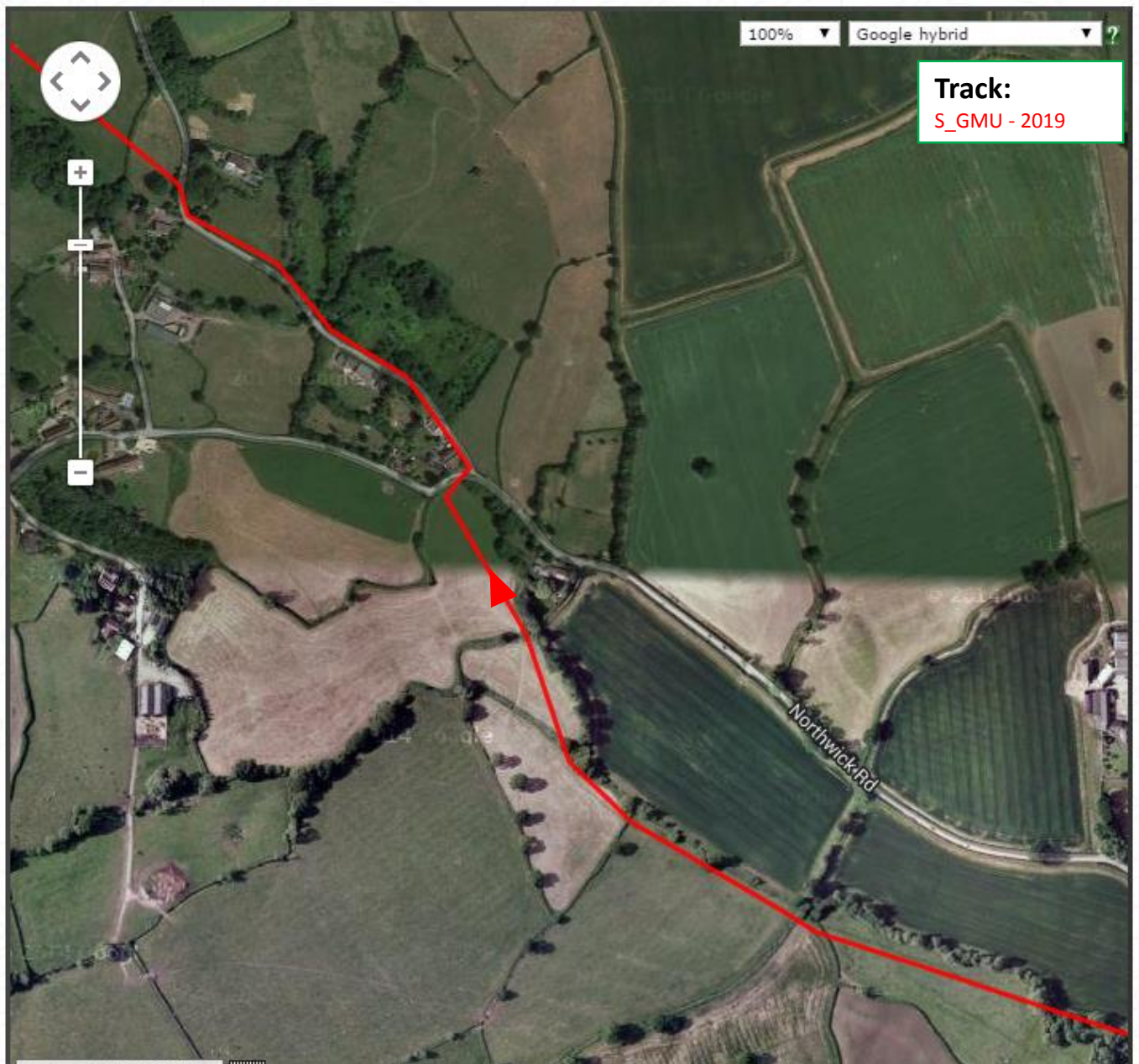


Leaving checkpoint 4, head back the way you came in. After about 15 metres take the lane on the left, through a kissing gate and onto a rough stony path. Follow the path for 25 metres or so until a kissing gate on the left. Once through the gate, bear left and uphill, past a lovely old tree and through a gate at the top.

