

## **A SELECTION OF RUNNING ROUTES FROM SOUTH MOLTON.**

**A selection of thirty four running routes ranging from 2.2 to 13.7 miles. On their own or in combination, these should provide plenty of options for those of you wanting to explore a bit and extend your current range and variety of runs from South Molton.**

**I have run all of them at some point in the last four years and most of them in the last 12 months. Although some of them are particularly challenging, they are all great runs in their own way. It's up to you to look at the routes and approximate distances and decide if it's the right thing for you. Traffic is obviously variable depending on the time of day and day of the week. What might be OK on your own or in a small experienced group (2-3 people) might not be suitable for a larger group, particularly one with inexperienced or less confident runners.**

**The relative elevation change throughout each route is provided for info. A few of the routes have off road sections, particularly some of those heading north towards North Molton. For the more adventurous types, many of these routes are suitable for after dark exploration with a reasonable head torch and a running buddy (preferably).**

**All but two routes are 'circular' or 'out and back', measured from a start/finish point on South Street between Alswear Old Road and George Nympton Road i.e. at the bottom of the hill from the college. The exceptions are the original Bridge Run (which is one way only) and the new Three Bridges Run (which starts and finishes at the Pip Centre).**

**If you haven't already, I hope these help inspire you to get out and explore a bit more of the lovely Devon countryside! ☺**

**Any questions, feedback or route-finding tips please let me know.**

## **The routes:**

### **2 – 5 miles:**

1. Two Lanes (2.2 miles)
2. Station Hill - Pathfields - North Road (2.8 miles)
3. Two Lanes - West Street - Churchill Crescent (3.0 miles)
4. Three Lanes (3.6 miles)
5. One Lane - Chipboard - Hill - Gunswall Lane - Rec. Ground (4.9 miles)
6. Four Lanes (5.0 miles)

### **5 – 8 miles:**

7. Alswear New Road - Alswear Old Road (5.3 miles)
8. Alswear New Road - Alswear Old Rd. - via Frenchstone (5.7 miles)
9. One Lane - Chipboard - Hill - Gunswall Lane - Pathfields - Station Hill (5.8 miles)
10. East Street - Bish Mill - Whitechapel (6.0 miles)
11. Meethe - George Nympton (6.2 miles)
12. Three Bridges Run: Alswear New Road - Frenchstone - Two Lanes (6.7 miles)
13. Alswear New Road - Alswear - George Nympton (6.7 miles)
14. Clapworthy - Bray Bridge (6.7 miles)
15. Clapworthy - Meethe - George Nympton (6.7 miles)
16. Meethe - George Nympton - Frenchstone - Alswear Old Road (6.9 miles)
17. Shallowford - Stag's Head - Hill - One Lane (7.5 miles)
18. Meethe - Clapworthy - Bray Bridge (7.6 miles)
19. The Bridge Run (7.6 miles)

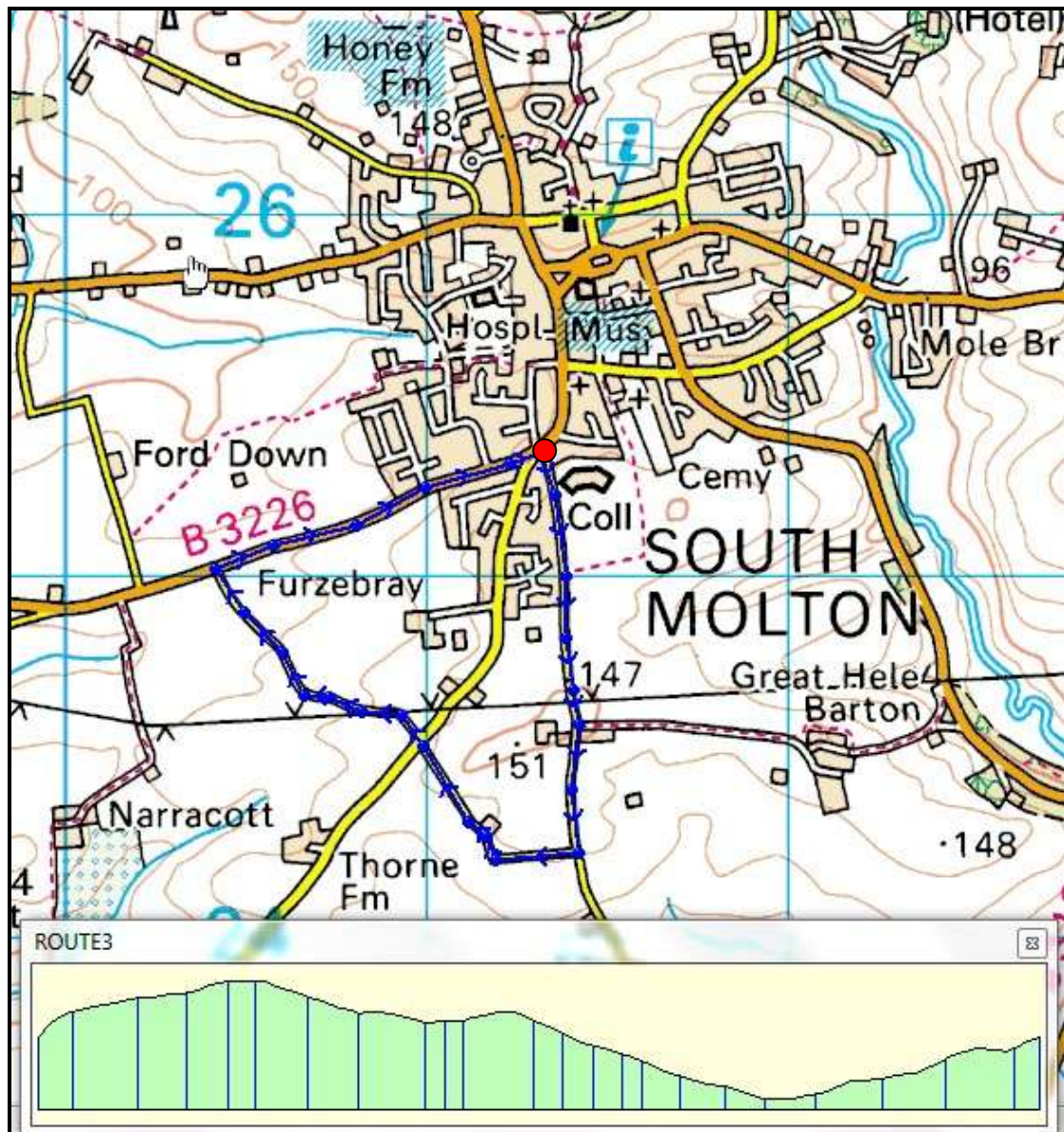
### **8 – 10 miles:**

20. George Nympton - Meethe - Clapworthy - Bray Bridge (8.0 miles)
21. Meethe - George Nympton - 'Alswear' - Alswear Old Road (8.0 miles)
22. Station Hill - Burcombe Hill - North Molton - return via footpath - Station Hill (8.2 miles)
23. Alswear - Jose's Cross - George Nympton (8.8 miles)
24. Bish Mill - Bishop's Nympton - Mariansleigh - Alswear (9.1 miles)
25. Alswear Old Road - Hele - Bishop's Nympton - Mariansleigh - Alswear - Alswear Old Road (9.2 miles)
26. Station Hill - Riverside - Holdridge - North Molton - return via footpath - Bicknor Farm - East Street (9.3 miles)
27. Meethe - George Nympton - Alswear - Alswear New Road (9.4 miles)
28. Station Hill - Burcombe Hill - North Molton - Upcott - Bicknor Farm - East Street (9.4 miles)
29. East Street - Grilstone - Bishop's Nympton - Mariansleigh - Alswear - Alswear Old Road (9.9 miles)

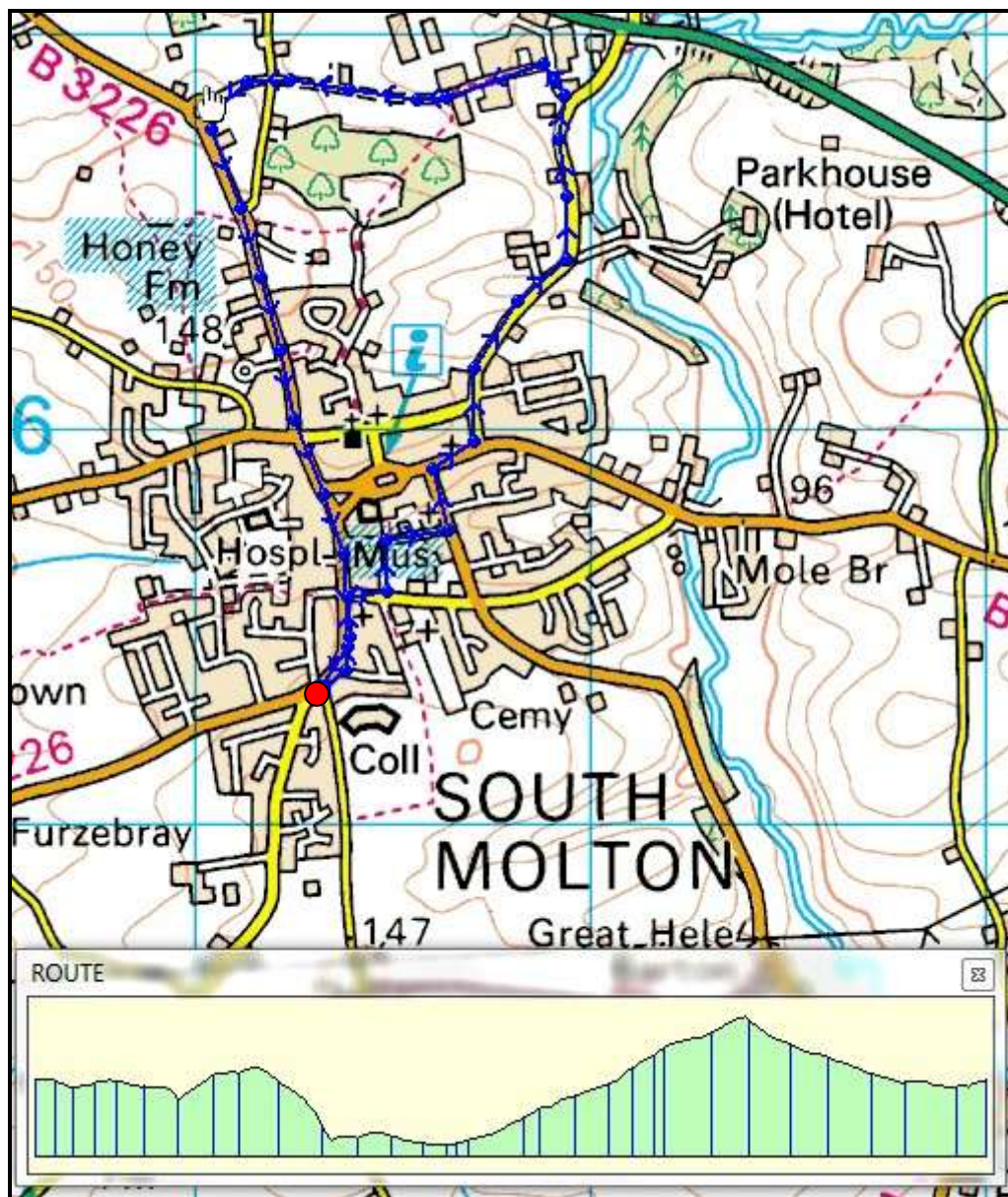
### **10 – 13.7 miles:**

30. Alswear - Highridge - Jose's Cross - Meethe (10.3 miles)
31. Alswear - Highridge - Jose's Cross - Meethe - George Nympton (10.7 miles)
32. Alswear - George Nympton - Meethe - Bray Bridge (11.2 miles)
33. Alswear - Garland's Cross - Jose's Cross - George Nympton (11.7 miles)
34. The Bridge Run returns - King's Nympton - George Nympton (13.7 miles)

