

LEG F – SLAWSTON TO FOXTON

A **FIXED ROUTE** of approx 13.9km (8.6miles), mixed XC and road.

RUNNERS:

From your start, continue down Welham Road (very steep, be careful). Turn left at Cranoe Road into Welham. Pass *The Old Red Lion Inn* then straight on to take the left fork road marker "64 cycle track" and "unsuitable for vehicles". Continue down this narrow lane over the River Welland footbridge then over the by-pass bridge to Great Bowden.

On entering Great Bowden, turn right at Nether Green, right at the green triangle to Thorpe Langton Road, turn left/cross over into Manor Road and at the end turn right. Go over the railway bridge then turn right into Leicester Lane to Great Bowden Hall. Before the canal bridge go through the iron gate on the RHS of the road and down to the canal. Turn right and follow the canal towpath all the way to Foxton.

Leave the canal at the swing bridge and go right down Swingbridge Lane to the bottom of the village, then turn left into Main Street, and after a short distance turn right into North Lane. The hand over is where the lane narrows after the Carter Design Centre.

Hand Over
North Lane

CARS:

Leaving Welham DO NOT FOLLOW THE RUNNERS. Take the road to Thorpe Langton, then take a left to Great Bowden.

Leave Great Bowden on the Foxton/Gumley road, over the canal bridge and crossing the B6047, before a right turn into Foxton. Go past the church to the bottom of Main Street and left into North Lane. Cars MUST NOT go past the Design Centre.