Then follow the path around the perimeter of a field. You turn a right angle right and carry on along the path until it descends into a farm.

At the far bear left and between the farm buildings to a kissing gate. Through the gate you emerge onto a road. Turn left down the road and then immediately right onto another road. The road forks almost straight away, take the left fork until you reach the junction with Norton Road (G/R 592 648). Directly opposite go through the kissing gate.

39 Miles.

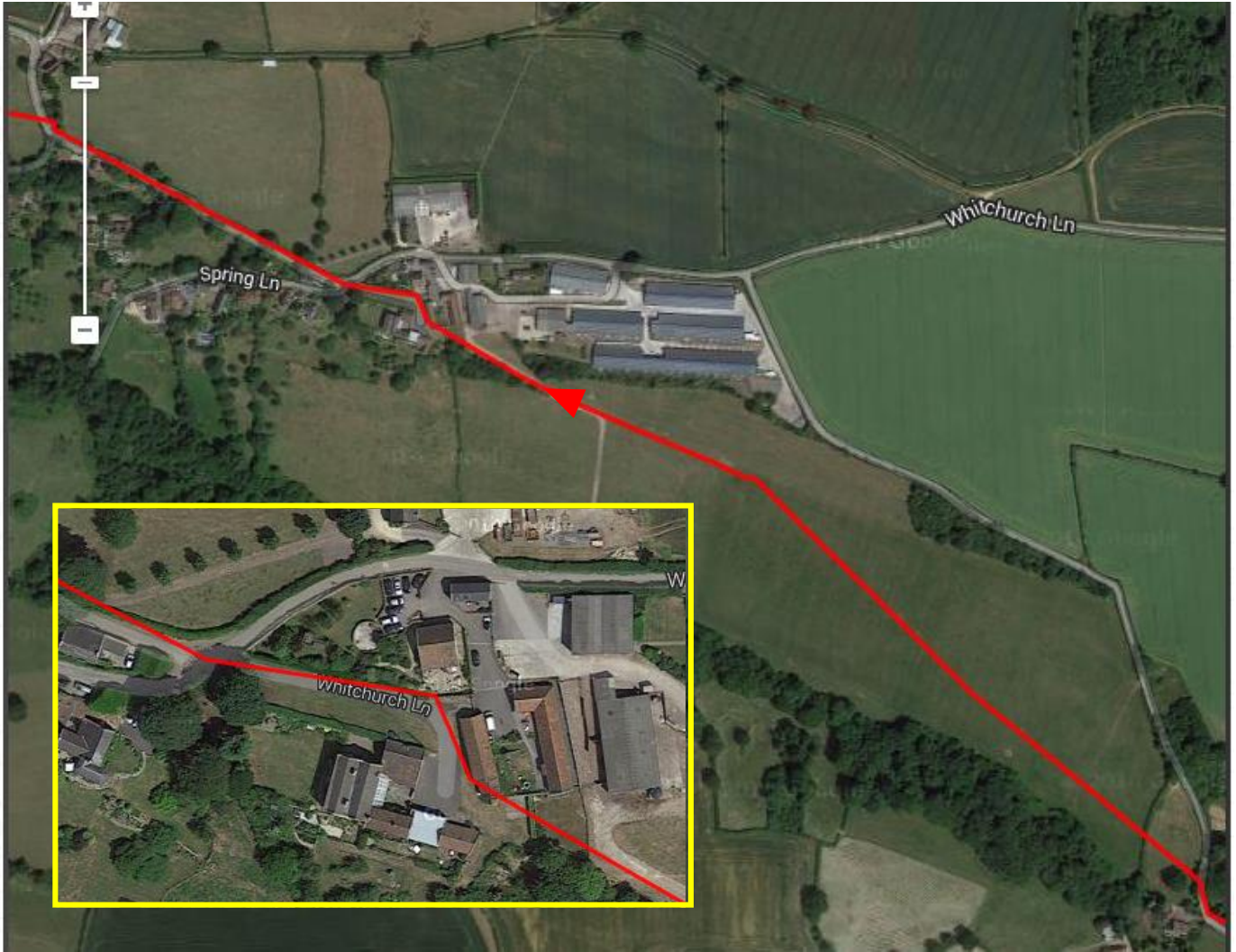


Once through the kissing gate, follow the path as it winds through a lightly wooded patch, over a little footbridge into a field.

Follow the well trodden grass path, keeping the hedgeline on your right. At the other end of the path, cross a small wooden footbridge over a ditch. Cut across 10 meters to a kissing gate. Then forward along the right hand side of the next field to another gate. Go through and then find a gate