

Rok the Stones: LOOP 3 FOLLY FARM and STOWEY (9.5 miles)

ABBREVIATIONS; R=right, L=left, T=turn, F=fork, B=bear, &=and, RD=road, FP=footpath, BW=bridleway, BY=byway, Y=yards, M=miles, ST=stile, PG=kissing gate or pedestrian gate, (X)-TK=(cross) track, junc=junction, FB=footbridge, W/M=waymark, cont=continue, immed=immediate(ly), FiPo=fingerpost, opp=opposite, ahd=ahead, WS = water station, MP = marshal point. All grid refs (at beginning of each paragraph) are ST.

	Note: no dogs except on public footpath across the top of Folly Farm. Canicross teams should use a supporter to walk the dog on the short section of public FP from the start of section 3.5 to the start of section 3.7. This is around 250 metres.	Leg mileage	Total mileage
3	LEG 3 START AT VILLAGE HALL		17.6m
3.1	Exit VH, TL onto road. Take RF passing The Cottage, at junct of Church Lane take FP ahd thro PG. B diag R to PG. [You will be able to see the Stone Circles on your L]. Go thro' PG and keep hedge L to LH corner of field. Go thro' PG on R. Follow LH field boundary towards houses [Upper Stanton Drew], emerging at rear of Primary School . Go thro' gate down track to road.	0.4 m	18.0 m
3.2	TL crossing road to take FP on R alongside Victoria Cott. Emerge thro PG and take PG on L. Turn R into field heading up hill. At corner of adjoining field follow parallel to LH field boundary to PG ahd. Ahd thro 3 x PGs, then TR following around field edge (not footpath shown on map) uphill to junct of 3 fields [just east of Bromley Farm]. TL towards wood – running down RH side of hedge.	1.3 m	18.9 m
3.3	Enter wood thro PG, ahd on FP to steps down to wooden FB. After FB TR along field edge to PG & FB on R. Over bridge, ahd, follow RH field boundary thro PG, ahd up field to PG, thro PG following LH side to corner bearing diag L to PG. Thro PG diag L [W/M] toward RH corner of house and onwards to farm gate & PG by terrace. Run in front of terrace to road. TR. At end of road TL onto <u>verge</u> and walk : please follow marshal's instructions [A368 - VERY BUSY ROAD], crossing when opp to FP on R .	2.0 m	19.6 m
3.4	Thro PG, ahd run alongside RH side of house & ahd across field thru crop, [aiming for electricity poles on distant hill]. Thro PG B slightly R to hedge with 'hidden' FB. Cross FB, thro PG TR going diag. steeply uphill past marker post to trees. Thro PG, straight ahd towards wood [keep well R of barn], finally aiming for PG to left of mobile home in the wood. Follow narrow path emerging onto Featherbed Lane opp Bungalow and TR onto the lane. Pass two houses on the left then TL thro KG onto Folly Farm estate [no dogs]. Folly Farm will be marshalled and marked:	2.8 m	20.4 m
3.5	On entering Folly Farm, immed TR descending towards gate, thro gate, then bearing diag R across field into small field, again bearing slightly right to gateway, take RH path, which bears diag R to far end of field where wooden KG to R of gate. Follow wide grass path between plantations to FiPo going straight ahead/ slightly R down the slope to wooden KG. Run up slope to post and ahd to Round Hill viewpoint. Collect one of the special items to prove that you've been there and enjoy (?) a Psycho Rat secreted in the fallen stump. Re-trace your steps to the Finger Post, TR downhill on a wooded stone TK thro woods. [can be slippery]. Take second brake/path to L following along a bark-chipped path to steps to 2 bridges, the second being a suspended bridge. Go over bridges & TL onto gravelled path. Follow gravelled path past bench on L, then over wooden walkway to bench on R with wooden KG to R of path [as if behind the bench]. Leave gravelled path & go thro wooden KG. Bear slightly L. You should see the bungalow on the hill. Go over small wooden FB and TR to go thro KG. Bear v slightly L following FP with coppice on L towards base of steep uphill. Take sharp uphill bearing R heading for noticeboard [looks as if on top of hill but isn't!!].	4.7 m	22.3 m

	Carry on past noticeboard to top of ridge (close to where you entered). TR along top of ridge. [Optional mud avoiding path recommended] . Keep hedge line on L to ancient oak tree & KG. For recces, take the first PG on the left (just after 2 houses) and follow the ridge, keeping the hedge on your left.		
3.6	Run along ridge [there is a path that avoids mud- we recommend it because the muddy path is very deeply rutted]. Keep hedge line on L to ancient oak tree & PG. Thro PG run along LH large field edge, go over gate & ahd on LH field edge, finally following fence line down thru thin strip of trees right to PG & farm gate. [Because of sheep in the field this may be obstructed by extra gates...do your best to get onto stone track, straight ahd down TK, FL to ford. Ahd on TK to emerge onto road in Stowey . X road [busy]	6.0 m	23.6 m
3.7a	On race day, the route passes though the private grounds of Stowey Mead: Where pavement finally descends down stone steps TL along driveway following signs to Water Station. From WS carry on down driveway to Stowey Cross . [A368 - VERY BUSY ROAD], v busy road junct [MP] Cross with extreme caution.	6.1 m	23.7 m
3.7b	For recces, the route continues straight down The Street to Stowey crossroads. Follow the narrow and busy road with overhanging trees down to Stowey Cross . [A368 - VERY BUSY ROAD], v busy road junction. Cross with extreme caution.		
3.8	Ahd down lane – be aware of any oncoming cars . Straight ahead on to ford (don't run the ford as it's very slippery: use the raised FP/FB on L). <u>After</u> the FB, TL into field and head diag R up field to PG. Straight across field aiming to left of old stile to corner of field up RH field edge to scrubby grass area. B L & then diag R to corner of field keeping to left of old lorry body. Over wooden stile, down steps, go around RH side of table-top strawberry racks then head to telegraph pole in middle of field. Ahd to secluded PG into Hollowbrook Lane .	6.9 m	24.5 m
3.9	Cross lane and head up steps to PG. Follow LH field boundary for about 50 m then TR straight across field to hedge line. TL following hedge line until PG on R. Go thro' PG bearing L into coppice. Emerge onto lane south of Knowle Hill . Cross the lane on to the footpath to follow marked route (on race day) around LH side of the tump, bearing right at wide grass tack junction, finally emerging on lane. TR down to road. At road TL, passing The Strand to reach MP at road [Can be busy] . Cross & TL down road. Take 1 st FP on R (large gate), pass on LH side of cattle barn, ahd downhill to far LH corner & houses. Go over stile, along post & rail fence to emerge in driveway. TL, following driveway slightly R, emerging onto Moorledge Lane .	8.2 m	25.8 m
3.10	TR. Take <u>second</u> FP on L. Ahd towards RH side of house, following garden fence down slope to PG. Ignore 2 other FPs off to R as you go around garden fence. Keep woodland to L thro 3 fields. In 4 th head str to corner & metal farm gate. The PG is just left of gate.	8.8 m	26.4 m
3.11	Thro PG and TR uphill on unmade lane. Follow lane, which becomes surfaced, with houses on R until you reach the side entrance of the Village Hall. TR & immed R into VH entrance. Don't forget to see the timekeeper	9.5 m	27.1 m
	Congratulations you have finished and can collect your momento! Have a well-deserved meal or cuppa & cake...or BOTH!		

We hope you had a good run and may want to run again with us next year.

THANK YOU FOR COMING & HAVE A SAFE JOURNEY HOME