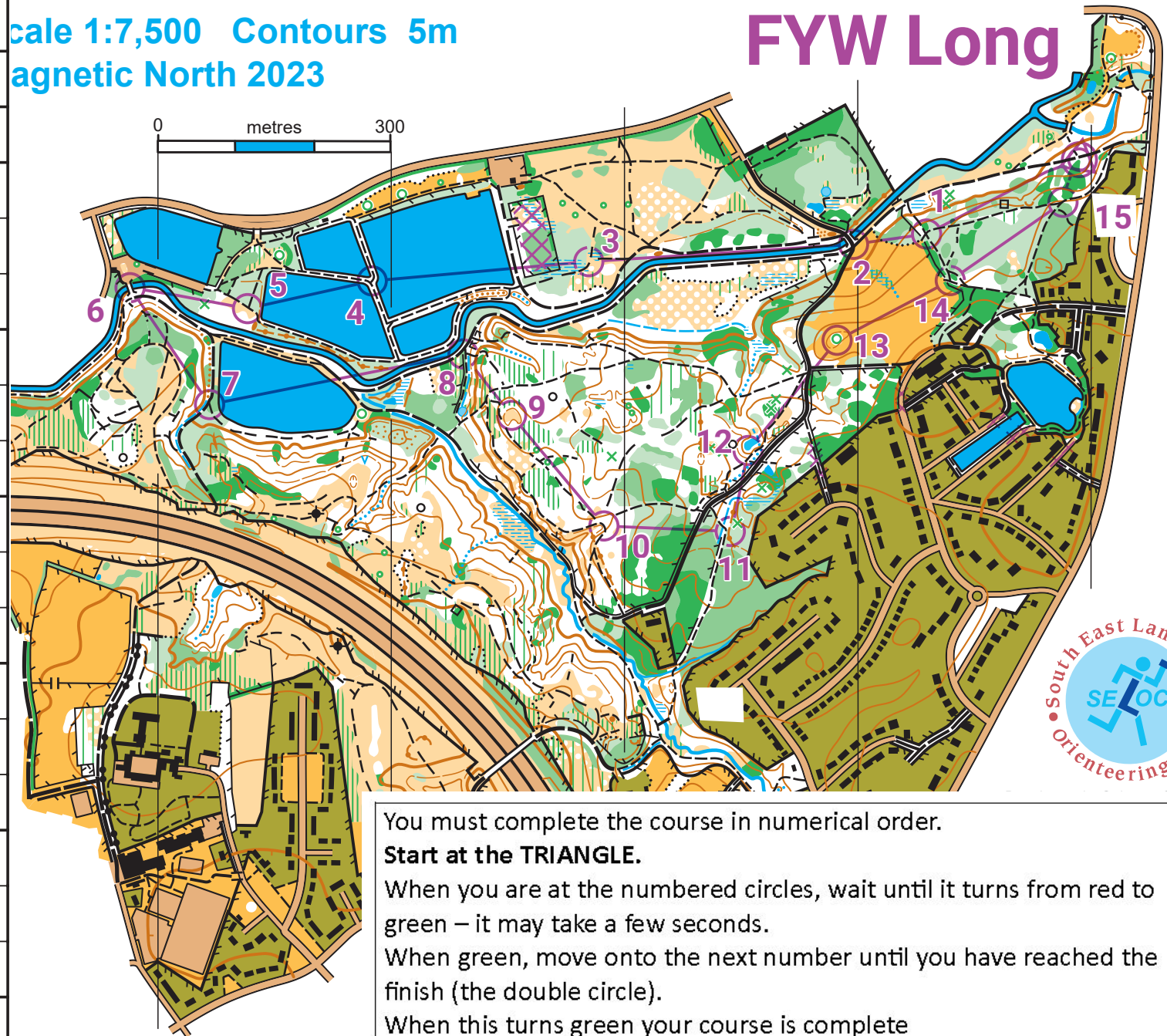



Alkrington Wood and Nut Bank Common

Scale 1:7,500 Contours 5m
Magnetic North 2023

FYW Long



FYW Alkrington		
FYW Long	2.9 km	55 m
		Start: Bridge, S. End
1	55	Path crossing
2	38	Bridge, S. End
3	68	Path bend
4	32	Path Junction
5	31	Path Junction
6	33	Bridge, N. End
7	41	Path Junction
8	36	W. Fence, N. End
9	61	Depression
10	37	Path bend
11	46	Earth Wall
12	62	Pond, S. Side
13	57	Single Tree, N. Side
14	72	SW. Path Junction
15	70	Path Junction
Follow Tapes 60 m to Finish		

You must complete the course in numerical order.
Start at the TRIANGLE.
 When you are at the numbered circles, wait until it turns from red to green – it may take a few seconds.
 When green, move onto the next number until you have reached the finish (the double circle).
 When this turns green your course is complete