

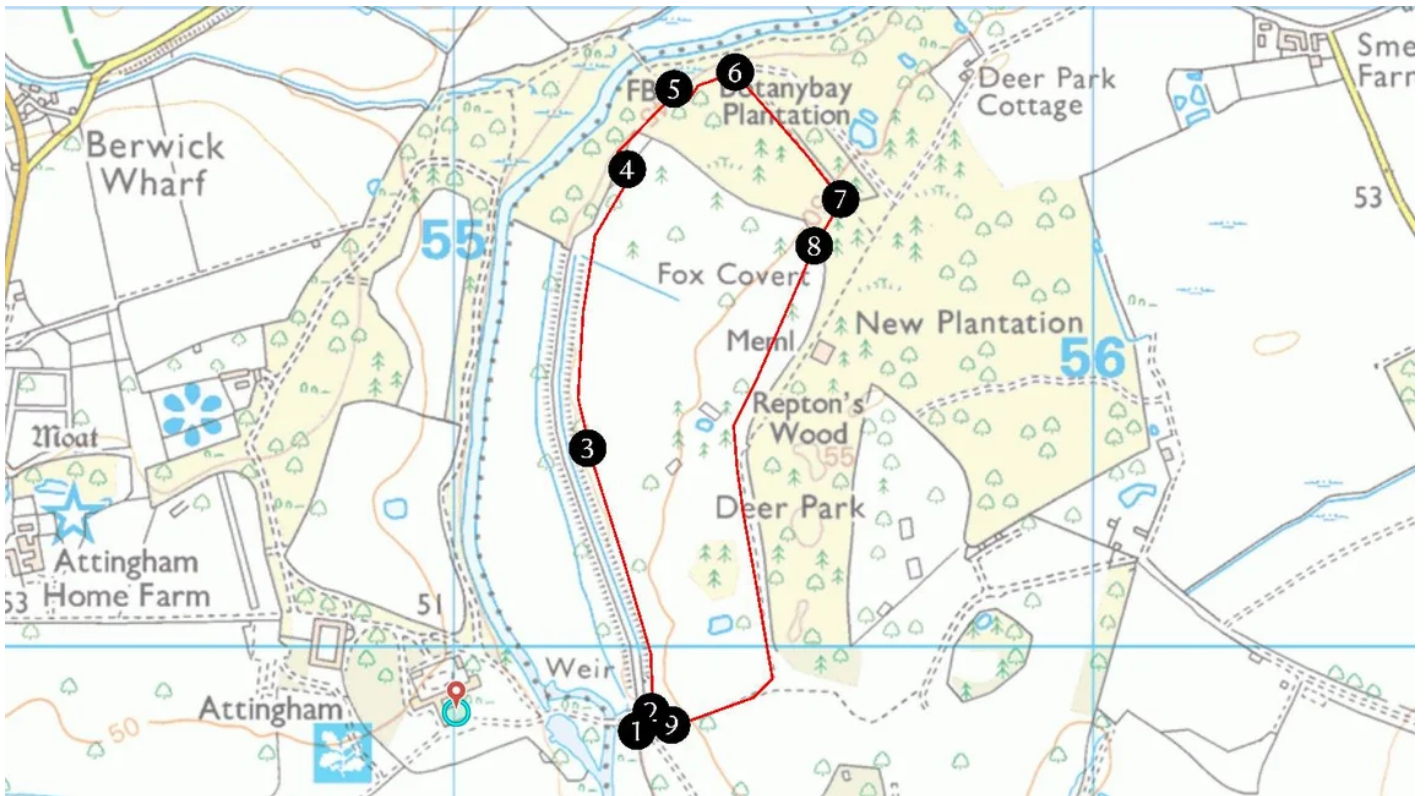
SHROPSHIRE & STAFFORDSHIRE

## Medium (2.5km) Repton Run, Attingham Park

Follow the green waymarkers on this beginner's run, which takes you on a mix of hard trails and grass paths in a circular route in Attingham's Deer Park. Starting from the Deer Park bridge, the run is 2.5 km (1.6 miles) and takes you along both open parkland and woodland trails.

### **i** Improving with every run

This is the second of three Repton Run routes designed to get you confident in running further. This route is great if you've got a few shorter runs under your belt, and are ready to add some distance.



### Information

Address: Attingham Park, Atcham, Nr Shrewsbury, Shropshire, SY4 4TP

OS map: Landranger 126

Activity: Running

Easy: Grass and hard paths, with one gentle incline and some uneven ground. For more details, please see Terrain section.

Dog friendly: Please keep your dog on a lead at all times around Attingham Park.

Full trail: Miles: 1.55 (km: 2.48)

Access: Easy

Duration: 15 mins

### Terrain

The route is mainly on grass through the Deer Park with one gentle incline. Some parts of the terrain are uneven due to the rabbits and deer living in the Deer Park and areas can get muddy in the winter.

### Total steps: 9

Start point: Attingham Deer Park bridge, grid ref: SJ552098

1. From the car park, head through the Stables Courtyard bearing right following signs to the Mansion and Deer Park Walks. Head along the path at the side of the Mansion and follow the path across the front of the Mansion and down to the Deer Park bridge, passing through the gate into the parkland.
2. Turn to your left to find the first run marker, have a final stretch and you're off. Follow the path along, keeping the fence line and the river to your left. Pass the next marker where you continue straight on, following the green and red routes.
3. Keep going with the fence and river to your left, slowly moving into more enclosed woodland and ferns.
4. Eventually you will spot a large gate, which you should pass through out of the Deer Park and into woodland.
5. Follow the path along through the woods until you find the next waymarker on a fingerpost, which points you to turn right for the green and red routes. Turn right and continue along the path.
6. You will shortly arrive at another fingerpost, which points you to turn right. Head along a long wooded path known as the Botany Bay plantation, until arriving at a carved wooden peacock.
7. Follow the green route marked on the fingerpost to turn right at the peacock, continuing along the woodland path. Along the trail, pass another marker on the left

pointing to the right to follow the green route down to and through a gate back into the Deer Park.

8. Continue along the top of the Deer Park, keeping the fence line and boundary to your left and the open parkland to your right (this area can get muddy in winter). Continue along this main path until you pass the enormous fenced Repton oak on your left, then bend round with the path to the right to head down the slope back towards the Deer Park gates.
  9. Congratulations, you've just run 2.5km! Why not cool down with a stretch, then a gentle walk around the estate or back to the Stables Courtyard for some refreshments?
- End point: Attingham Deer Park bridge, grid ref: SJ552098
-