







### The Embankment to Eye

<p>The start is on the Athletics track with one lap of the track before heading out of the gate. Just after the gate turn right to pass in front of swimming pool complex.</p>	
<p>Just after the pool building keep left and head towards T junction and turn right..</p>	
<p>Turn right at Cycle path and follow path up the hill.</p>	
<p>At the top turn right for a nice downhill, then left at the bottom.</p>	
<p>Ok, that's the tricky bit over. Heading east alongside the river, under the flyover and just keep the water on your right, before going up the narrow bridge and through the gate on to the North Bank. Again the river should be on your right hand side.</p>	
<p>At the Green Wheel sign turn left and proceed over the bridge.</p>	

<p>At the entrance to Flag Fen car park, carry straight on.</p> <p>Beware traffic going to the visitor centre.</p>	
<p>As you exit the path, take care crossing the road and follow the sign to Eye.</p> <p>BEWARE at this junction.</p> <p>After about 1.5 miles take a left turn at Green Wheel sign onto track, following it to keep the quarry and lakes on your left.</p> <p>At the end of the track keep left on to tarmac road.</p>	 
<p>Turn right and follow signs to Eye.</p>	
<p>At the church take the path between the Old Fire Station and the church, turning left as you reach the High Street.</p> <p>All the way down the High Street turning left into Cartmel Way. You're nearly there and it's all down hill to the finish at Lindisfarne Recreation ground</p>	 
	