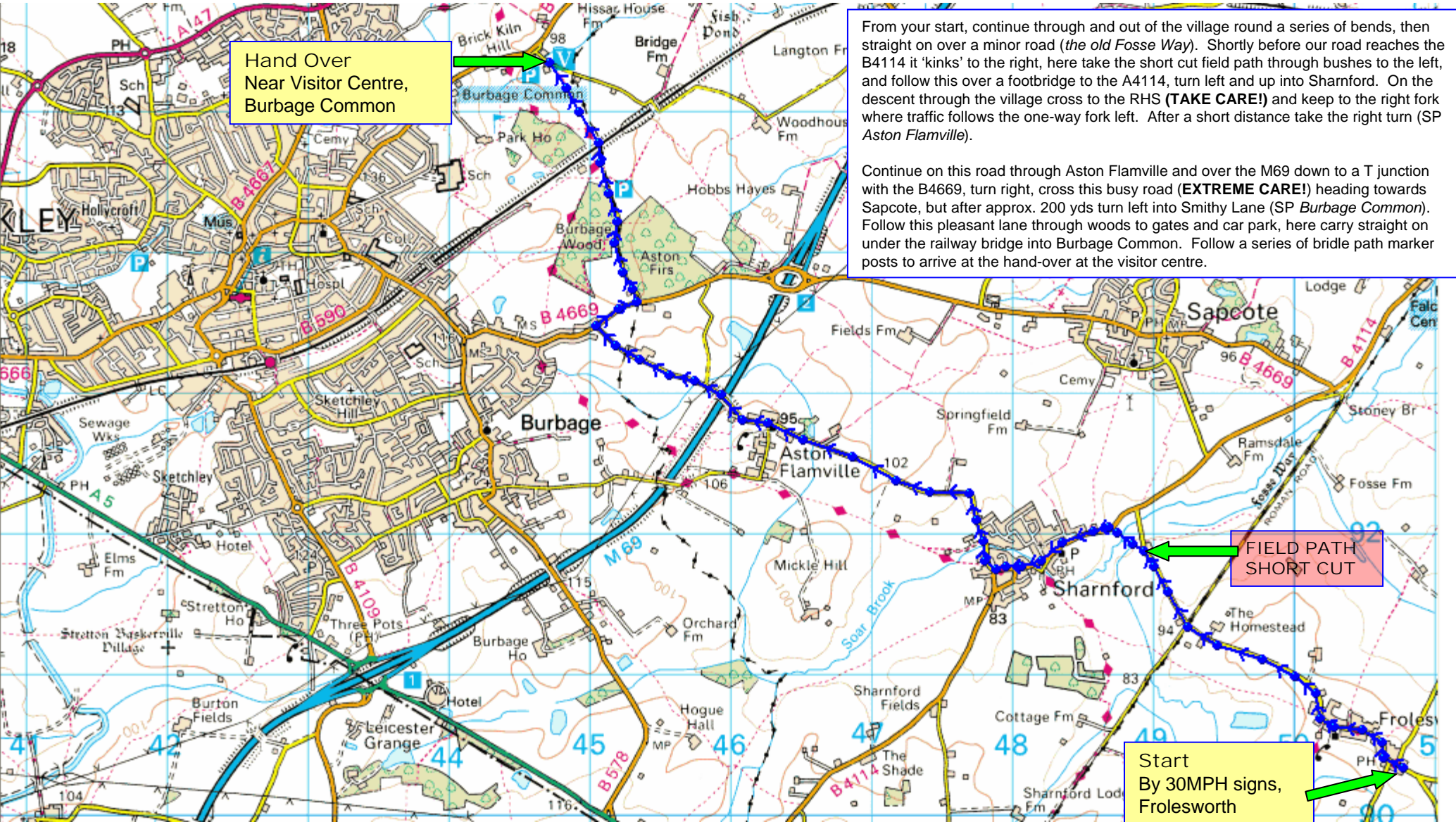


## LEG I – FROLESWORTH TO BURBAGE COMMON

A **FIXED ROUTE** of approx 9.51km (5.9 miles), Mixed XC and Road.



Hand Over  
Near Visitor Centre,  
Burbage Common

From your start, continue through and out of the village round a series of bends, then straight on over a minor road (*the old Fosse Way*). Shortly before our road reaches the B4114 it 'kinks' to the right, here take the short cut field path through bushes to the left, and follow this over a footbridge to the A4114, turn left and up into Sharnford. On the descent through the village cross to the RHS (**TAKE CARE!**) and keep to the right fork where traffic follows the one-way fork left. After a short distance take the right turn (SP *Aston Flamville*).

Continue on this road through Aston Flamville and over the M69 down to a T junction with the B4669, turn right, cross this busy road (**EXTREME CARE!**) heading towards Sapcote, but after approx. 200 yds turn left into Smithy Lane (SP *Burbage Common*). Follow this pleasant lane through woods to gates and car park, here carry straight on under the railway bridge into Burbage Common. Follow a series of bridle path marker posts to arrive at the hand-over at the visitor centre.

FIELD PATH  
SHORT CUT

Start  
By 30MPH signs,  
Frolesworth