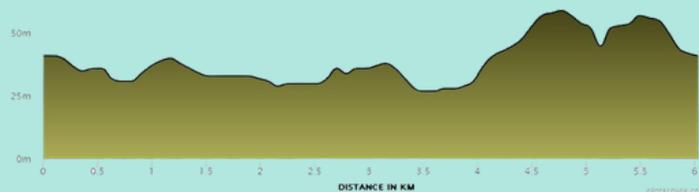
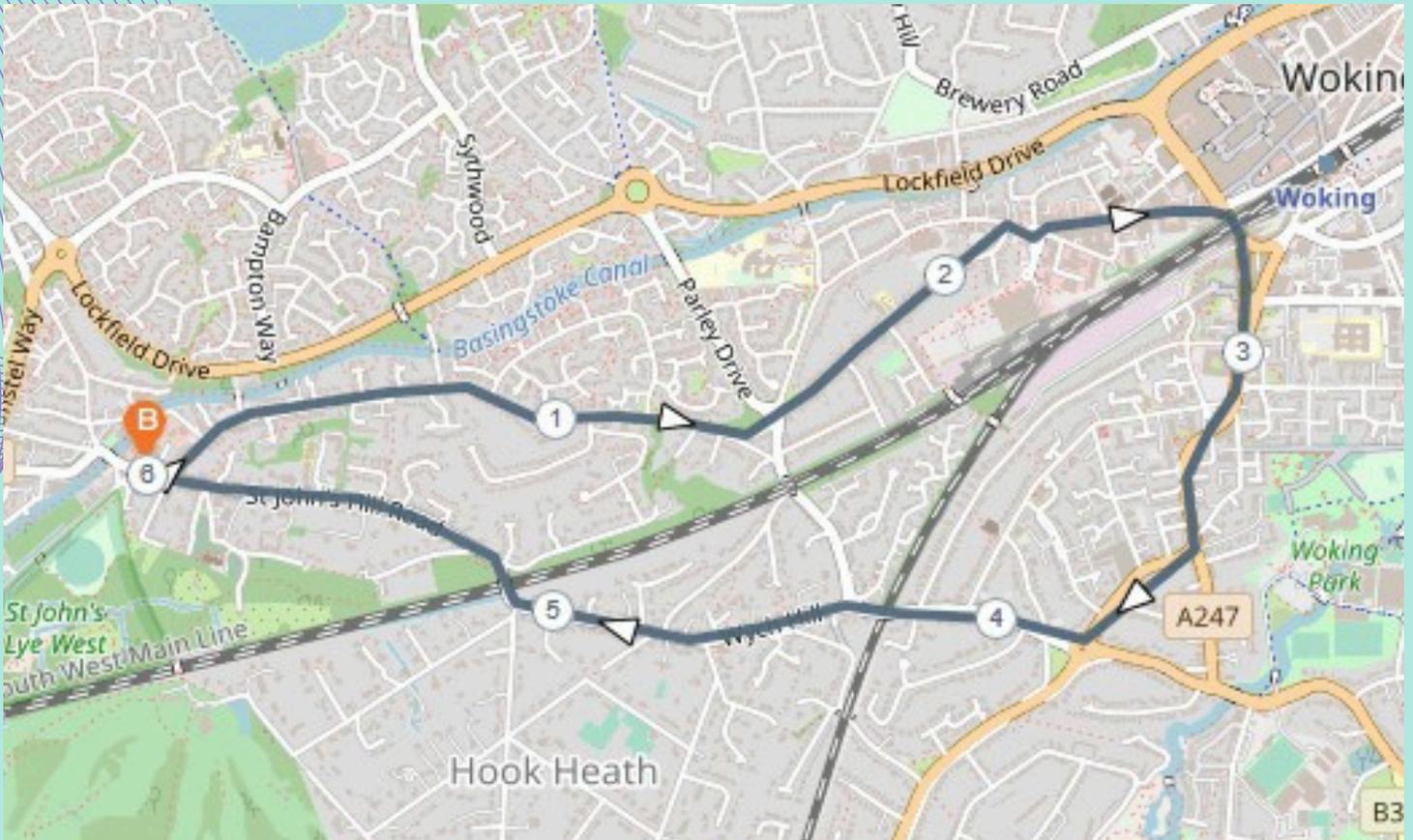


UP TO TOWN



Information:

Start/finish: My Complete Health clinic, St John's, Woking

Distance: Approximately 6 km

Terrain: Road running on pavements with occasional road crossings

Profile: Moderately hilly circular route with a mix of gentle inclines and flatter sections

Suitability: Ideal for regular runners and confident beginners looking for a slightly more challenging loop through St John's, Hook Heath and into Woking town before returning to the clinic.



DIRECTIONS:

1

START AT MY COMPLETE HEALTH

Turn RIGHT out of the clinic and head towards the roundabout. At the roundabout turn LEFT. You will have The Ketch Fish bar on your left hand side and the car garage on your right.



2

RUN DOWN ST JOHN'S HILL ROAD

Continue down this road, you may need to cross over when the path ends. Cross safely!



3

STRAIGHT OVER THE ROUNDABOUT ONTO KINGSWAY

At the roundabout, go straight over, second exit onto KINGSWAY. Please cross carefully! This is a busy roundabout.



4

TURN RIGHT ONTO GOLDSWORTH ROAD

At the end of KINGSWAY, turn RIGHT onto GOLDSWORTH ROAD.



5

GO STRAIGHT ACROSS THE ROUNDABOUT

At the roundabout, go straight across, second exit. Continue down this road (past Pizza Express & Quikfit) until you get to the next mini roundabout.



6

GO STRAIGHT OVER THE NEXT ROUNDABOUT

Go STRAIGHT over the ROUNDABOUT, past the FIRE STATION on the right hand side.



7

GO UNDER THE RAILWAY BRIDGE

Continue on the right hand side of the road and turn RIGHT UNDER the RAILWAY BRIDGE.



8

CONTINUE DOWN GUILDFORD ROAD

Continue STRAIGHT. You will pass the TESCO's express, stay on the right hand side of the road and just keep running!





DIRECTIONS:

9

TURN RIGHT ONTO WYCH HILL LANE

Continue to follow the main road around to the RIGHT! At the roundabout, Turn RIGHT onto WYCH HILL LANE



10

AT ROUNDABOUT GO STRAIGHT OVER/SLIGHTLY LEFT

Continue UP this road, over the RAILWAY BRIDGE. At the roundabout, Go STRAIGHT OVER/SLIGHTLY LEFT. Onto Wych Hill.



11

CONTINUE DOWN THE ROAD

You will go past a CO-OP on your RIGHT and a CAR GARAGE on your LEFT. Continue to stay on the RIGHT HAND SIDE of the road



12

GO OVER THE RAILWAY BRIDGE

Go OVER THE RAILWAY BRIDGE. And continue to follow the road down the hill.



13

CONTINUE DOWN THE ROAD

YOU ARE NEARLY THERE! ENJOY THIS LAST BIT OF DOWNHILL



14

GO STRAIGHT OVER THE MINI ROUNDABOUT

Go STRAIGHT OVER the roundabout. You will see My Complete Health clinic on your left hand side.



WE HOPE YOU ENJOY THE RUN! AS ALWAYS PLEASE BE CAREFUL OF TRAFFIC AND CROSS ROADS SAFELY.