1. Two Lanes (2.2 miles)

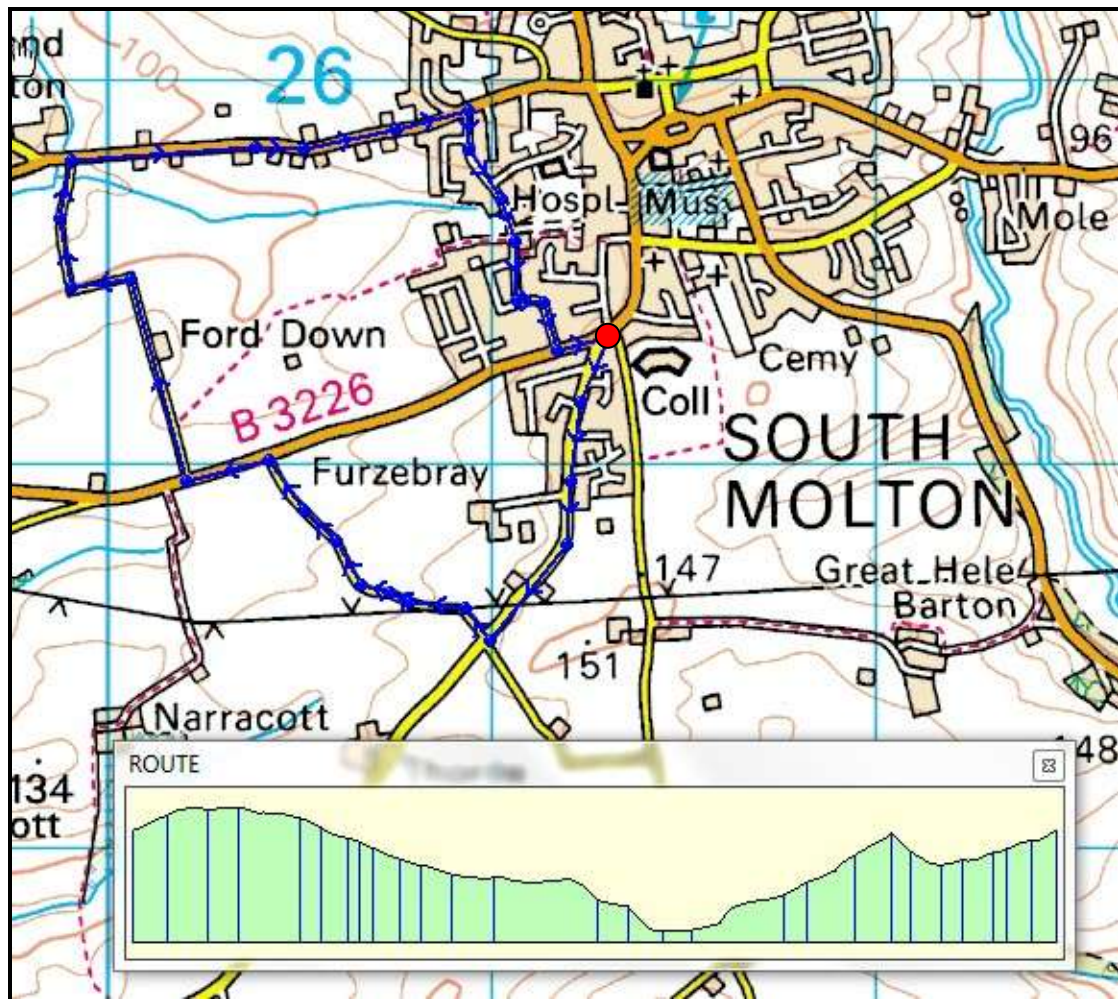


## 2. Station Hill - Pathfields - North Road (2.8 miles)

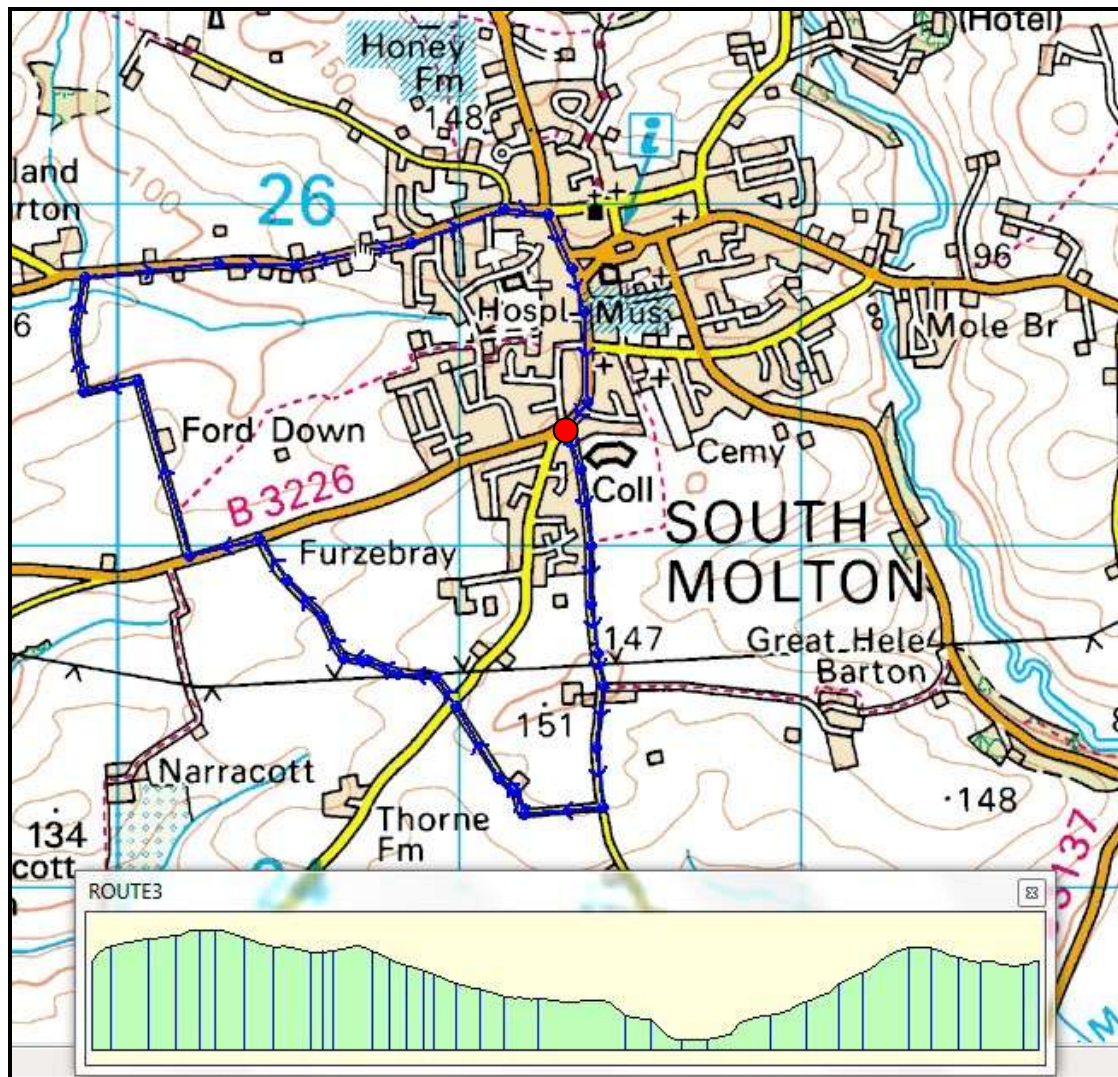




3. Two Lanes – West Street – Churchill Crescent (3.0 miles)

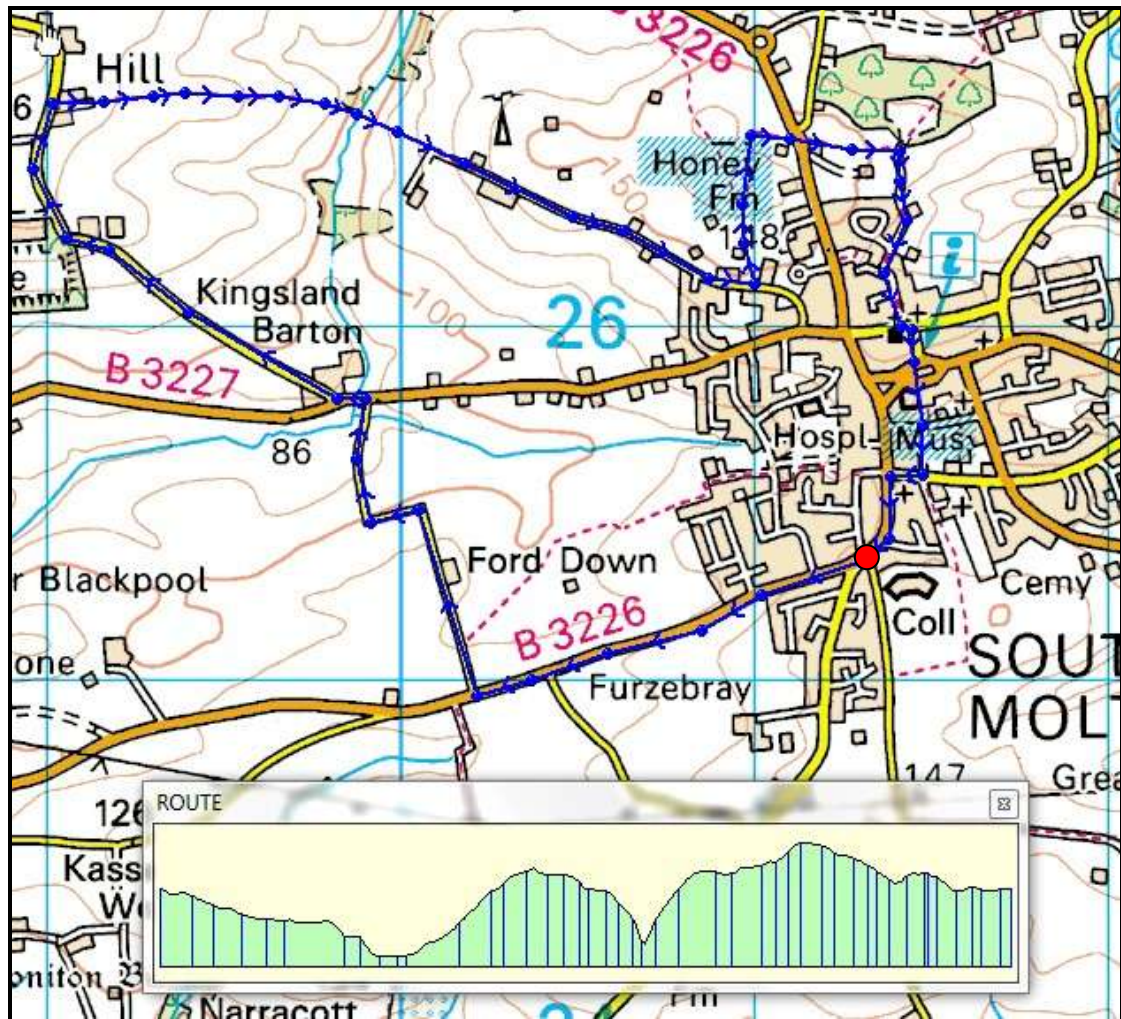


#### 4. Three Lanes (3.6 miles)

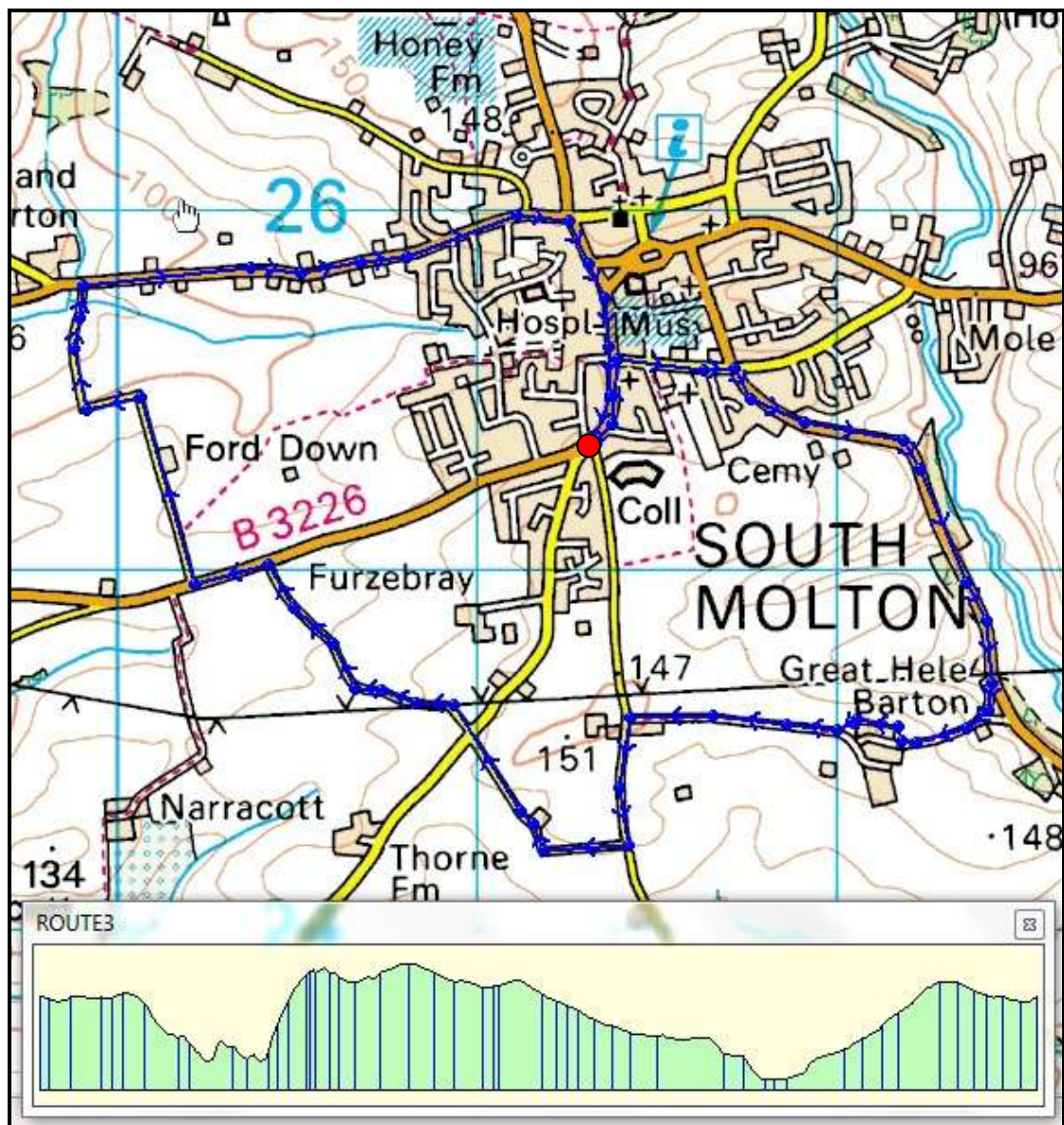




5. One Lane – Chipboard - Hill - Gunswall Lane - Rec. Ground (4.9 miles)

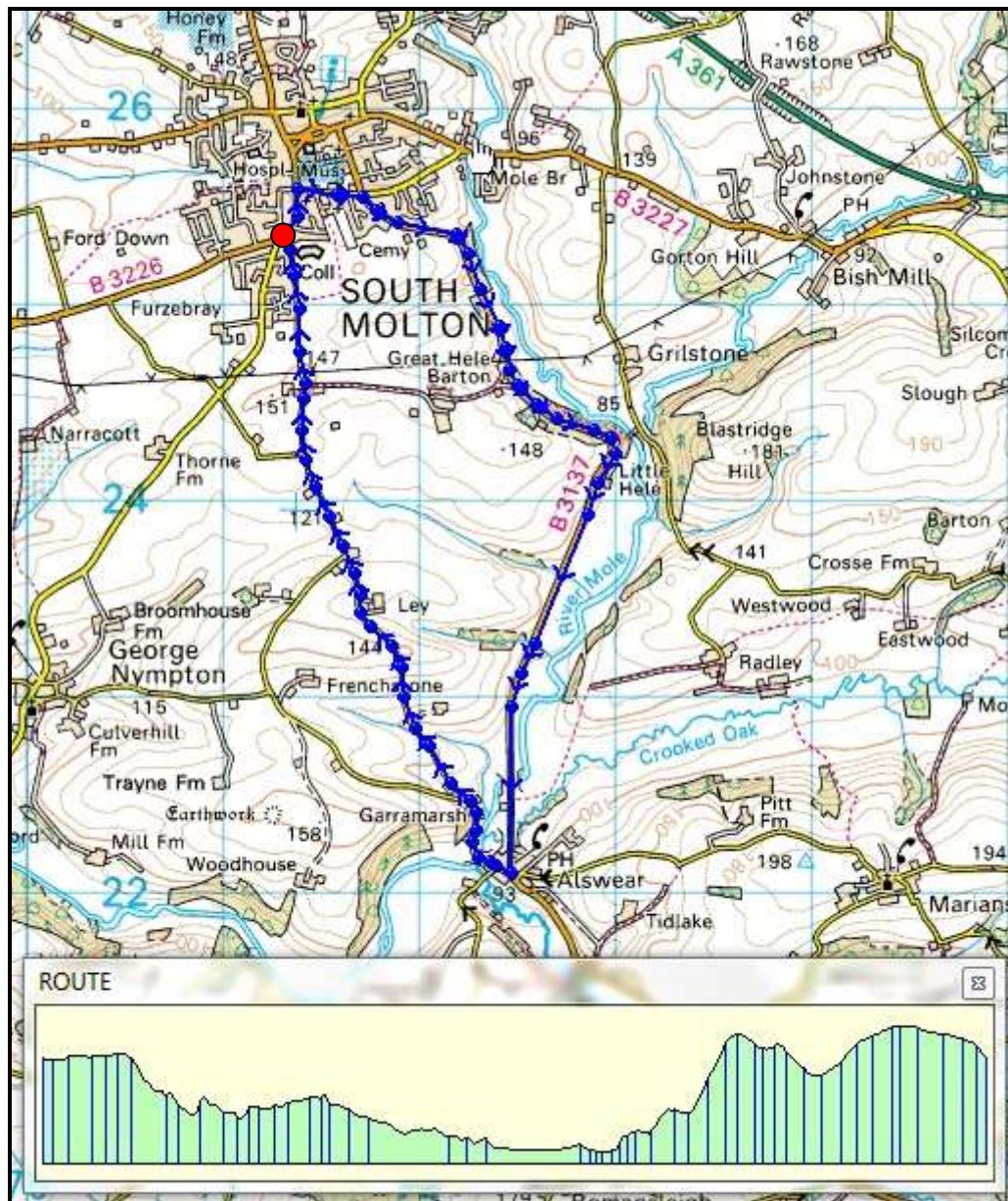


