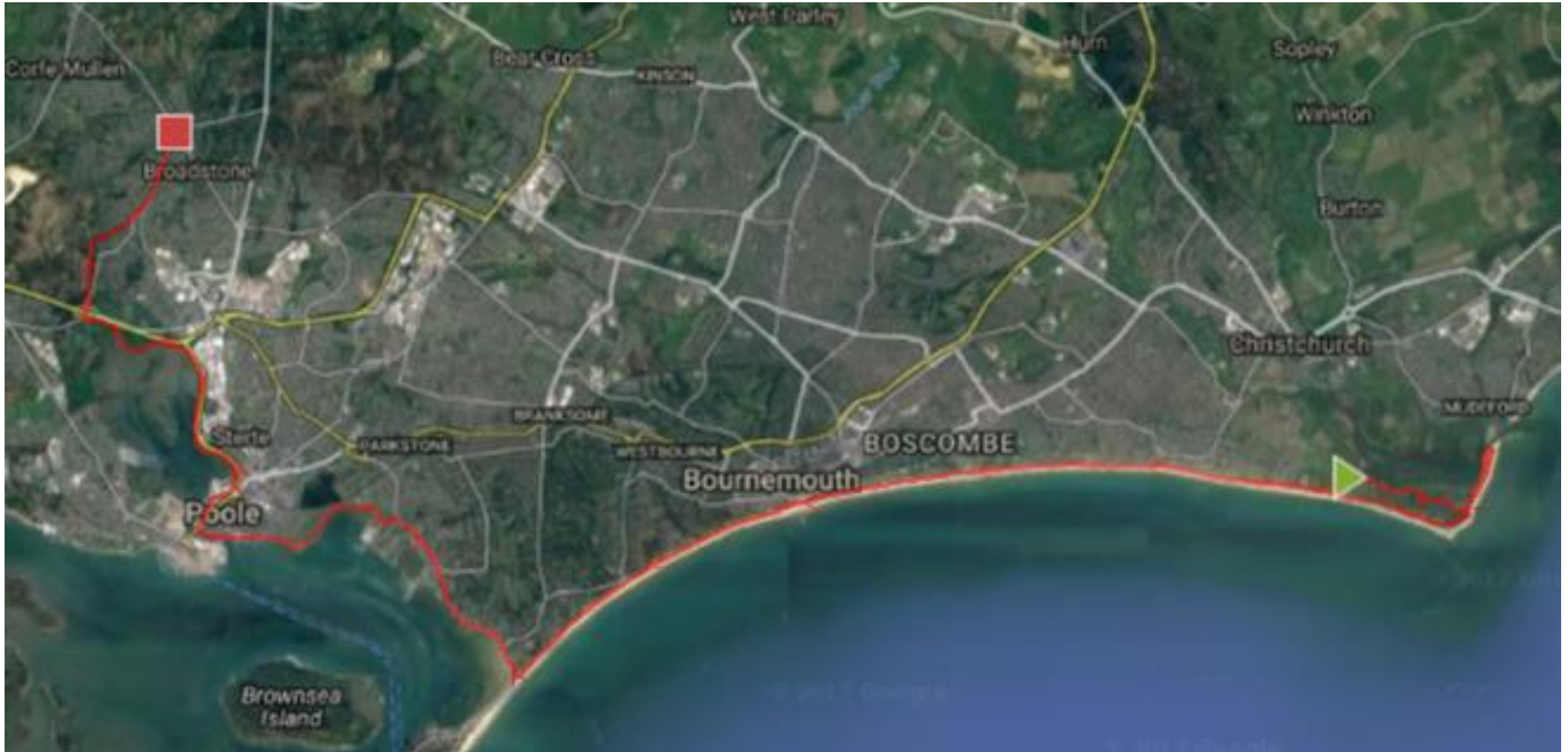


Hengistbury Head Hustle

20 Mile Route



Directions: - Leave the Hengistbury Head car park and run on the bottom Path to the end of the Spit, return over the head. Along the prom passing Boscombe & B'mouth piers. On to Shore Rd, Evening Hill left at Turks Lane and on to Baiter Path. Through Poole Quay and onto Holes Bay path into Upton Country Park. Through Upton park, leaving at the main exit, cross under road and onto the railway. Right at bridge and straight back to Broadstone on the railway.