

Malvern Hills Ultra – Out & Back

(WW) Worcestershire Way

Start – CP1 (Abberley Village Hall to the Admiral Rodney Inn)

From the Village Hall exit the carpark, going right immediate left passing the School on your left, keeping to the footpath.

0.6 miles reach the main road, A443, and go left keeping to the footpath for a short distance then cross over (TAKE CARE) onto the WW which is a track, eventually leading back into Abberhall grounds. Keep right.

1.2 miles reach Abberley Hall Gates G/R 742 662 (Take Care), exit and go left, then soon take lane on right, then soon again take the WW signed fp off to the left and uphill. Continue following WW signage.

1.95 miles (G/R 742 649 go through Kissing Gate Exit, then soon over style on left where track forks back a short way before going acutely left G/R 742 649.

2.4 miles (G/R 741 646 reach lane and go left, then soon on left take fp through property named “Woodlands”. Continue all on signed WW, past houses.

2.9 miles (G/R 742 640 reach lane and go left

3.3 miles (G/R 746 637 reach lane and go right downhill for 0.25 miles to steel gate on left (G/R 742 635) go through gate and uphill.

3.8 miles G/R 744 631 at path fork continue uphill with tree-line to your right and then uphill again between trees.

4.2 miles G/R 747 625 continue uphill past wooden sign.

4.5 miles G/R 748 620 through gate and keep left

5.2 miles G/R 747 610 keep right on fp then soon down steps, go right immediate left then immediate right through gate (all WW)

5.3 miles G/R 746 608 go over style and go right down centre of hill, through another gate and continue down centre of hill again.

5.5 miles G/R 743 608 reach gate to road (Take Care) and go right, soon go left onto fp keeping hedge to your right and down to far gate and over wooden decking. Continue ahead over field to river and go left keeping the river bank to your right.

5.8 miles G/R 744 604 through gate and over small wooden bridge then keep river bank to your right.

5.9 miles G/R 745 603 over wooden bridge and take left path up hill, then soon keep to right path (possibly no WW sign at this point)

6.1 miles G/R 745 600 WW goes left up track, after 0.1 miles reach kissing gate to lane and continue left uphill past cottage, then soon take WW off to the right, keeping hedge to your left.

6.3 miles cross lane and continue ahead on track between fields.

6.7 miles G/R 747 590 go left then immediate right by house on WW

6.9 miles G/R 749 588 through gate and across fields, through gate to lane then go left to road (Take Care), continue right along road to the Admiral Rodney Inn at 7.25 miles G/R 748 583, which is CP4. ([Post Code WR6 6PL](#)).

**Navigation Difficulty Rating: Simply follow the well signed Worcestershire Way (WW).
Total distance = 7.3 miles**

Course Type: Hilly, likely to be muddy and wet in places

CP1 – CP2 (Admiral Rodney to Suckley Post Office)

From the Admiral Rodney continue right along the WW.

At 0.3 miles take the (WW) on your left.

Over fields and through gates, over lanes (follow WW), until 1.3 miles exit lane and go right over gate (WW).

At 2.3 miles reach road and go left down towards the Talbot Pub at ([G/R 734 561](#)) at 2.4 miles.

At 2.6 miles ([G/R 732 558](#)) cross over bridge and continue to main road A44, cross road (**Take Care**) and then immediately left up a road signposted Lulsley, 3.2 miles go right (WW).

Continue through several gates following (WW), 4.6 miles go right into lane then left signposted (WW).

At 7.4 miles ([G/R 735 505](#)) exit woods and reach lane and Suckley Post Office is immediately on your left which is CP5.

**Navigation Difficulty Rating: Low, generally follow Worcestershire Way (WW)
Total distance = 14.7 miles**

Course Type: Hilly and demanding, muddy and wet in places.

CP2 – CP3 (Suckley Post Office to Sally's Place)

From Suckley Post Office return on the lane past the WW, at 0.1 miles continue over lane, 0.3 miles go right onto lane, and 0.9 miles go left (WW).