6. Four Lanes (5.0 miles)

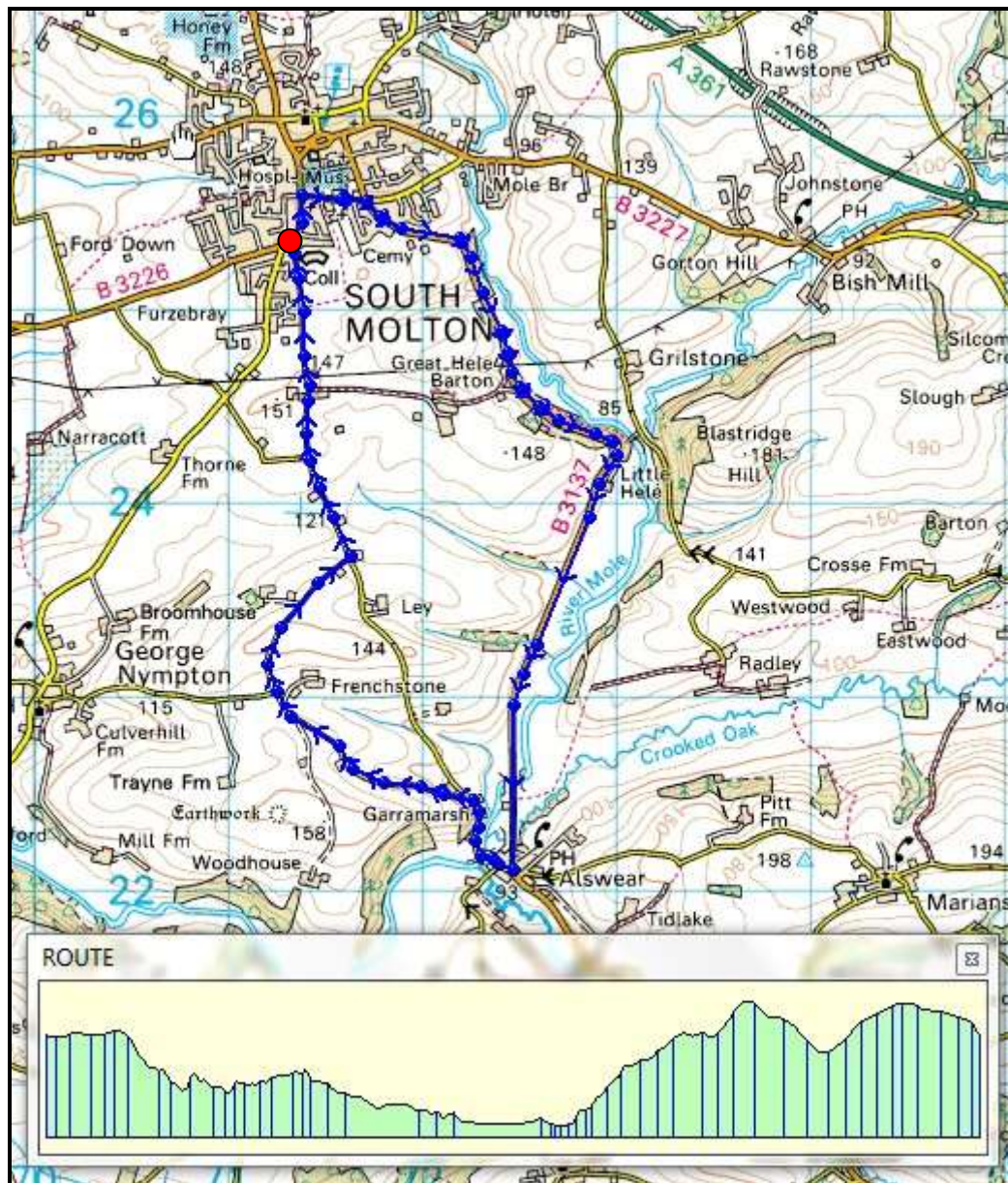




## 7. Alswear New Road – Alswear Old Road (5.3 miles)

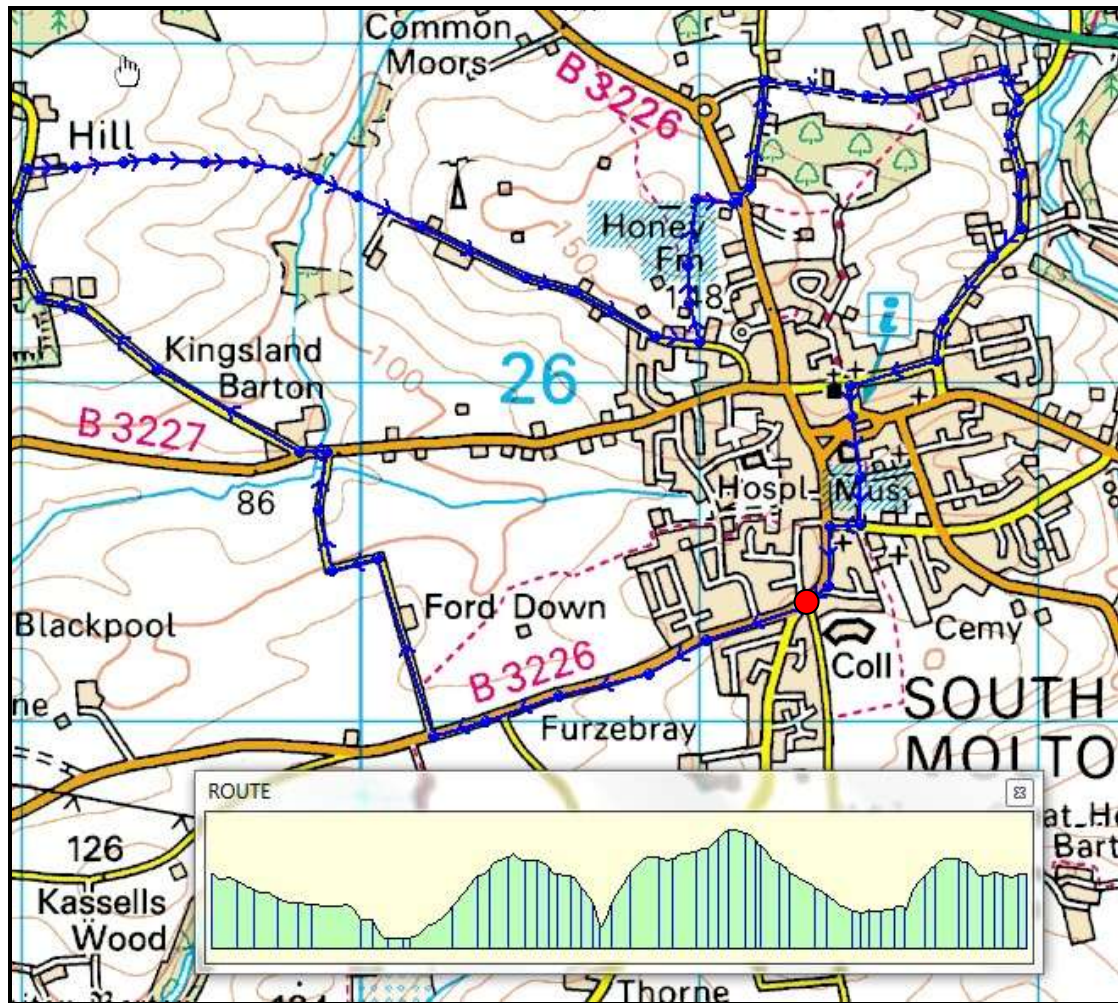


8. Alswear New Road – Alswear Old Rd. - via Frenchstone (5.7 miles)



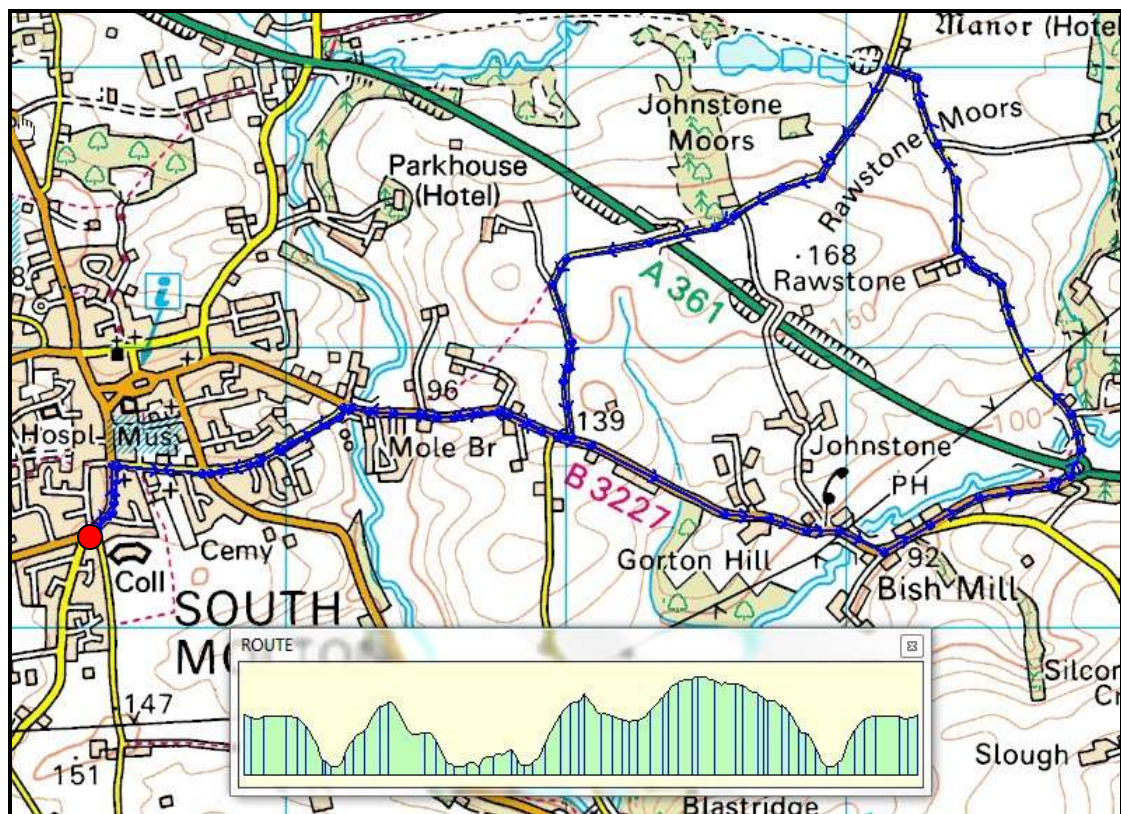


9. One Lane – Chipboard - Hill - Gunswall Lane - Pathfields - Station Hill (5.8 miles)

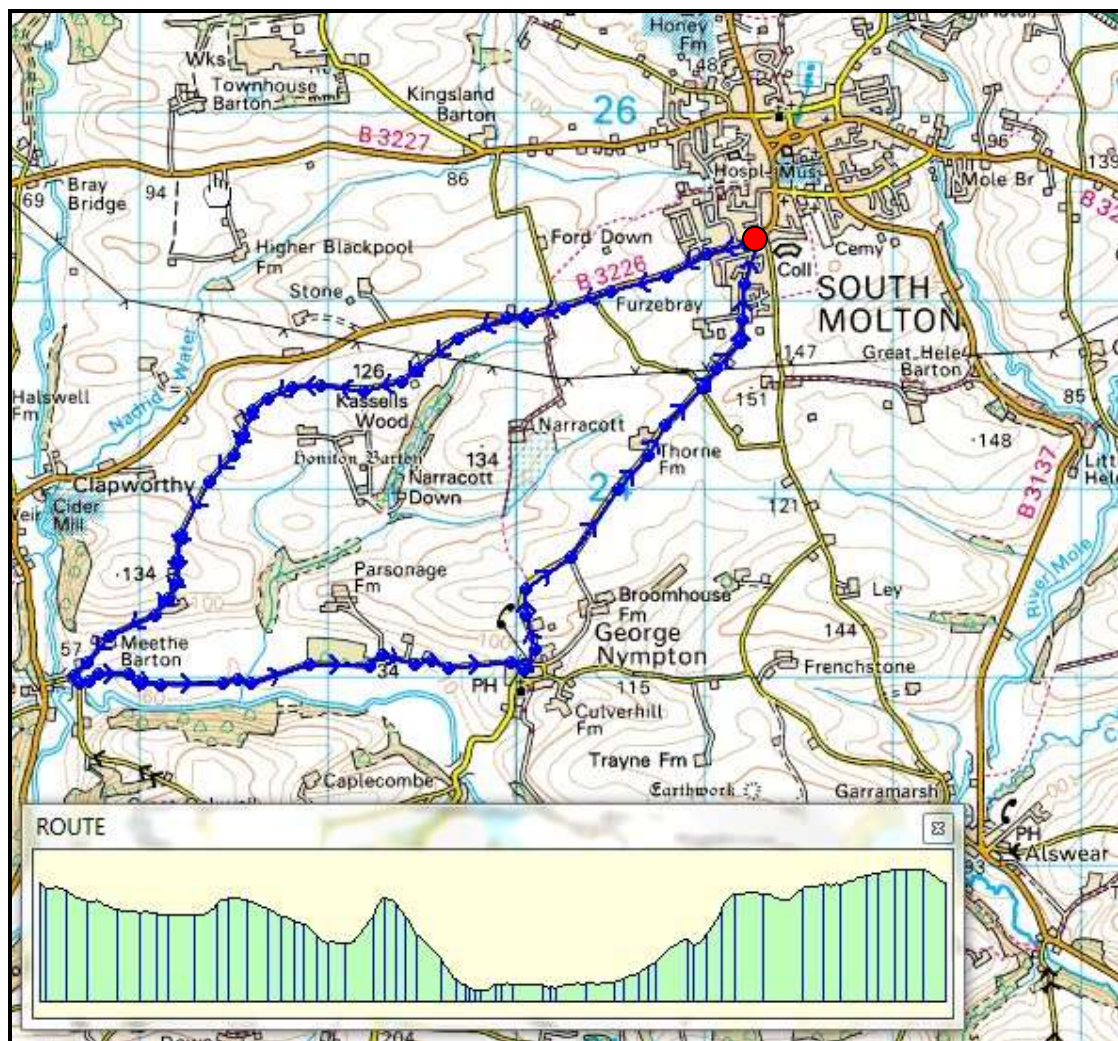




