Running Round Glastonbury Tor

For visitors to the town who are runners there are plenty of relatively traffic-free routes to explore so get your running shoes on!

Routes

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With many miles of footpaths and droves around Glastonbury there are plenty of options when it comes to running routes and here are a selection of routes that can be followed as they are or varied to suit.

The first 4 routes range from 2.7 km to 4.4 km in length and centre around the area of Glastonbury Tor. These circular routes as described start and finish at the ancient oaks Gog and Magog but can be picked up at any point along the route or varied to suit.

If driving to the start of these routes, park at the junction

of Brindham Lane and Wick Lane <u>executive.chilled.palm</u> and head up the gravel track towards the Paddington Farm Trust. Alternatively why not park at Middlewick and enjoy breakfast or a refreshment at their wonderful cafe afterwards

suspect.inversely.showrooms

- <u>Gog And Magog -> Stonedown Hill -> Paradise Lane</u> ~ 2.7 km
- Gog And Magog -> Stonedown Hill ~ 3.1 km
- Gog And Magog -> Chalice Hill -> Round The Tor ~ 4.4 km
- Gog And Magog -> Over The Tor ~ 4.4 km

The last 3 routes have optional detours to extend your run.

 Park Farm Road -> Bride's Mound -> Willow Walk ~ 5 km ~ starting at the bottom of Benedict Street on Park Farm Road, this route takes you through some of Glastonbury's industrial heritage and on to the Glastonbury Way narrowly avoiding the A39. The route circles Bride's Mound and returns via the Willow Walk; once the trackbed for the railway line into Glastonbury. If driving to the

start of this route you can park at
wooden.increases.petulant

- Park Farm Road -> Nature Reserves ~ 0-16 km (you decide how far you want to run!) ~ out and back 'flat as a pancake' route through two national nature reserves. The route starts at the bottom of Benedict Street on Park Farm Road - run as far as you like before turning around. For those want to go the whole distance, at the end of Shapwick Heath turn right along the Shapwick Road to the Avalon Marshes Visitors Centre and the Marshes Hub Tea Stop.
- Glastonbury FC to Great Withy ~ 3.8 km + optional detour ~ run out onto the moors starting at Glastonbury FC and Isle of Avalon Caravan Park the route follows Great Withy Rhyne to the site of the ancient lake village before meandering along Great Withy Drove and back to the start. If driving to the start of this route you can park on Lowerside Lane on either side of the entrance to

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Glastonbury Rugby Club

anyway.handbags.gentle

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Events

• The Glastonbury Road Run – 10 km, 5 km and fun run ~ Sunday prior to the early May bank holiday each year ~ first held in 1981 the main event is the "Round the Tor 10K" event which takes place on traffic-free roads. The Road Runs, as they are collectively known, remain the largest road running event in the county of Somerset, and its main race is the county's largest 10K race ~ Glastonbury Road Run

- Street parkrun ~ 5 km ~ every Saturday at 9:00am ~ A free, fun, and friendly weekly 5 km community event ~ Street parkrun
- Baltonsborough Five ~ 5 miles + 1.5 mile fun run and 1.5 mile junior race ~ every August, last bank holiday Monday ~ part of the Somerset Series and part of the Baltonsborough Show which includes a children's "Rainbow Run" at 4 p.m. on the main field, during which participants will be showered with powder paint at various points along the course ~ Baltonsborough Road Races
- Baltonsborough's charity "Christmas Pudding" ~ 5 miles ~ December ~ race over the same course as the five mile road race. All profits raised go to charity, and all participants are encouraged to wear fancy dress and will receive a Christmas pudding ~ <u>Baltonsborough Road Races</u>
- The Glastonbury Levels 10k & 10 mile ~ 10 km & 10 miles
 ~ September ~ held just across the River Brue in nearby
 Street, the 10 km event is advertised as the fastest
 non-elite only 10 km race in the country. The 10 mile
 race is a two lap race that also incorporates the
 Somerset County Road Race Championships for the
 distance. Bag yourselves a PB on this pancake flat
 course! The 10 mile race is part of the Somerset Series
 ~ Somerset Series The Glastonbury Levels 10 mile
- The Conquest of Avalon ~ 30 miles & 50 miles ~ the 50 miler starts at the Ham Hill Country Park, and follows the Leland Trail to Bruton before merging with the Land's End Trail for the second part of the journey to Glastonbury. The 30 miler follows the final 30 miles of the 50 mile route from Castle Cary to Glastonbury ~ Conquest Of Avalon Albion Running

For those who fancy a challenge...

The Glastonbury 6 Hills Trail and Challenge

The Glastonbury Way ~ 12 km ~ The Glastonbury Way starts and ends at Glastonbury Information Centre and is a route around the town, and offers opportunities for people of all walks of life to either immerse in pilgrim practices or simply enjoy an interesting walk. A map detailing the route is available from the Glastonbury Information Centre ~ The Glastonbury Way - Facebook

Can you recommend any good running routes around Glastonbury?

To book holiday accommodation in the Glastonbury area visit here