on the right, across a footbridge into the next field. Cross the next two fields, sticking to the right. Exit through the kissing gate onto a road. Turn right and then immediately left into Northwick Road.

Head up Northwick Road until it turns right. Just after the turn you'll find a kissing gate next to a tree.

Walnut Farm



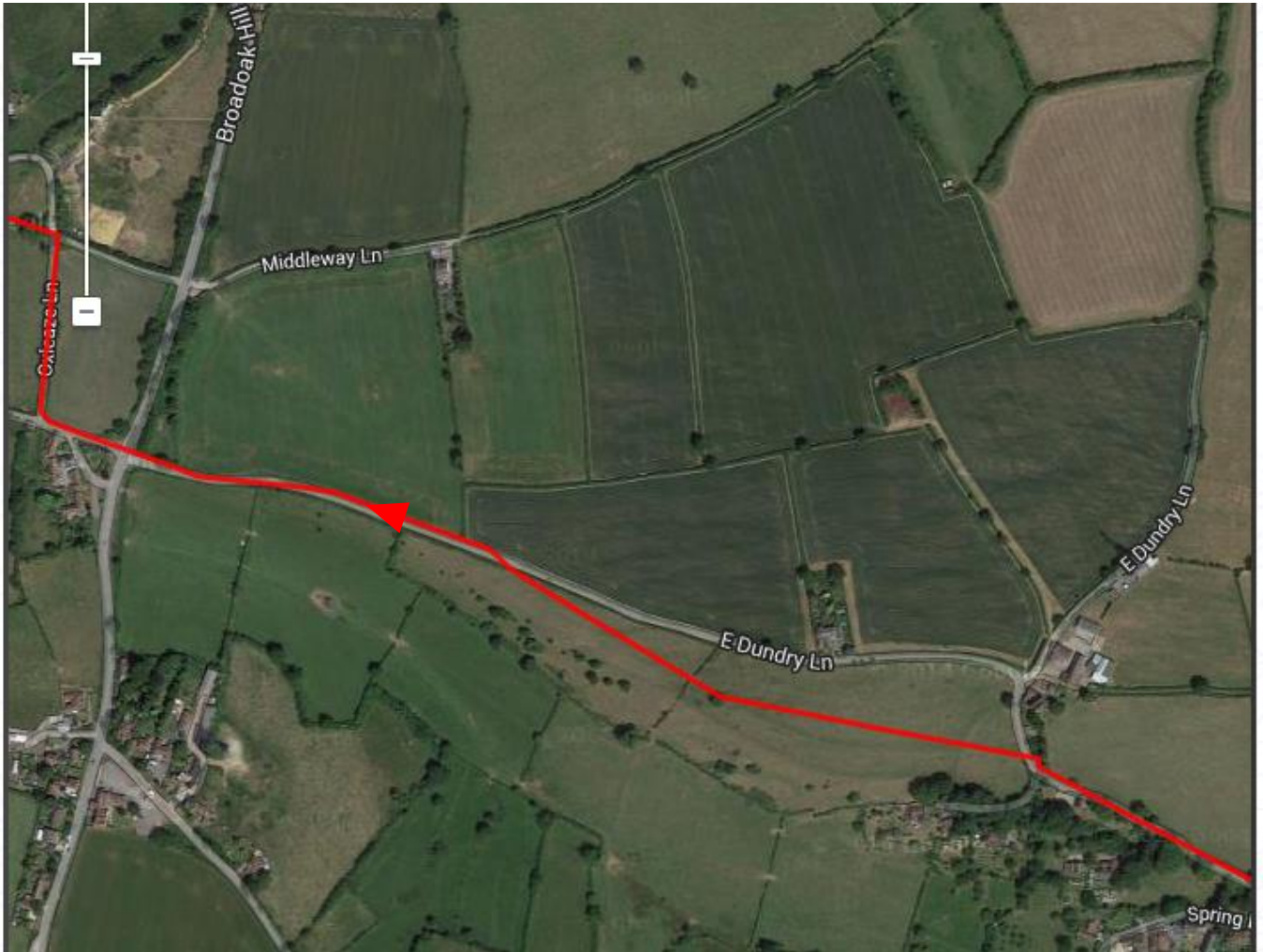
Go through the kissing gate, along the trodden path across a small field and through the gate on the other side.

