






Cookridge – Ireland Wood – 6.25miles

MapMyRun link: <http://www.mapmyrun.com/routes/view/530856038>

	Turn left out of Holt Park Active on Holtdale Approach	0 mi
	Turn right onto Otley Old Rd	0.21 mi
	Continue onto Cookridge Ln to the last house on the left	0.49 mi
	Through the gap in the hedge take the footpath along the back of the houses	1 mi
	At footpath end, ahead, cricket pitch on right, to emerge on Cookridge Drive	1.06 mi
	Ahead onto Moseley Wood Ave - follow (it bears left) towards Green Lane	1.4 mi
	Turn right onto Green Lane and onto Wood Hill Rd	1.6 mi
	Turn right onto Tinshill Rd	2.43 mi
	Continue onto Station Rd	2.59 mi
	At the roundabout, take the 2 nd exit onto St Margaret's Rd, continue to top	2.79 mi
	Turn left onto Lee Ln East	3.13 mi
	Turn left onto Church Ave/Long Row	3.39 mi
	At the roundabout, take the 1 st exit onto Station Rd	3.73 mi
	Cross the bridge (station on left) towards Haigh Wood Rd	3.88 mi
	Turn right onto Haigh Wood Rd	3.94 mi
	Continue onto Woodnook Drive	4.12 mi
	Turn right onto Silk Mill Drive	4.16 mi
	Turn right onto Silk Mill Way	4.51 mi
	Turn left onto Iveson Drive	4.94 mi
	Turn left onto Otley Old Rd	5.4 mi
	Before the fire station/at the lights, turn right along the footpath	5.93 mi
	Bear left just past the school, then right to the front of HPA	6.07 mi
	Destination	6.23 mi