**10. East Street - Bish Mill - Whitechapel (6.0 miles)**

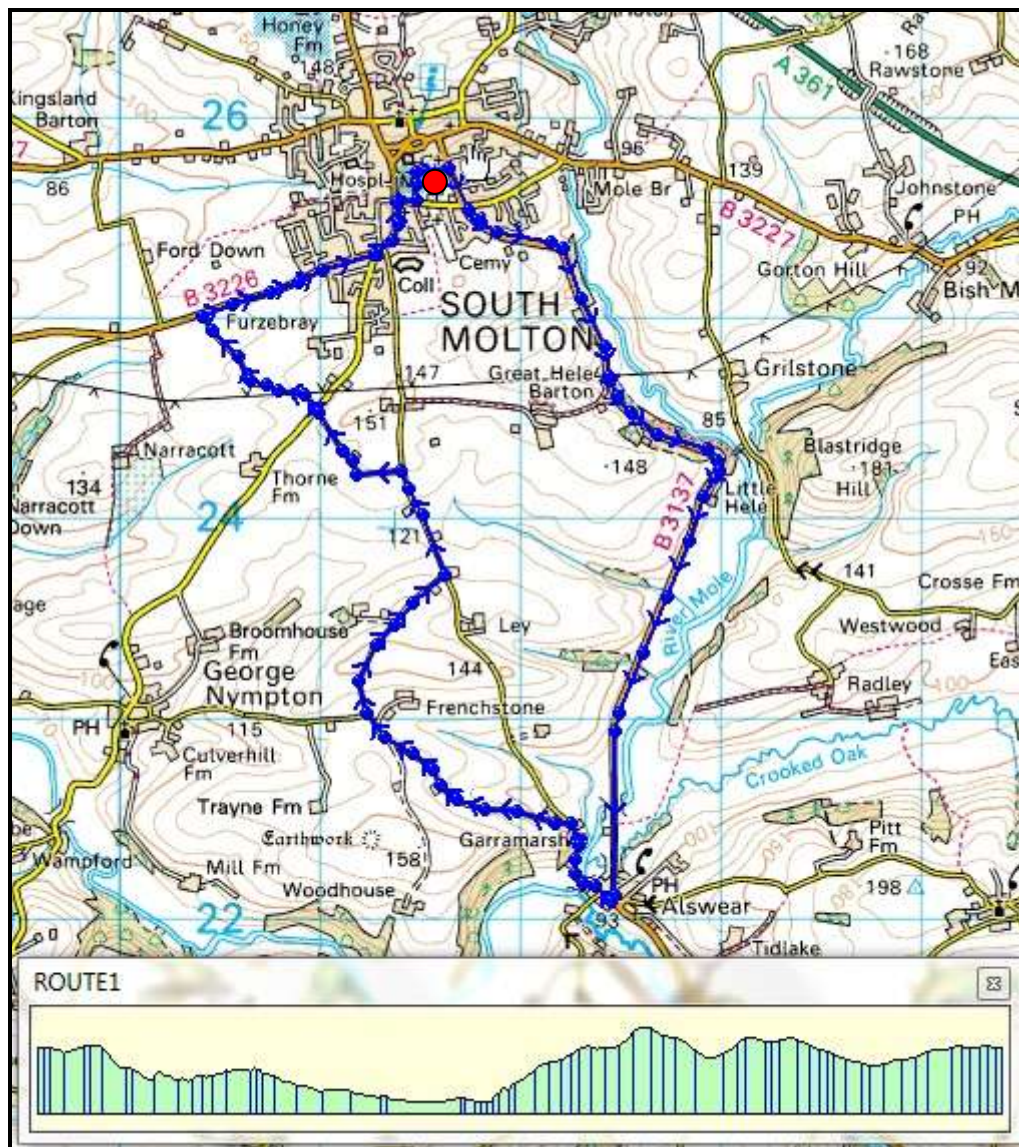


## 11. Meethe – George Nympton (6.2 miles)



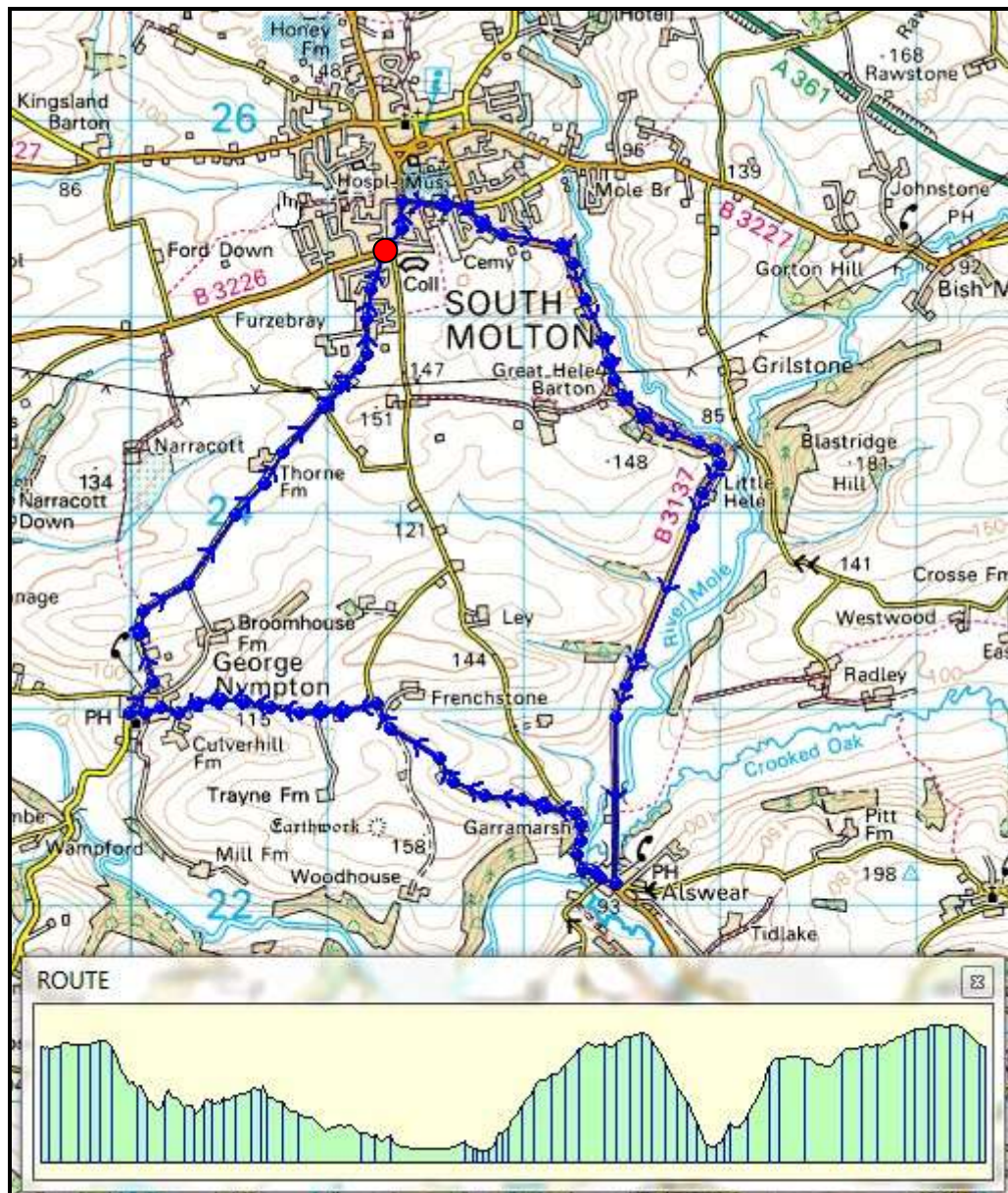


**12. Three Bridges Run: Alswear New Road - Frenchstone - Two Lanes  
from/to the Pip Centre (6.7 miles)**





### 13. Alswear New Road - Alswear - George Nympton (6.7 miles)

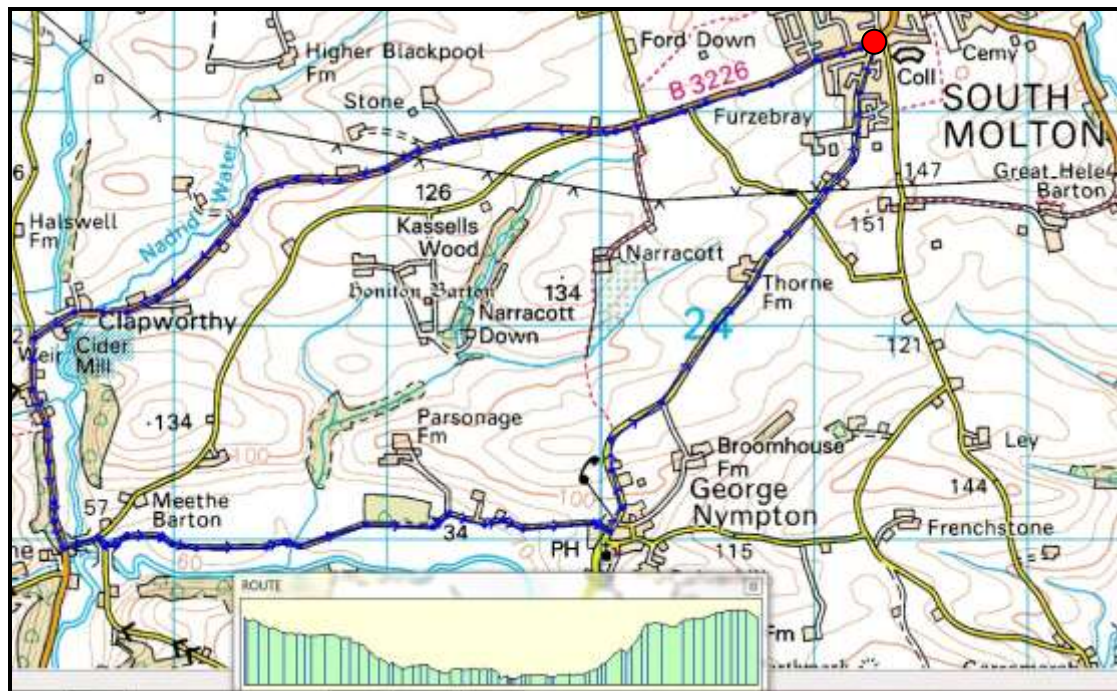


#### 14. Clapworthy - Bray Bridge (6.7 miles)



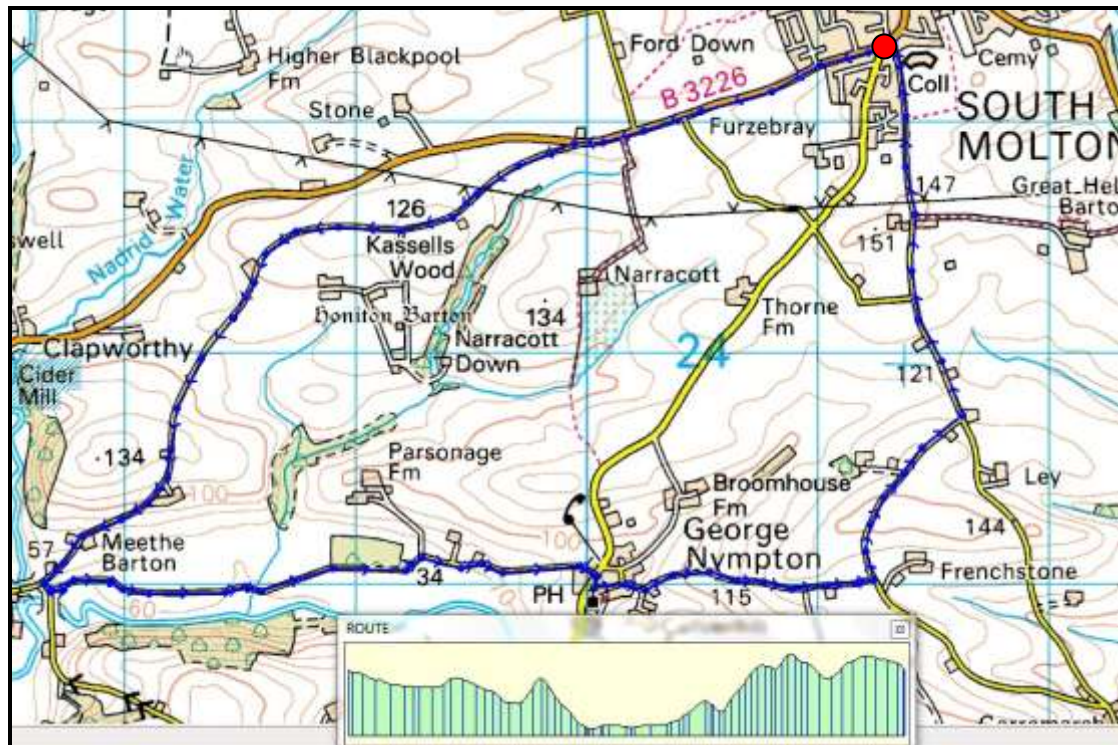