You emerge into a large field. You need to head diagonally right uphill to exit this field through a metal kissing gate in the fence along the top of the field.

Once through the gate, keep the fence on your left and follow the path up into the farm. Next to the old metal water tank, go through the kissing gate and onto a narrow path.

This path takes you into walnut farm. Take the path between the farm buildings until you emerge onto the road, East Dundry Lane. Continue on up the road, slightly uphill.

Walnut Farm to East Dundry Lane

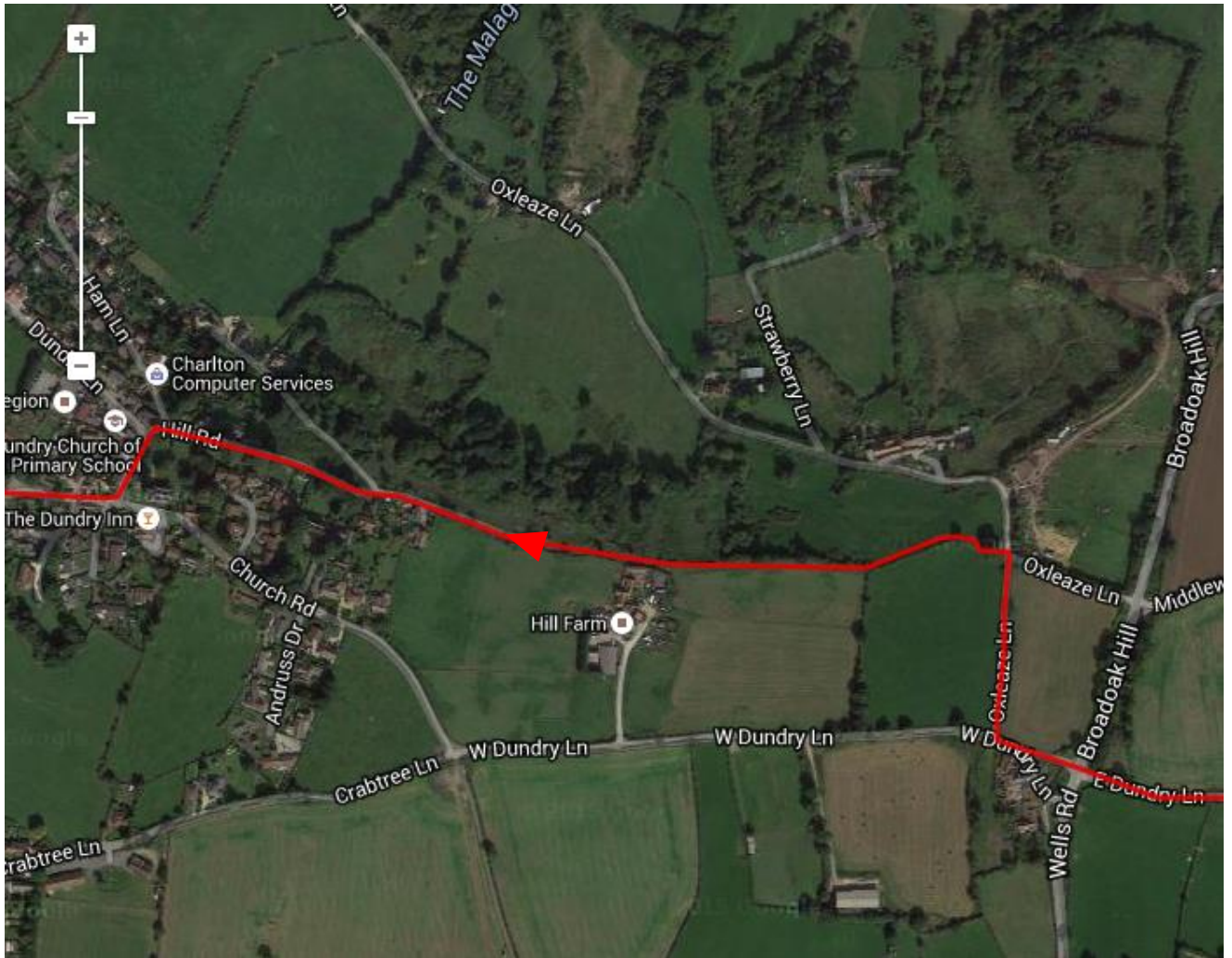


Continue up East Dundry Lane for 300 metres. The lane bears right, you will see a very high stone stile. Somehow, make it over the stile!

Once over the stile head forward across the field towards a gap in the hedgerow. After the gap head slightly right, looking for a wooden stile in the right hand hedge.

Over the stile you are back on East Dundry Lane, head left until you reach the t-junction. Cross very carefully into the road opposite and then take the first right into Oakleaze Lane.