Exit woods, downhill through several gates, between a house and an orchard and bearing right at 1.4 miles (WW).

At 2.4 miles arrive at a road A4103 (Take Care), continue straight over (WW) and continue along the edge of the fields to cross a tiny lane, pass between a cottage and shed up the fields into orchards (WW).

At 3.6 miles (G/R 766 476) reach a road and go left for a short way, then just on your right by the fountain take the (WW) up steps (G/R 766 475), reach lane and go right.

Shortly go left (G/R 765 473) up 100 steps. At top reach road and go right along the pavement. At (G/R 765 470) go left just before 'The Lamb' up hill and continue following (WW) signs.

At 4.1 miles go left over a gate (WW) and up the path / track.

At 4.5 miles the path turns acutely left uphill.

Continue around the hill until 4.7 miles (G/R 770 467) you will find a '**Punch Point**' which you need to use. This '**Punch Point**' is right next to the track on your right which heads up to the top of the hill.

Continue along the Malvern Hills and (WW) path.

At 6.2 miles you will reach (G/R 768 452) which is the highest point of the Malvern's to your right, the Worcestershire Beacon. Basically, if you stand on the Worcestershire Beacon the '**Punch Point**' which you need to use is at 2. 0'clock looking south (the direction you are going).

Continue along the Malvern Hills and (WW) path.

At 7.1 miles reach road (B4218) cross over (Take Care).

Continue along the Malvern Hills and (WW) path

At 8.6 miles (WW) leads down to a car park, continue through onto entrance track, go past the Malvern Hills Hotel on your left and as you reach the road junction Sally's Place, the finish, is immediately on your right at 9 miles

Navigation Difficulty Rating: Low, generally follow Worcestershire Way (WW) and track over Malvern Hills.

Total distance – 23.7 miles

Course Type: Hilly and demanding

CP3 – CP4 (Sally’s Place – Suckley Post Office)

From Sally’s Place bear left with the hotel on your right.

Past the hotel and keep on the right track leading to the car park, then 0.15 miles take left track, 0.28 miles take right track up to peak, continue on high footpaths but do not go over the peaks due to bird nesting. Continue along the Malvern Hills and (WW) path.

At 2.0 miles – reach road (B4218), cross over road (TAKE CARE) and go right into Beacon Rd. Continue along the Malvern Hills and (WW) path.

At 2.1 miles – continue up track on right, 2.6 miles follow gravel path around hill on the right. Continue along the Malvern Hills and (WW) path.

At 2.8 miles (G/R 768 453) – you reach the highest point of the Malvern Hills (The Beacon), 1,395 ft. This is also a “**Punch Point**”, just before on your left and left side of the peak.

At 3.1 miles continue on path around hill straight ahead, 3.3 miles continue straight towards the North Malvern, 3.96 miles continue on track to right.

At 4.4 miles (G/R 771 467) continue around hill on same track. This is also a “**Punch Point**”

At 4.6 miles (G/R 765 465) turn right acutely back, stone sign West Malvern.

At 4.7 miles take left track down, 4.93 miles take path on left down, 4.98 miles through gate down to road and turn right.

At 5.2 miles take left down 100 steps at house No 72 (G/R 766 473), at bottom go right and left signposted (WW). Down to road next to Earl Beauchamp’s Spout and turn left, 5.35 miles turn right signposted (WW) (G/R 766 476).

Follow signposts for (WW) through fields and orchards. 6.38 miles reach lane, go straight over and continue (WW).

At 6.54 miles (G/R 759 493) reach road and go straight over (WW)

At 7.49 miles go left WW between house and orchard, uphill through several gates and at 7.54 miles into woods.

At 8 miles turn right into lane and through several gates sign-posted WW, at 8.4 miles go left onto lane, at 8.55 miles another lane go straight on.

At 9 miles (G/R 735 505) reach Suckley Post Office which is CP1.

Navigation Difficulty Rating: Low, generally follow Worcestershire Way (WW) and track over Malvern Hills.

