Hen and Chicken Pub Run: 3 ¾ mile route

From the pub front door facing the main road turn left, then left again at the pub corner to take the lane (marked Upper Froyle). After 500m or so the lane bends sharp right. Turn left off the lane to follow marked footpath (has defib sign on the post) along concrete drive. Keep on the main drive – goes towards TekTanks sign and on towards where houses on the right end (West End Cottage). Here take the marked footpath/byway on the right. Keep on this track for around 400m to reach tarmac lane by lynch gate.

Turn right to follow lane for something like 60m to get to marked footpath on the left. Take this footpath. Keep on this footpath for around 700m to get nearly to the hilltop. Keep on the same footpath through gate, alongside field, another gate and on to go through another gate to a tarmac lane.

Here turn right to follow lane downhill for 600m where lane ends at main lane. Go straight across main lane and down residential road West Burn Fields opposite. Where road splits left/right in front of house number 25, turn right and go along short road section. At the end, look for footpath between house numbers 31 and 32. Take this footpath. Where the house gardens end, go straight on through gap in a hedge to large field edge. Keep on the footpath across large field. At field end go through hedge gap and over timber sleeper plank bridge, across the next field along the left edge and through another hedge gap and over another sleeper bridge to marked path junction by concrete drain access chamber.

Here turn right to follow footpath with green St.Switun’s Way arrows. Keep on this path for 700m or so to reach tarmac lane. Turn right to follow lane up for around 100m to reach drive on the left to Froyle Park (is also a marked footpath). Take this drive up for around 300m to reach 5mph sign. Just after 5mph sign turn right off the drive to go over a small field following marked footpath towards houses.

At field end go over stile to a tarmac lane. Turn left to follow lane soon passing church yard and side lane on the right. Keep on same main lane for a further 300m to where lane bends sharply to the left. Keep on lane bending left and continue downhill all the way to the main road. Turn right and you should be back at the pub!

Hen and Chicken Pub Run: 5 mile route

From the pub front door facing the main road turn left, then left again at the pub corner to take the lane (marked Upper Froyle). After 500m or so the lane bends sharp right. Turn left off the lane to follow marked footpath (has defib sign on the post) along concrete drive. Keep on the main drive – goes towards TekTanks sign and on towards where houses on the right end (West End Cottage). Here take the marked footpath/byway on the right. Keep on this track for around 400m to reach tarmac lane by lynch gate.

Turn right to follow lane for something like 60m to get to marked footpath on the left. Take this footpath. Keep on this footpath for around 700m to get nearly to the hilltop. Keep on the same footpath through gate, alongside field, another gate and on to go through another gate to a tarmac lane.

Here go diagonally left across the lane and down the marked footpath opposite. Keep on footpath as it drops downhill, leaves the first field through two gates and down the larger field middle to a kissing gate. Go through and follow same path to a tarmac lane.

At lane, turn left to take lane for around 400m where houses on the right end. Here turn right off the lane up the marked footpath up drive to Copse Hill Farm. Go up drive passing – on the right - house garden and small field. After small field look up the bank to the right and turn right off the drive to go up bank and over stile into field on marked footpath. Keep on the footpath going alongside the right side of the field edge. Miss stile on right halfway across the field but at the field end go through the field hedge line and turn right to go through South hedge line then turn left to continue on footpath going along right side of field. At field corner behind powerline timber pole, go over stile and onto a tarmac lane.

Turn left up lane, then right to go up concrete drive towards gates to Kiln House and Cottage. Before the gate turn right off the drive to go through a pedestrian gate and take the marked footpath along left edge of a field. At field end keep on the footpath as it goes over stile and up timber steps. Then over two fields where the footpath drops down and ends at North/South track by rail post. Here turn right to follow wide track down all the way down where the track surface turns into a tarmac lane and on further to where the lane ends at a main lane by a duck pond.

At the duck pond junction turn left to follow the main lane for around 400m to get to The Anchor Inn. Just after the pub turn right off the main lane to go along marked footpath (also marked with green St. Switun’s Way arrows). Keep on this footpath with the green St. Switun’s arrows for around 1km to reach tarmac lane.

Turn right to follow lane up for around 100m to reach drive on the left to Froyle Park (is also a marked footpath). Take this drive up for around 300m to reach 5mph sign. Just after 5mph sign turn right off the drive to go over a small field following marked footpath towards houses.

At field end go over stile to a tarmac lane. Turn left to follow lane soon passing church yard and side lane on the right. Keep on same main lane for a further 300m to where lane bends sharply to the left. Keep on lane bending left and continue downhill all the way to the main road. Turn right and you should be back at the pub!

Hen and Chicken Pub Run: 8 mile route

From the pub front door facing the main road turn left, then left again at the pub corner to take the lane (marked Upper Froyle). After 500m or so the lane bends sharp right. Turn left off the lane to follow marked footpath (has defib sign on the post) along concrete drive. Keep on the main drive – goes towards TekTanks sign and on towards where houses on the right end (West End Cottage). Here take the marked footpath/byway on the right. Keep on this track for around 400m to reach tarmac lane by lynch gate.

Turn right to follow lane for something like 60m to get to marked footpath on the left. Take this footpath. Keep on this footpath for around 700m to get nearly to the hilltop. Keep on the same footpath through gate, alongside field, another gate and on to go through another gate to a tarmac lane.

Here turn left to follow lane onto a farmyard. At farmyard end pick up wide footpath track in the left corner. Keep on this wide track for around 1200m where track bends sharp left by large green container cylinder marked Nitrasol. Here, leave the wide track to go up marked footpath – going straight on following right field edge. At field end keep on the same footpath as it drops downhill in small wood to small valley bottom, up the valley side on right field edge then at valley top keep on the footpath across the field and at field end go onto tarmac lane.

At the lane turn left to follow lane to a lane junction. Take the right lane (signed Long Sutton 1 ½). After 400m reach another lane junction (S.Warnborough). Turn right off the lane to take marked byway opposite side lane. Keep on the byway track for 500m or so where the fields on the right end at a wood edge. Here turn right off the byway track to take marked footpath (also marked The Beck With). Keep on this footpath (you may recognise this path from cross countries!) as it climbs uphill, bends left and continues on to marked cross paths. Go straight over and keep on the same footpath for a further 800m to reach a tarmac lane.

At the lane go straight over to go along marked bridleway opposite. Keep on this bridleway for around 1200m to reach another tarmac lane: Bridleway runs along field/wood edge; don’t take any of the tracks into the wood.

At the lane turn right to drop steeply down to a sharp left bend in the lane. Here go straight on up the marked byway track. Keep on this track for approximately 1.5kms up and down two hills to where the track surface turns into a tarmac lane. Carry on further to where the lane ends at a main lane by a duck pond.

At the duck pond junction turn left to follow the main lane for around 400m to get to The Anchor Inn. Just after the pub turn right off the main lane to go along marked footpath (also marked with green St. Switun’s Way arrows). Keep on this footpath with the green St. Switun’s arrows for around 1km to reach tarmac lane.

Turn right to follow lane up for around 100m to reach drive on the left to Froyle Park (is also a marked footpath). Take this drive up for around 300m to reach 5mph sign. Just after 5mph sign turn right off the drive to go over a small field following marked footpath towards houses.

At field end go over stile to a tarmac lane. Turn left to follow lane soon passing church yard and side lane on the right. Keep on same main lane for a further 300m to where lane bends sharply to the left. Keep on lane bending left and continue downhill all the way to the main road. Turn right and you should be back at the pub!