To Dundry Village



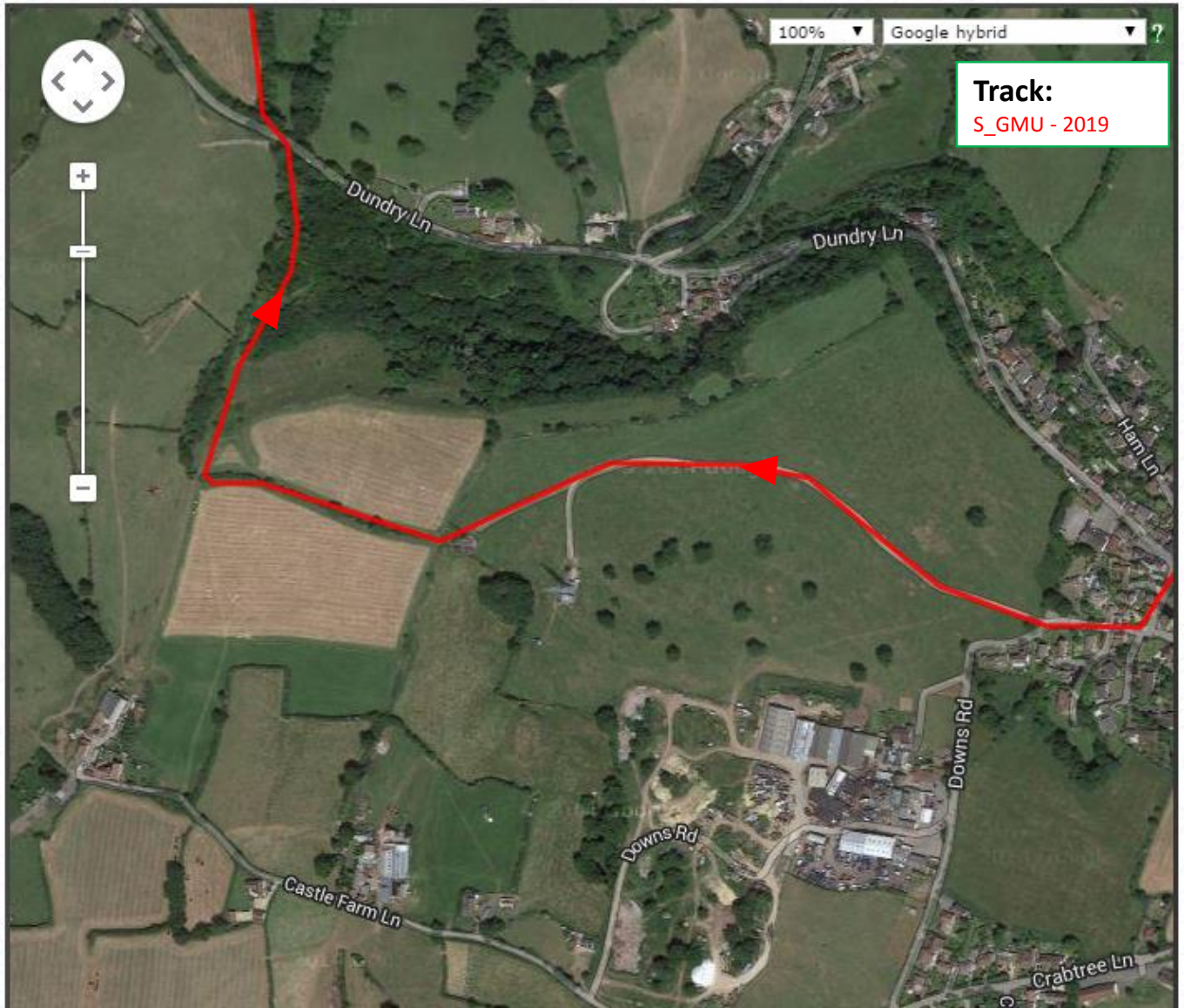
Descend Oakleaze Lane. As you reach the bottom, look for a gap in the hedge on the left over a small bank. After a short overgrown path, go through a kissing gate to emerge onto a field.

Take the rough path across the top of the field, there's a steep hill on your right hand side with a brilliant view.

At the end of the field pass through another kissing gate into another field. Continue onwards and over a stile into a lane.

Follow the lane into Dundry village, left at the church and then right towards a small car park area.

Big hill, great view!



At the car park gthrough the metal gate (G/R 556 668) onto a farm track. Follow the track across the top of Dundry Hill, past the radio masts and over a stone stile (G/R 548 669).

Descend along the left hand side of the field, at the other side find a path that goes off to the right.

Follow this path, through a big metal gate and down a rocky bit to a road at the bottom. (G/R 549 673) Turn left and ross carefully over the road and go through the kissing gate about 5 metres down the hill. It can be quite overgrown sometimes.

You've done about 41 miles at this point!

