

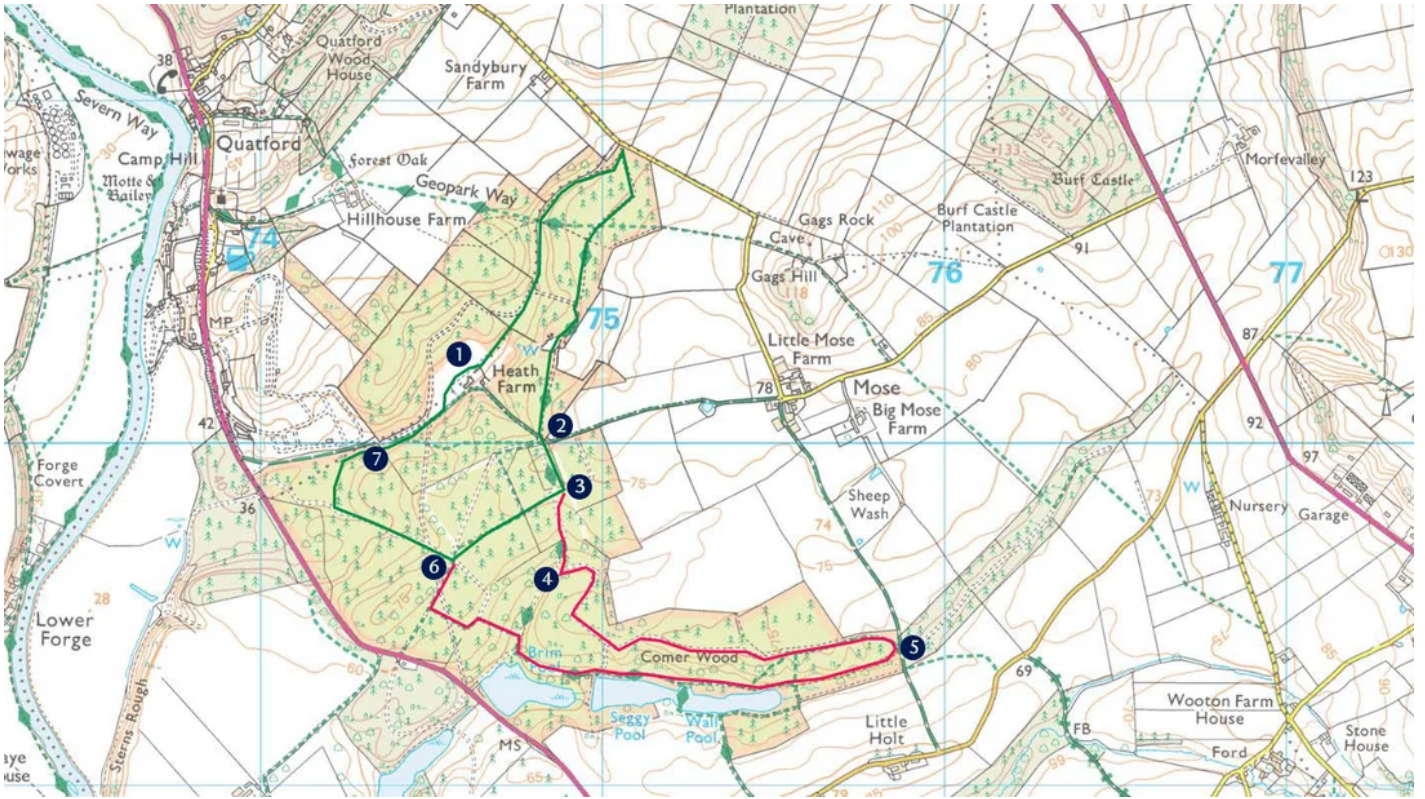
SHROPSHIRE & STAFFORDSHIRE

## Trust 10k run in Comer Woods

Pick up the pace and run deep into the heart of Dudmaston's woodland on this challenging 10km route. Follow winding paths through the trees and spot wildlife on the three pools.

### **i** Route options

Start from Comer Woods car park or by the barns in Heath Meadow. The route is made up of a 4km lap (marked in green on the map) and a 6km (green plus pink) so you can choose how far and fast you go.



## Information

---

Address: Comer Woods car park: WV15 6QJ

OS map: Explorer 218 – Wyre Forest and Kidderminster

Activity: Running

Challenging

Dog friendly: Dogs are welcome

Full trail: Miles: 6 (km: 9.6)

Duration: 1 hour

## Total steps: 7

---

Start point: Heath Meadow, Comer Woods

1. Start in Heath Meadow, with the barns on your right. Follow the path ahead into the woods. From here you'll pick up the bright pink Trust 10 waymarkers on the signposts.
2. Once you reach Fiveways (so named because there are five paths leading off from one point) take the second path, which is roughly straight ahead of you. Follow the pink Trust 10 waymarkers and signs for the Explorer trail.
3. On your first lap, follow the path to your right and continue to Step 6. On your second lap, continue down the hill ahead and bear left towards the bottom (to Step 4).
4. At the bottom of the hill, bear left up the track and then shortly right up a steep hill.
5. Go down the hill and take the path around the hairpin bend to your right, around the side of the crossbar gate. Keep the pools on your left.
6. On your first lap, take the path to your right towards the car park. On your second lap, once you've passed the last pool, bear right and then quickly left up the steep hill. At the top of the hill, follow the path to your right. You'll come to the same 'crossroads' as you did on your first lap. This time, take the path straight ahead of you towards the car park.
7. At the bottom of the hill, the path bends right towards towards the car park. Cross the car park entrance and continue to follow the path ahead back to Heath Meadow.

End point: Heath Meadow, Comer Woods

---