**15. Clapworthy – Meethe – George Nympton (6.7 miles)**

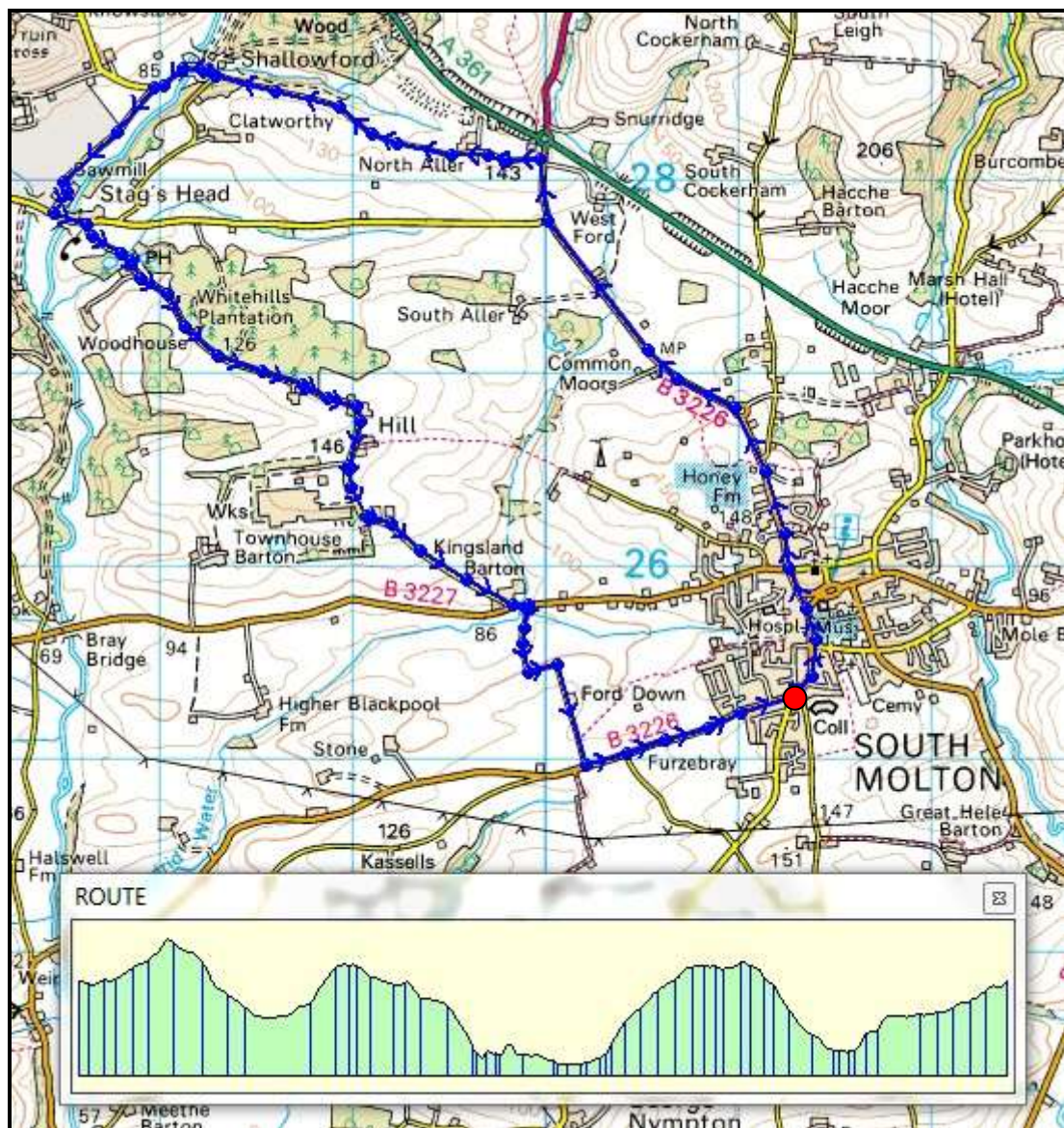




**16. Meethe - George Nympton - Frenchstone - Alswear Old Road (6.9 miles)**

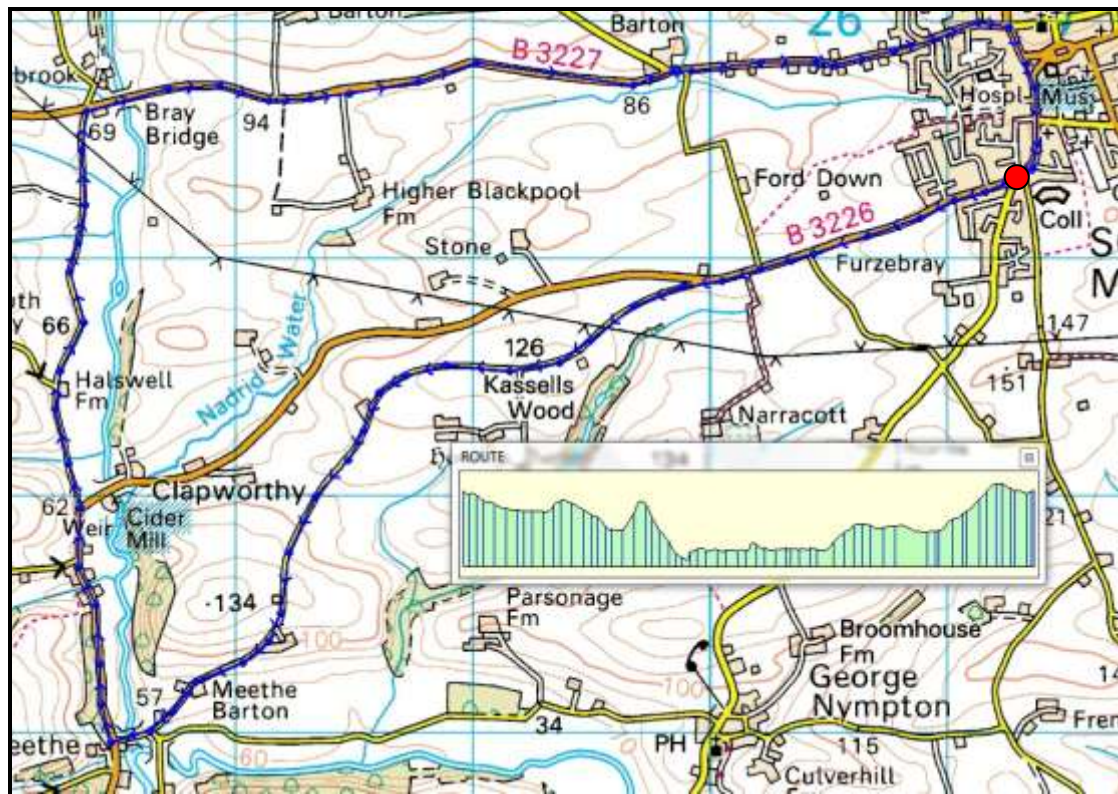


## 17. Shallowford - Stag's Head - Hill - One Lane (7.5 miles)





**18. Meethe - Clapworthy - Bray Bridge (7.6 miles)**

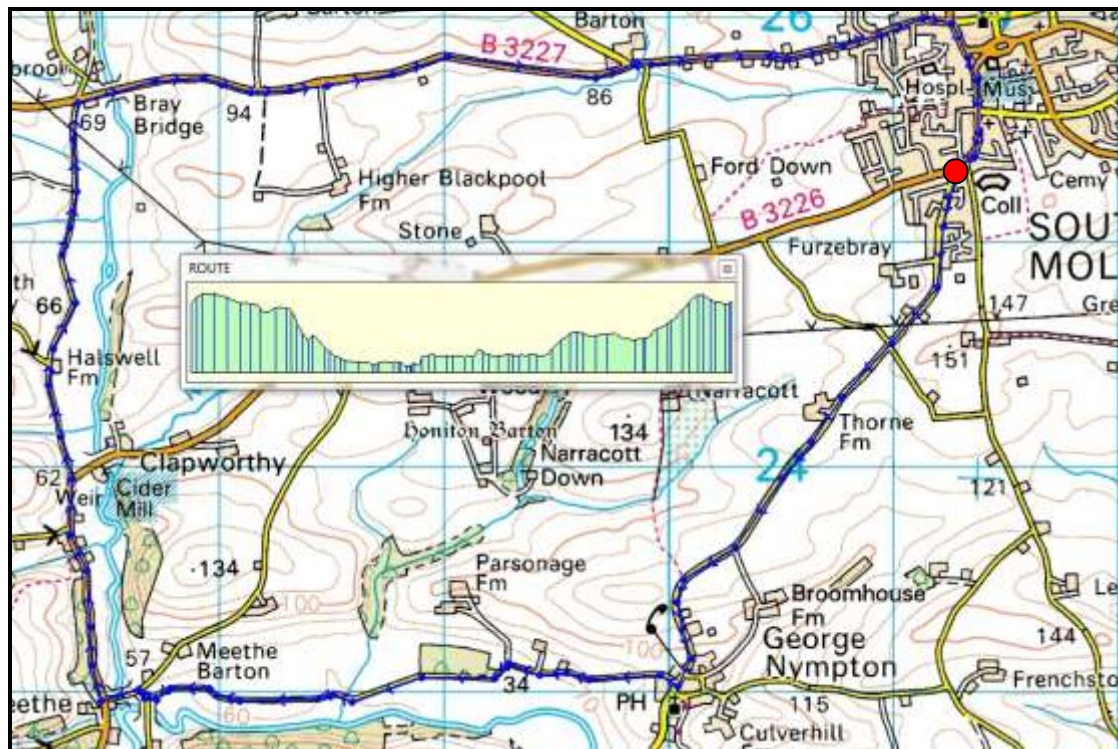




## 19. The Bridge Run (7.6 miles)

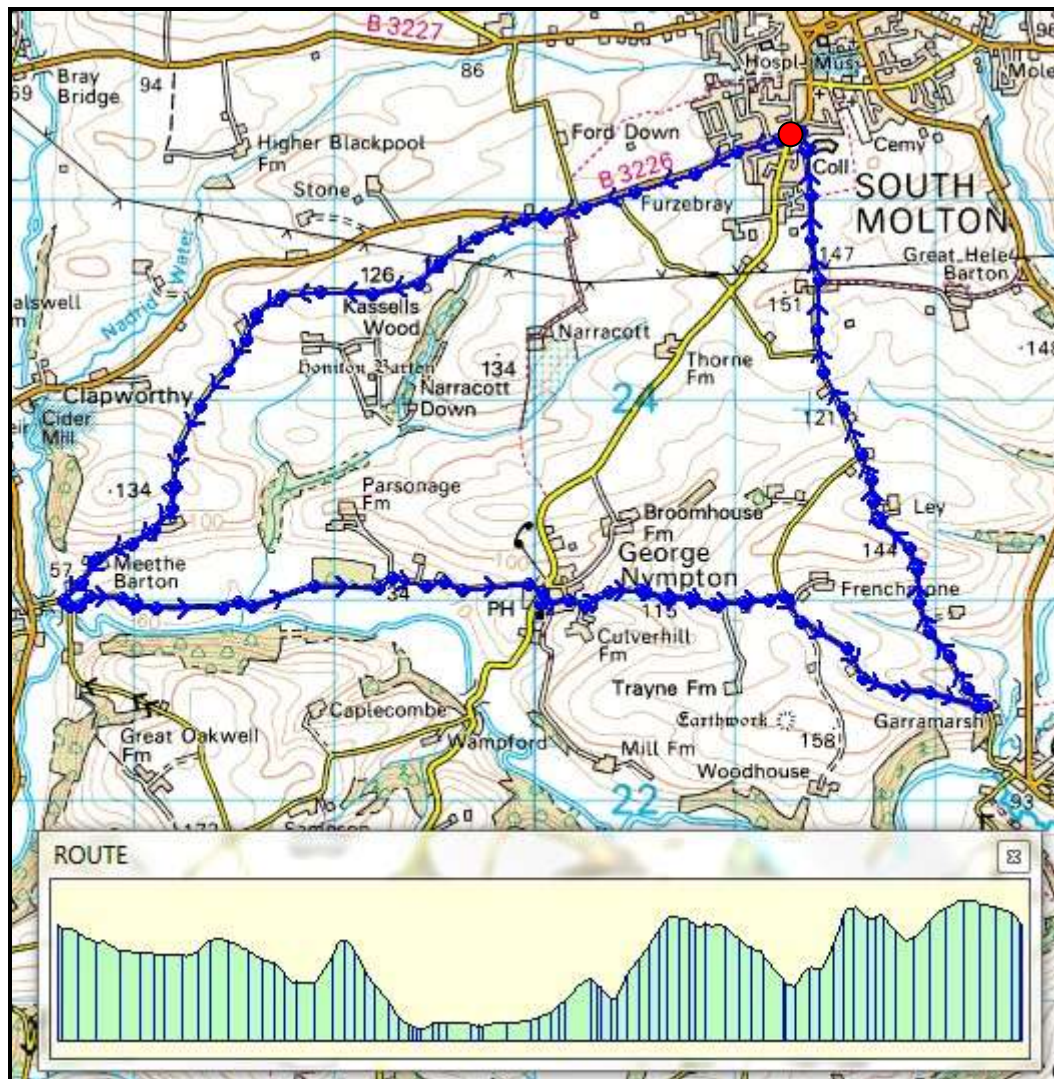