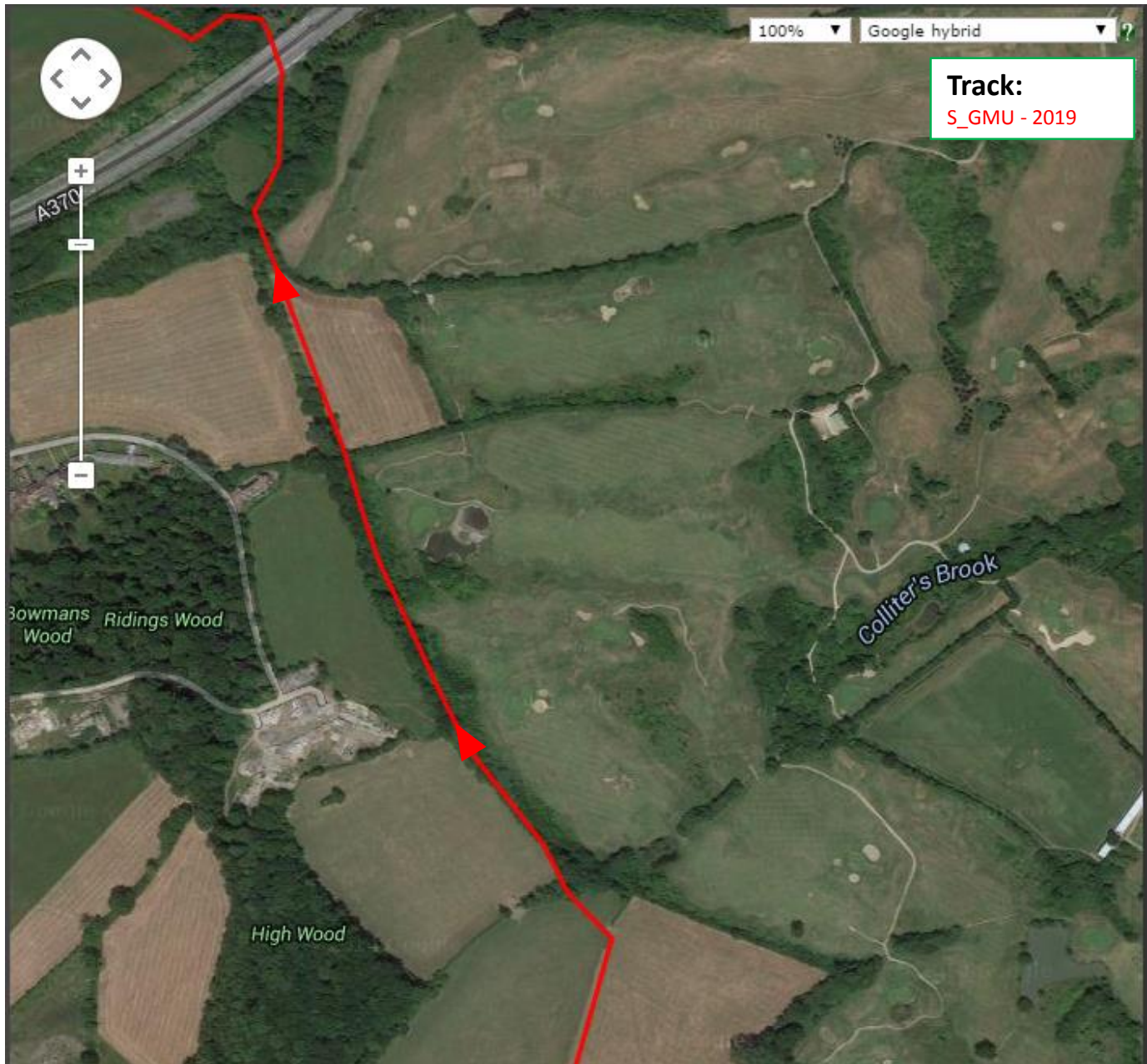
Crossing the A38 – Careful mind



Once through the kissing gate you pass through a short overgrown section into a field with a hedge on your right. Go downhill keeping the hedge on your right. After 100 metres you find a half hidden gap in the hedge. Pass through carefully into the next field and carry on downhill, now keeping the hedge on your left. Follow the hedge down the field and then, ignoring a gap on the left, look for a gap in the hedge at the bottom. This will take you across a tiny wooden bridge into a roughly ploughed field. If it is free of crops, go straight across. If there are crops go round the edge to the gap on the opposite side. Crossing another tiny slippery wooden bridge brings you onto a lane, through a gate and over a stile, arriving at the Bridgewater Road.

