

Twenty Mile Route

**(To shorted to 18 miles return immediately over the head
without going right out to the spit)**

- ✓ Leave Hengistbury Head coach drop of point and run along the bottom path (tarmac) to the spit.
- ✓ Return over the Head.
- ✓ Along to the start of the prom at Southbourne.
- ✓ Down to the prom.
- ✓ Along to Boscombe pier.
- ✓ Along to Bournemouth pier.
- ✓ Past Branksome Chine.
- ✓ On to end of prom at Shore Road (Drinks point)
- ✓ Up Evening Hill.
- ✓ Along Sandbanks Rd and through Lilliput.
- ✓ Turn left at Turks Lane and right into Baiter Path.
- ✓ Run Baiter path to Poole Quay.
- ✓ Through Poole Quay.
- ✓ Right past the RNLI building.
- ✓ Left past Asda and the New Premier Inn.
- ✓ Along the Holes Bay Cycle path to Upton Park.
- ✓ Through Upton Park and out via the main exit.
- ✓ Cross road with care at the roundabout (Castleman railway)
- ✓ Use the Underpass to the railway.
- ✓ Right up slope just before old railway bridge.
- ✓ Straight back to Broadstone.
- ✓ SHOWER AND COFFEE !