**20. George Nympton - Meethe - Clapworthy - Bray Bridge (8.0 miles)**



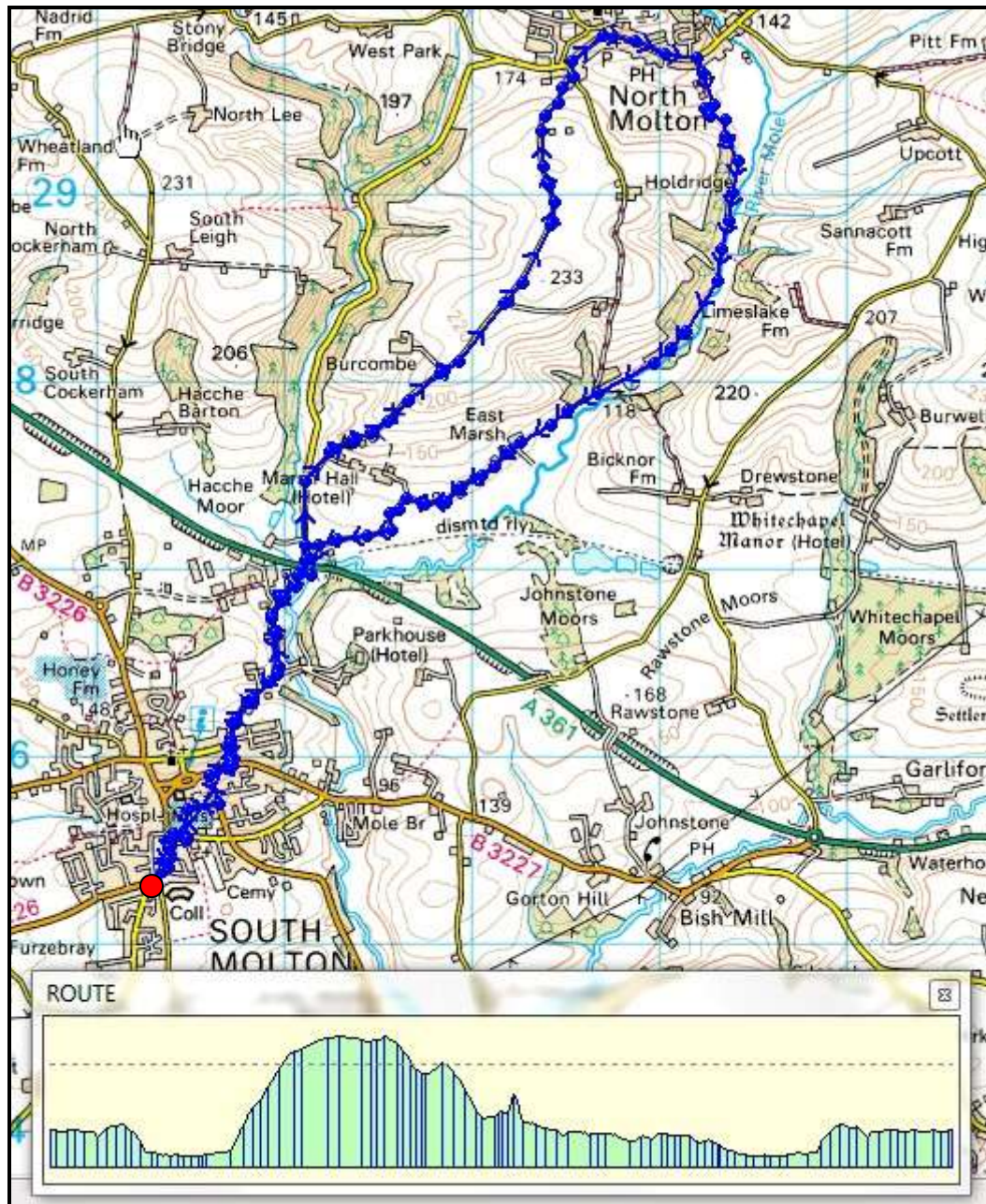


**21. Meethe - George Nympton - 'Alswear' - Alswear Old Road (8.0 miles)**



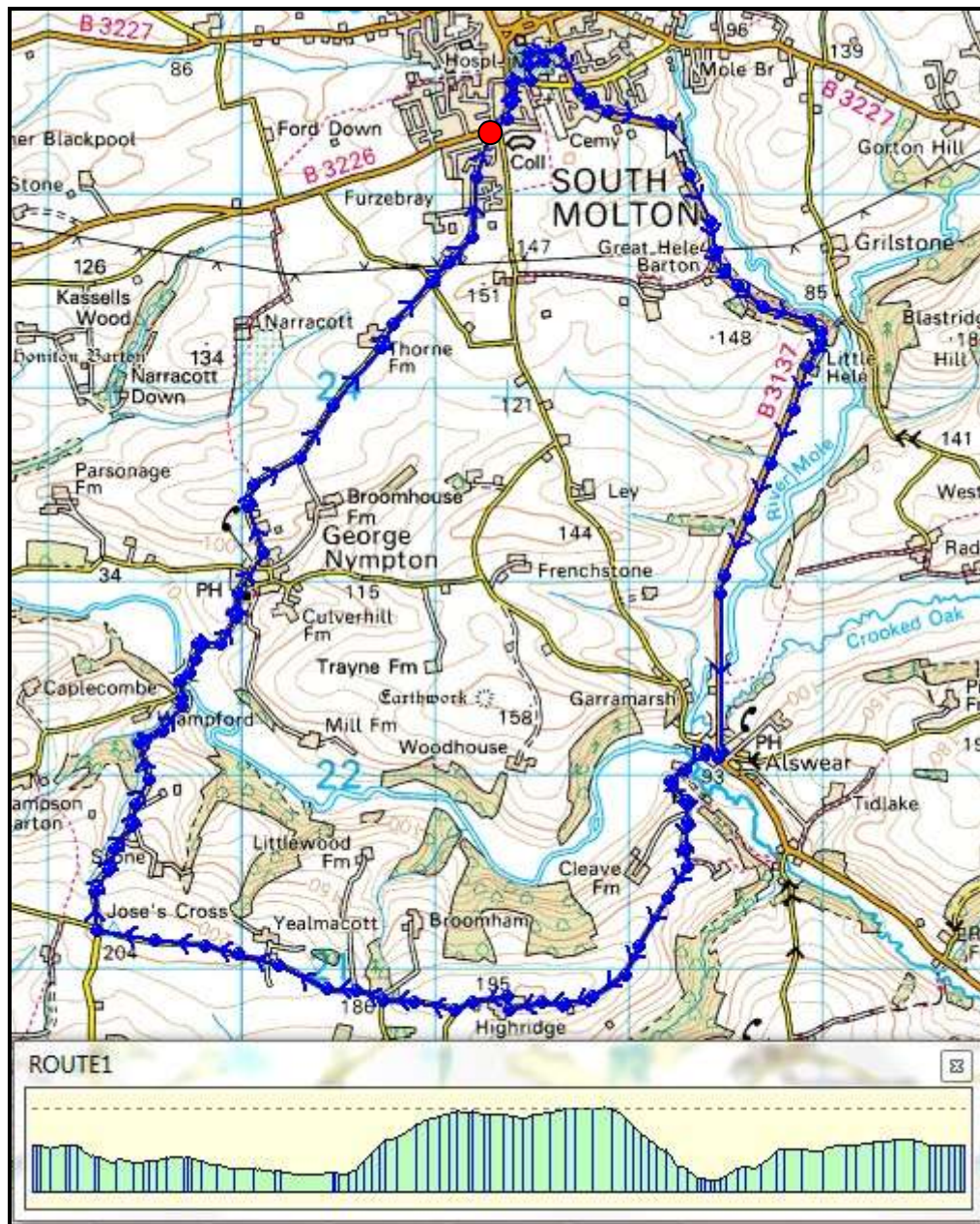


**22. Station Hill - Burcombe Hill - North Molton - return via footpath -  
Station Hill (8.2 miles)**



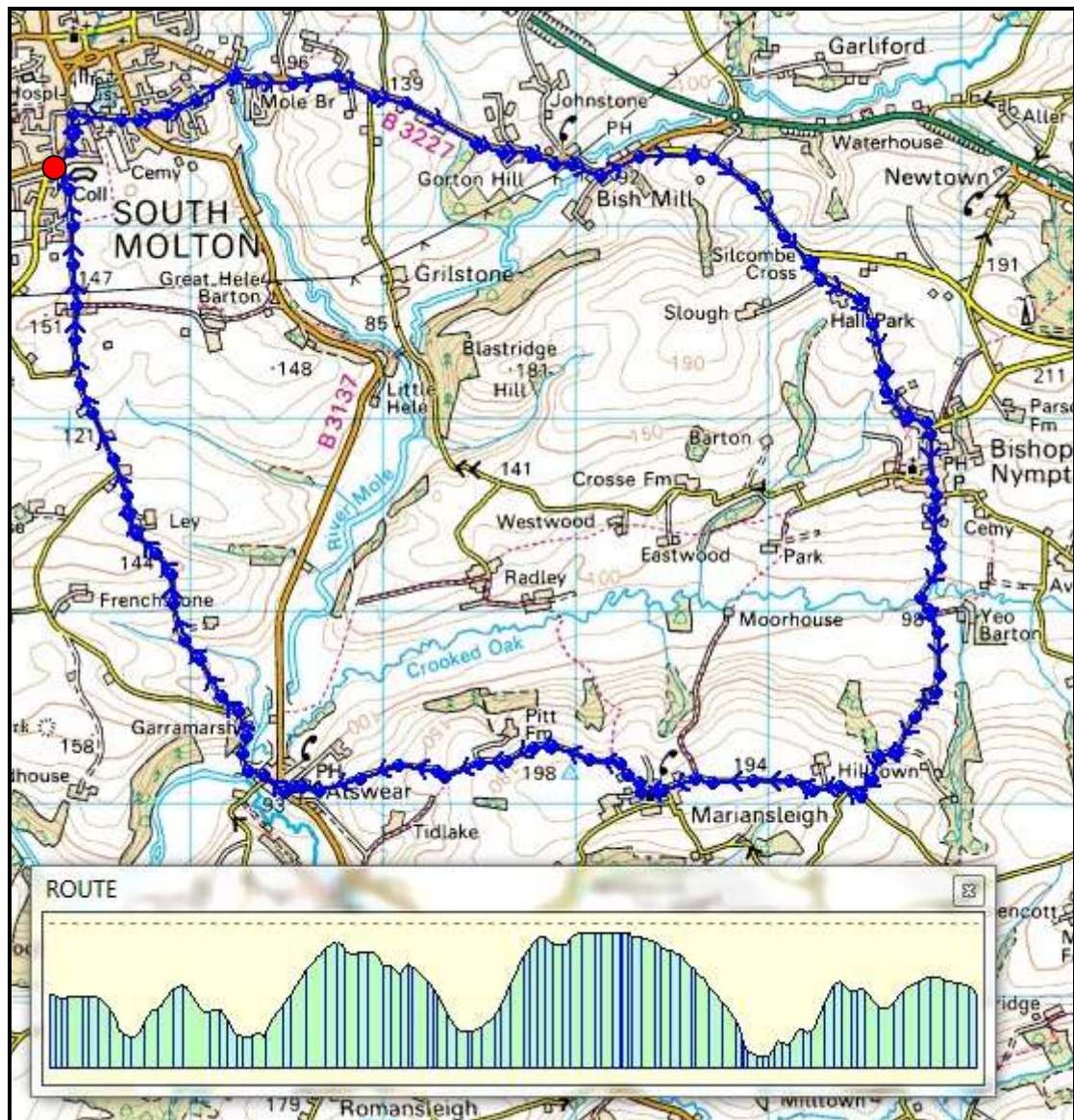


### 23. Alswear - Jose's Cross - George Nympton (8.8 miles)



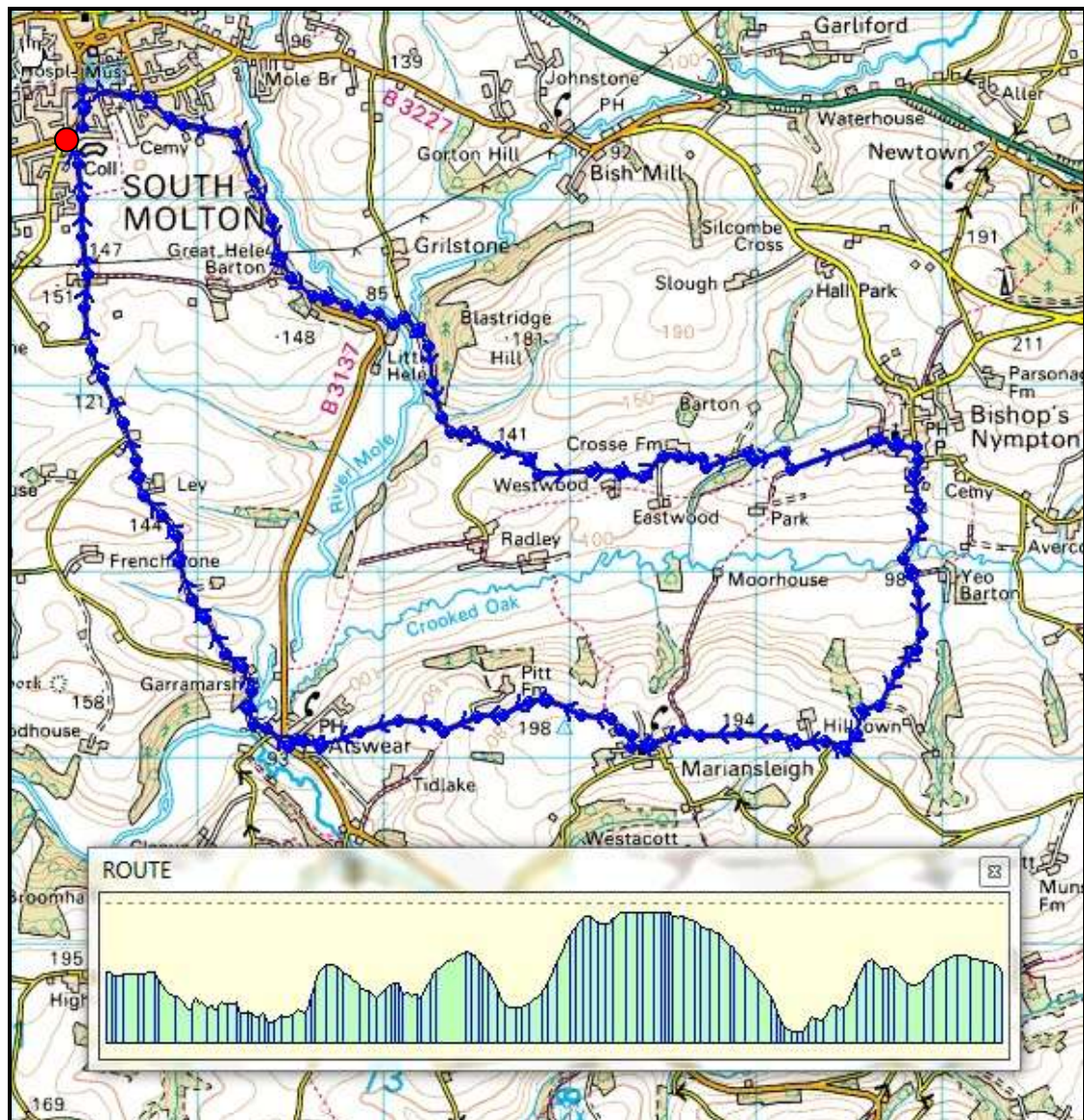


**24. Bish Mill - Bishop's Nympton - Mariansleigh - Alswear (9.1 miles)**



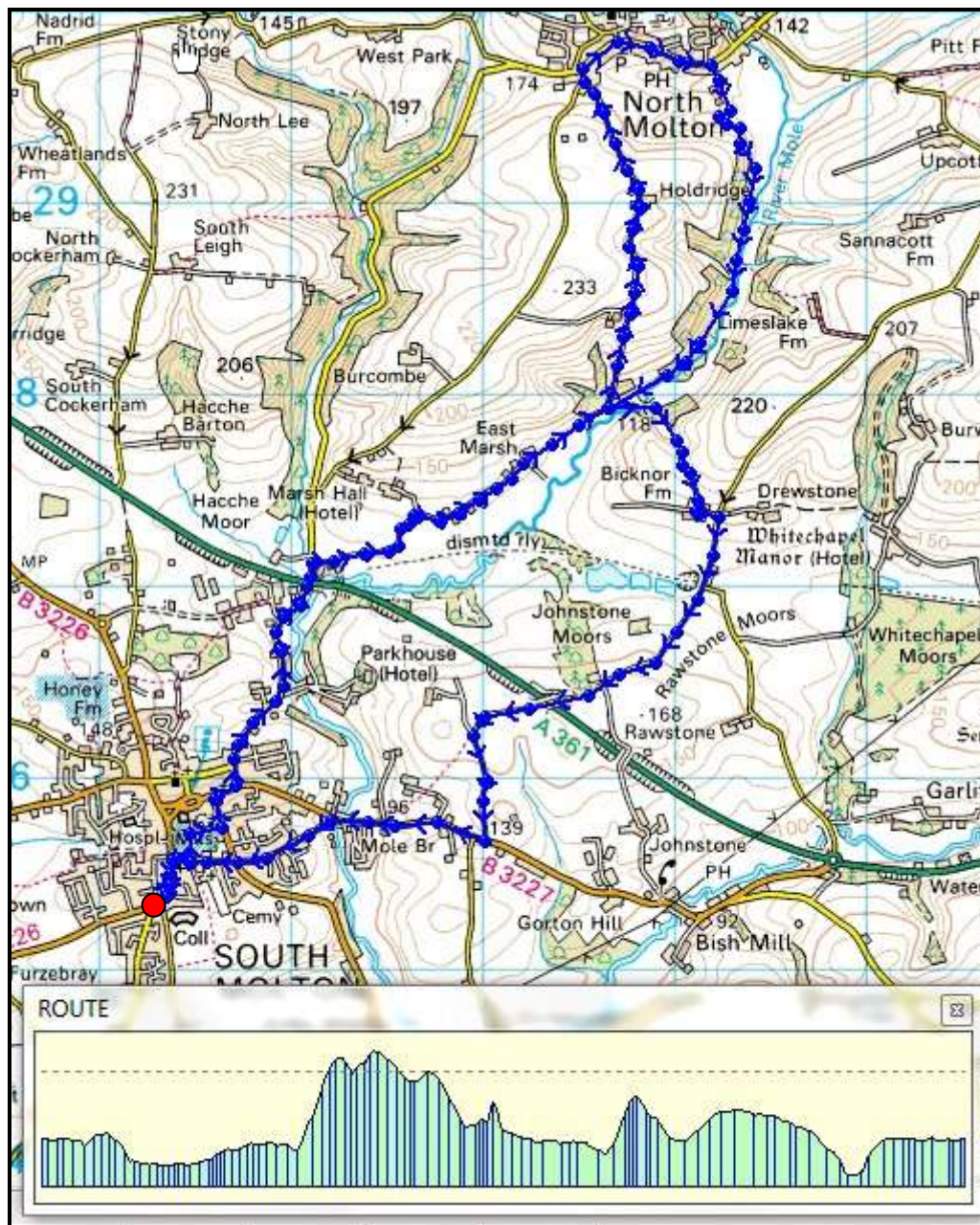


**25. Alswear Old Road - Hele - Bishop's Nympton - Mariansleigh - Alswear - Alswear Old Road (9.2 miles)**

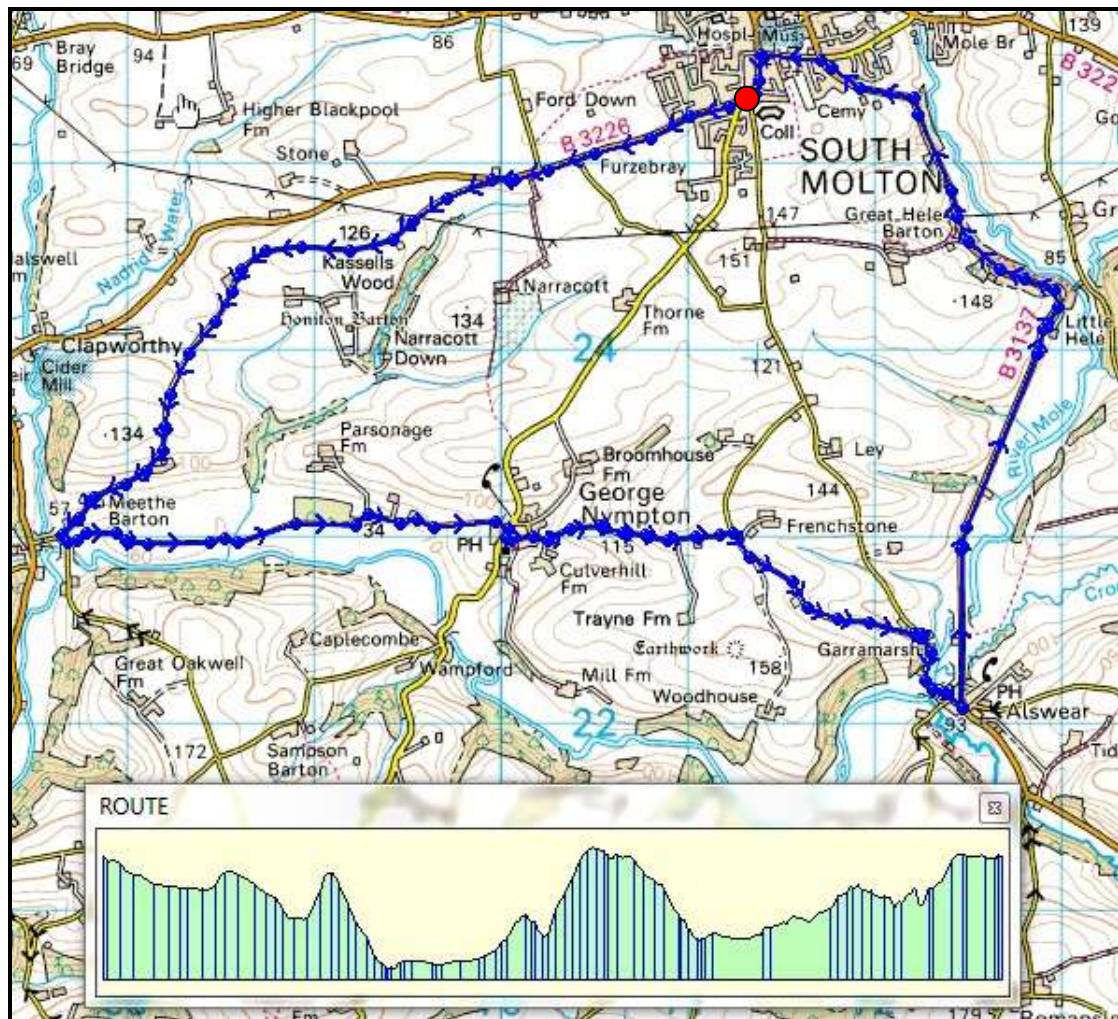




**26. Station Hill - Riverside - Holdridge - North Molton - return via footpath - Bicknor Farm – East Street (9.3 miles)**