Head left 300m, past the petrol station, cross when it is safe. You are then looking for a kissing gate next to a driveway (G/R 546 682). Follow the path as it bears right around the reservoir, over another stile into a short windy path through the woods. Through another kissing gate and into a large field.

Past Ridings Wood



Head across the field diagonally left and through a kissing gate just before the left hand corner. Just 5 metres forward go through another kissing gate and uphill through a short wooded section to emerge through another kissing gate into a field. Go up along the field keeping the hedge on your right, then through another kissing gate into a long wooded footpath. There are roots and it can be slippery.

You exit through a kissing gate into a field. Cross the field keeping the hedge on your left. Through the kissing gate on the other side, down a short steep overgrown path and across a tiny concrete bridge with no handrail.

After the bridge turn right and keep to the footpath through a couple of kissing gates and under the large concrete underpass of the A370.

Towards Long Ashton



Once under the A370, find the steps up through the woods.

At the top of the steps turn right and follow the path across the field keeping the hedge to your right. At the end (G/R 540 694) go through an old kissing gate and then diagonally right downhill to a stile. Over the stile into a narrow path between fence and hedge.

The path delivers you to a wider concrete track which bridges over the railway (G/R 537 697). After a short way you are looking for a path to the right signposted CFP. The path emerges onto Paulman Gardens, at the end turn left into Fenhurst, then right into Bradville Gardens, left into Lampton Road, then fork right up past the shops to reach the junction with Weston Road.

Cross carefully into the single track road opposite, Keeps Lane.

To Long Ashton



Continue up Keeds lane to the very end, bearing right on the gravel path towards the woods.

Through the gate (G/R 535 706) and up the muddy path through the woods. At the top of the hill take the path as it bears right towards a kissing gate onto Providence lane. Across and slightly right you'll find a narrow path that runs up alongside a house.

At the end, go through a kissing gate and then straight onwards on to the golf course.

Squeeze through the gap



Straight on through the golf course, keeping to the left, with the woods on your left.

As you reach the end of the golf course, bear right on the path through the woods to arrive at the main road, Clarken Coombe (GR 541 711). **Cross very carefully, the road is fast and the bend is pretty blind.**

Across the road you'll find a weird stone stile/gap. Go through, bear right and onto a wide gravel path through the woods. Stick to the main path going slightly downhill all the way. Eventually it gets rockier and steeper. Keep going, Nearly there!

Past the deer park – Downhill all the way!



Keep travelling down the gravel track until you reach a tarmac road.
Turn right and carry on downhill on the tarmac road.

Isn't it great that this last bit is all downhill!

Back to school, the finish!!



The tarmac road bends slowly leftwards until it reaches a junction with another tarmac road. Hairpin right, and once again downhill a little and then uphill, looking for a gate on your left that takes you around the end of the woods and into a broad grassy area.

Now the observant amongst you will note we are now retracing our steps back from the very start. Diagonally across the grass to a gap in the hedgerow with a kissing gate.

Across the field to a gate in the high fence around the school playing field. You should be able to see the large inflatable finish arch by now.

Go on, you can do it!..... And the finish line!

Congratulations Woodwose!

About the route

The Green Man Ultra is based almost entirely on the Green Man Challenge. This Challenge is itself based on the Community Forest Path. The CFP is conceived by The Gaveller, Chris Bloor. If you want to know about the route, the challenge and much more, visit Chris' web page:

<http://www.closetothecountryside.co.uk/>

The Community Forreast Path is a very roughly circular geographic poem to the landscape, wildlife and ancient ways of the countryside around Bristol. We recite the poem with our feet to conserve its narrative for future travellers.

Please do so with care and respect.

Signage along the route.

You'll notice this guide often says 'marked CFP'. This is what those signs look like:



