

## Tuesday Evening Country Runs

This is the second programme for July and August. As usual, all runs start at 7.00p.m and will be about 5-6 miles at a leisurely pace. Everyone is welcome and no-one will be left behind!

Date	Meeting Point	Run description
6/7/10	The Rising Sun, Scholar Green	This circular run takes in two canals and a pretty route down a country track.
13/7/10	Car park next to the church, Bartomley	A pretty run across fields and country lanes to Oakhanger Moss.
20/7/10	Free unmade car park, Welsh Row, Nantwich (nr. traffic lights behind the shops)	A pleasant circular route into Ravensmoor, along the South Cheshire Way and back along the canal.
27/7/10		No run tonight, as we're both on holiday.
3/8/10	Car park at top of the hill, Apedale Country Park	A scenic route through woods and along country tracks. A bit hilly but worth it for the views!
10/8/10	Car park next to fish and chip shop, Halmer End	A beautiful run through a country park and around Bateswood Nature Reserve. Don't miss out on this hidden gem!
17/8/10	The Swan, Wynbunbury	A lovely rural route through Wynbunbury Moss and across the fields.
24/8/10	Brereton Country Park car park ( there are car park charges)	A beautiful route down the Dane Valley Way and around a nature reserve and arboretum. Don't forget a small donation for the arboretum!

For further details, please contact Anne Garnett on 01270 668104 or Lizzie Marshall on 01270 661056.