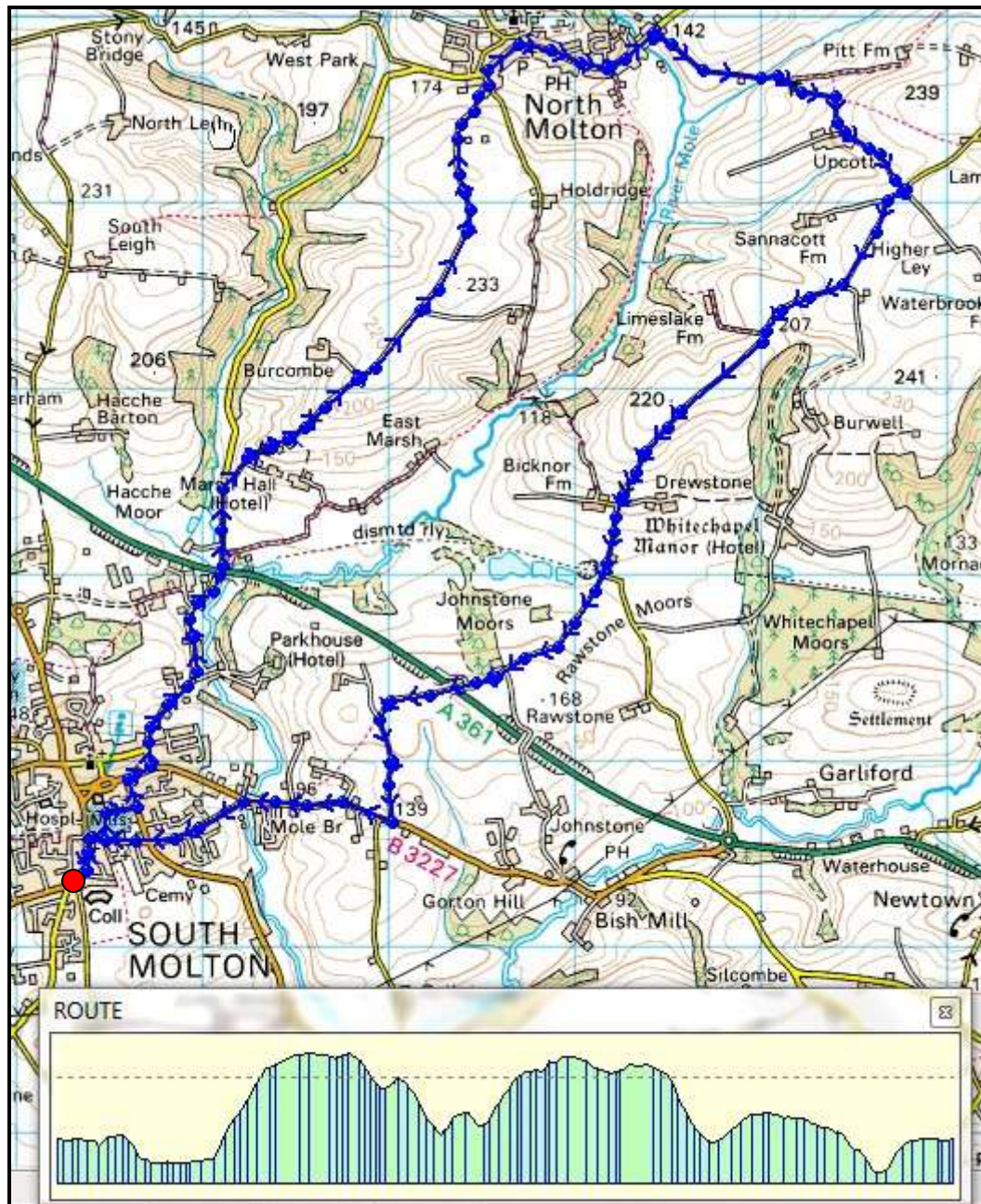


**27. Meethe - George Nympton - Alswear - Alswear New Road (9.4 miles)**



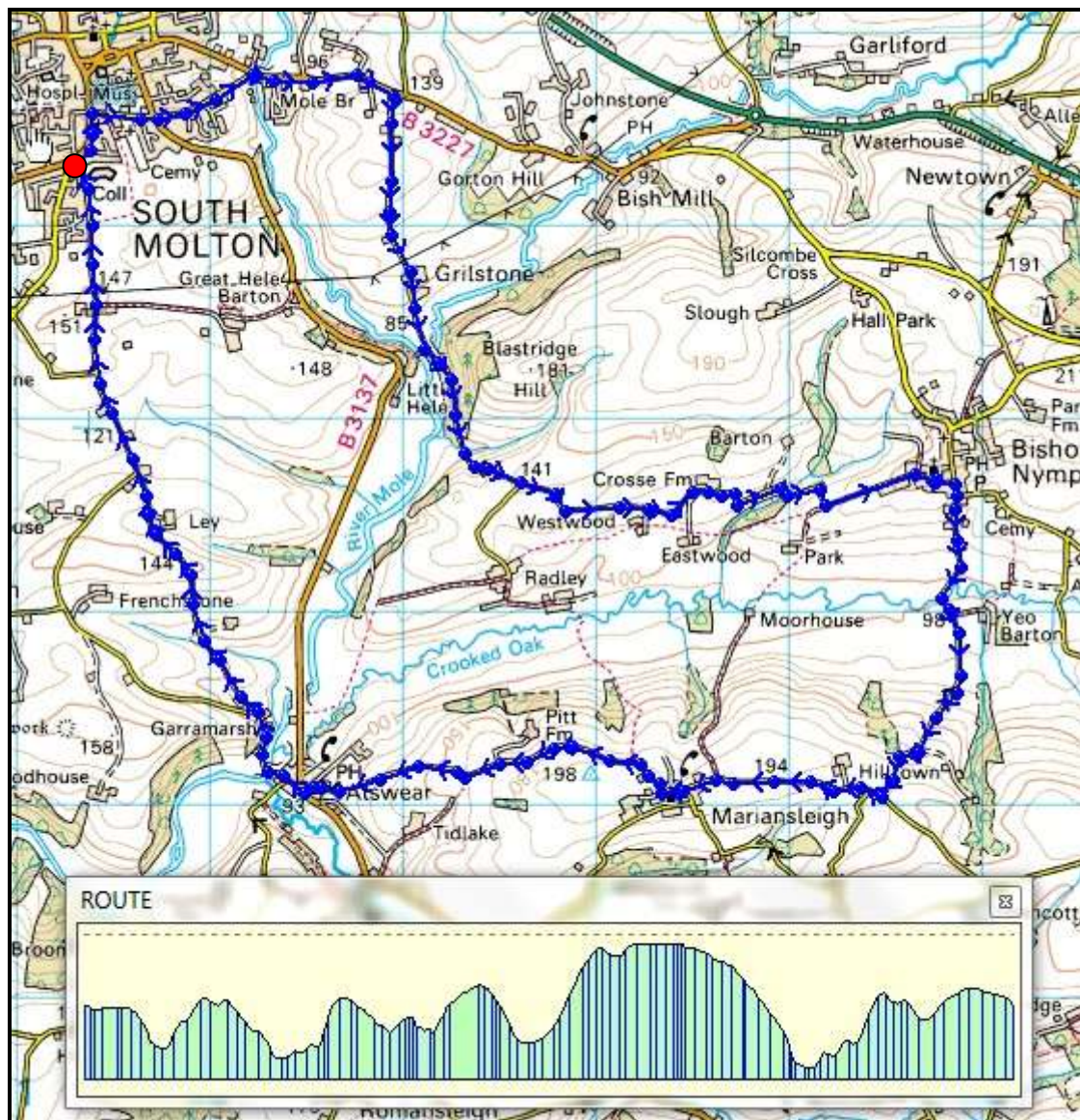


**28. Station Hill - Burcombe Hill - North Molton - Upcott - Bicknor Farm - East Street (9.4 miles)**





**29. East Street - Grilstone - Bishop's Nympton - Mariansleigh -  
Alswear - Alswear Old Road (9.9 miles)**



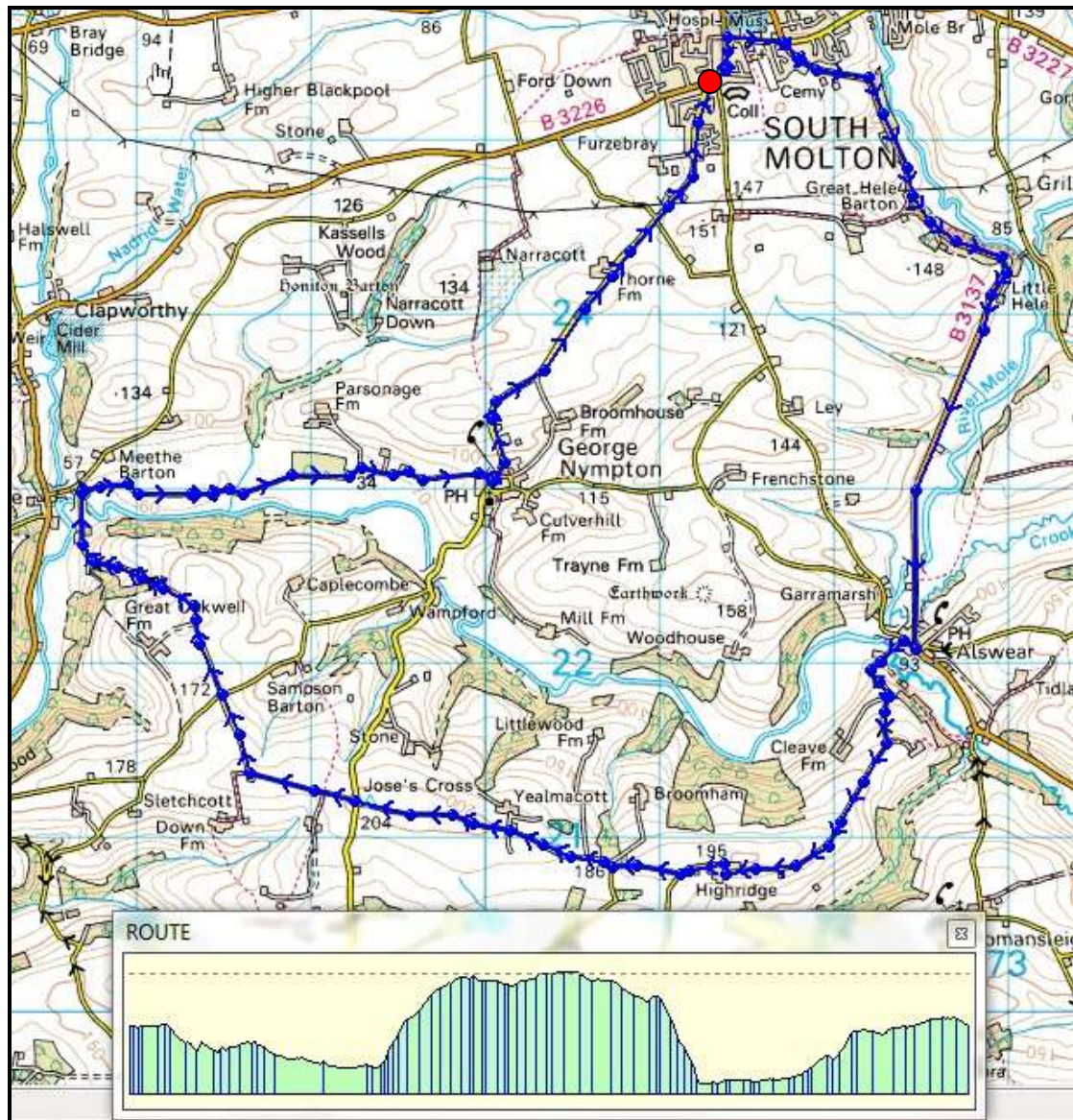


### 30. Alswear – Highridge – Jose's Cross – Meethe (10.3 miles)



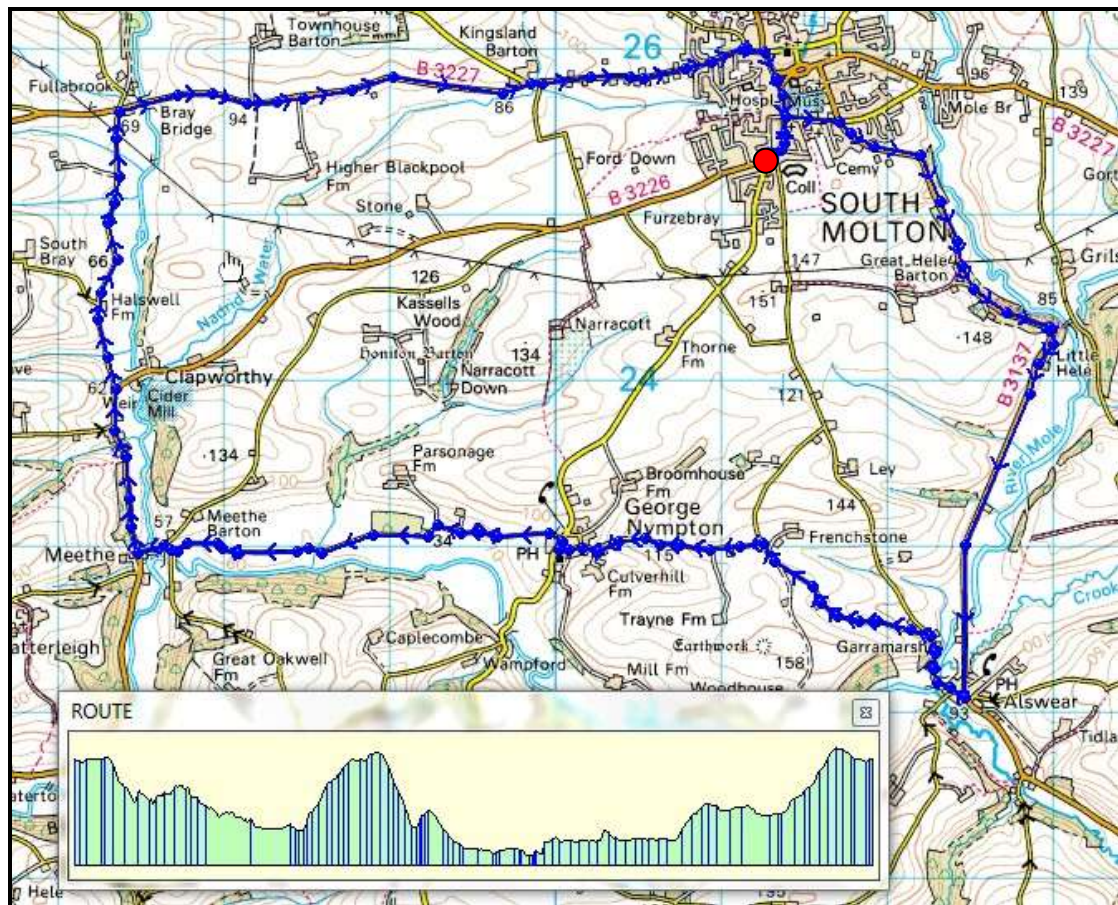


**31. Alswear - Highridge - Jose's Cross - Meethe - George Nympton  
(10.7 miles)**

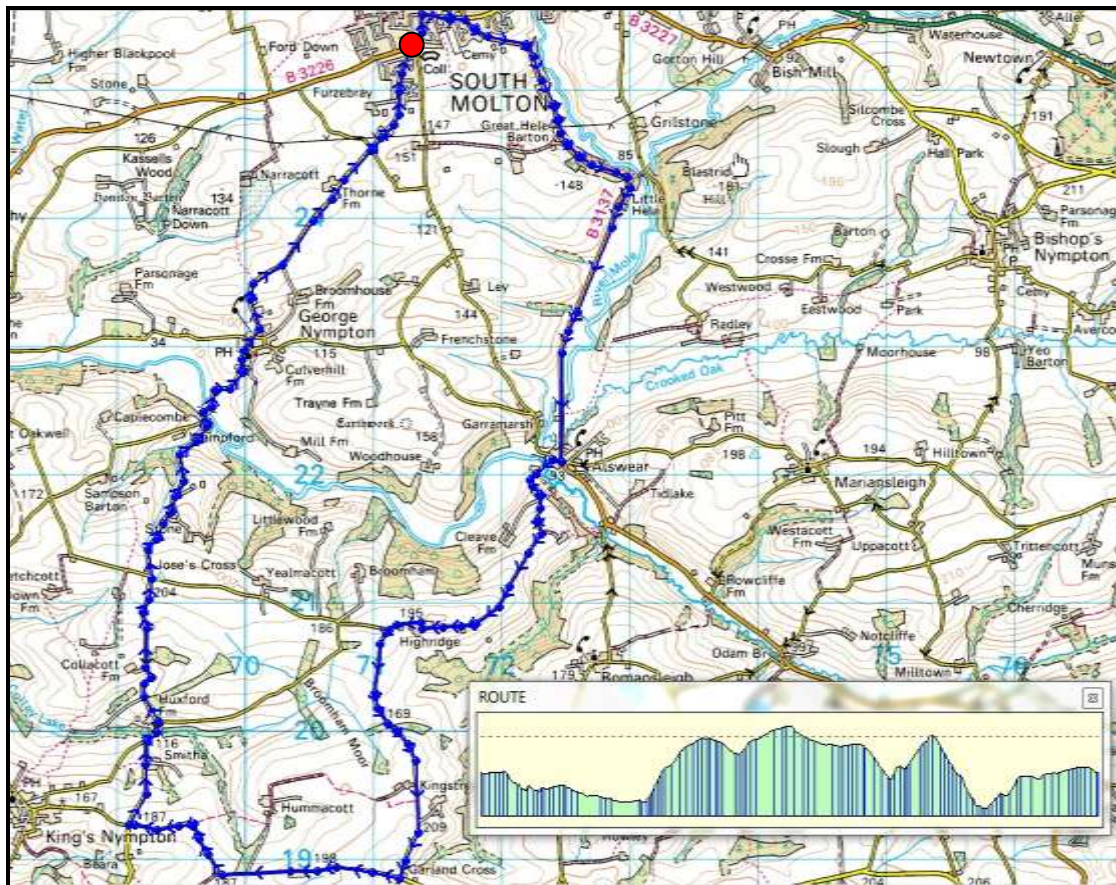




### 32. Alswear - George Nympton - Meethe - Bray Bridge (11.2 miles)



### 33. Alswear - Garland's Cross - Jose's Cross - George Nympton (11.7 miles)





### 34. The Bridge Run returns - King's Nympton - George Nympton (13.7 miles)