Total miles – 32.7 miles

Course Type: Hilly and demanding

CP4 – CP5 – (Suckley Post Office to The Admiral Rodney Inn at Martley)

From Suckley Post Office take the right immediately before and adjacent to the PO, signposted WW, continue through gates into woods possible muddy paths ahead. At 1.16 miles track bears right, through gates and 1.27 miles continue up on left track.

At 1.4 miles track bears left and 1.85 track stays left.

At 2 miles reach lane and go right then turn left into lane 'The Crest', at 2.16 miles take left track possibly muddy. Through several gates 3.21 miles track keeps left, then at 3.44 miles reach lane and go left.

At 4 miles (G/R 732 558) cross main road A44 (TAKE CARE), behind bus stop track continues, over bridge to Talbot Pub (G/R 734 561) at 4.25 miles. Continue over road uphill 4.44 miles take right and right then up steps (WW).

At 4.83 miles over gate and towards stile on left and into woods, possibly muddy, 5.14 miles track bears left. 5.17 through gate bearing right all around the field. Top of hill 5.38 miles through gate and bear left onto lane, at junction bear right.

At 5.7 miles through gate straight ahead for telegraph pole, over field to gate and at 5.91 over lane into field, continue around right-side and all-around the field to a gate at 6.15 miles, at 6.17 right over gate (WW).

Continue through gates then 6.44 miles reach road (TAKE CARE) go right until you reach the Admiral Rodney Inn which is CP2 at 7.4 miles.

Navigation Difficulty Rating: Low, generally follow Worcestershire Way (WW)

Total distance – 40.1 miles

Course Type: Hilly and demanding

CP5 – Finish (The Admiral Rodney to Abberley Village Hall)

Continue left on the road on the WW. Take Care, use grass verges where possible.

0.2 miles take (WW) left then immediately right across and through gates and across fields,

0.3 miles G/R 747 591 go left immediate right and continue with hedge to your right.

0.6 miles G/R 747 593 continue on WW between two fields.

0.9 miles G/R 745 598 reach lane and go left downhill until you take WW off to the right.

1.3 miles G/R 745 603 continue over wooden bridge keeping the river bank to your left.

1.5 miles G/R 743 606 the WW goes right away from the river bank across the field to a gate by wooden decking, then continue ahead same direction up hill to road by Hambridge Farm. Go right a short distance on road (Take Care) then through gate on your left WW

1.7 miles G/R 743 608 through gate on left then continue up the centre of the hill, through gate then continue up centre of hill again to style towards the top on your left.

2.9 miles continue downhill past large wooden WW sign on your right.

3.4 miles G/R 742 6735 reach metal gate to lane and continue right on lane up hill.

3.8 miles G/R 746 637 take WW off to the left on lane.

4.3 miles G/R 742 640 take WW off to the right, continue past houses and at 4.5 miles through kissing gate G/R 742 648.

4.8 miles G/R 741 646 exit gate to lane and go left and then soon take WW off to the right. Follow track up wooded trail which kicks back sharp right then up to a style.

5.0 miles go over style and go left for a short way before taking another kissing gate WW.

Continue through various gates and styles signed WW until you go downhill towards a style to lane at G/R 743 661. go right on the lane for a short distance before you reach the road. Take Care on road for a short distance before you reach the Abberley Hall entrance on your right which is at 6.0 miles G/R 742 662.

6.0 miles enter into Abberley Hall through pedestrian gate, keeping left on the track which is the WW.

6.6 miles reach the main road, A443, G/R 746 670, carefully cross road to footpath and go left for a short distance and take the right lane B4202 sign posted Village Hall, continue along footpath.

7.3 miles reach Abberley Primary School, take the lane on your right just past the school and CP3 (Abberley Village Hall) is immediately on your left.

All competitors need to hand their clip cards to the CP steward. For each missed Punch Point, a time penalty of 10 minutes will apply (no concessions).

**Navigation Difficulty Rating: Low, well signed WW, follow maps / directions or use gpx.
Course Type: Hilly, if wet it could be rather muddy.**

Total distance – 47.4 miles.