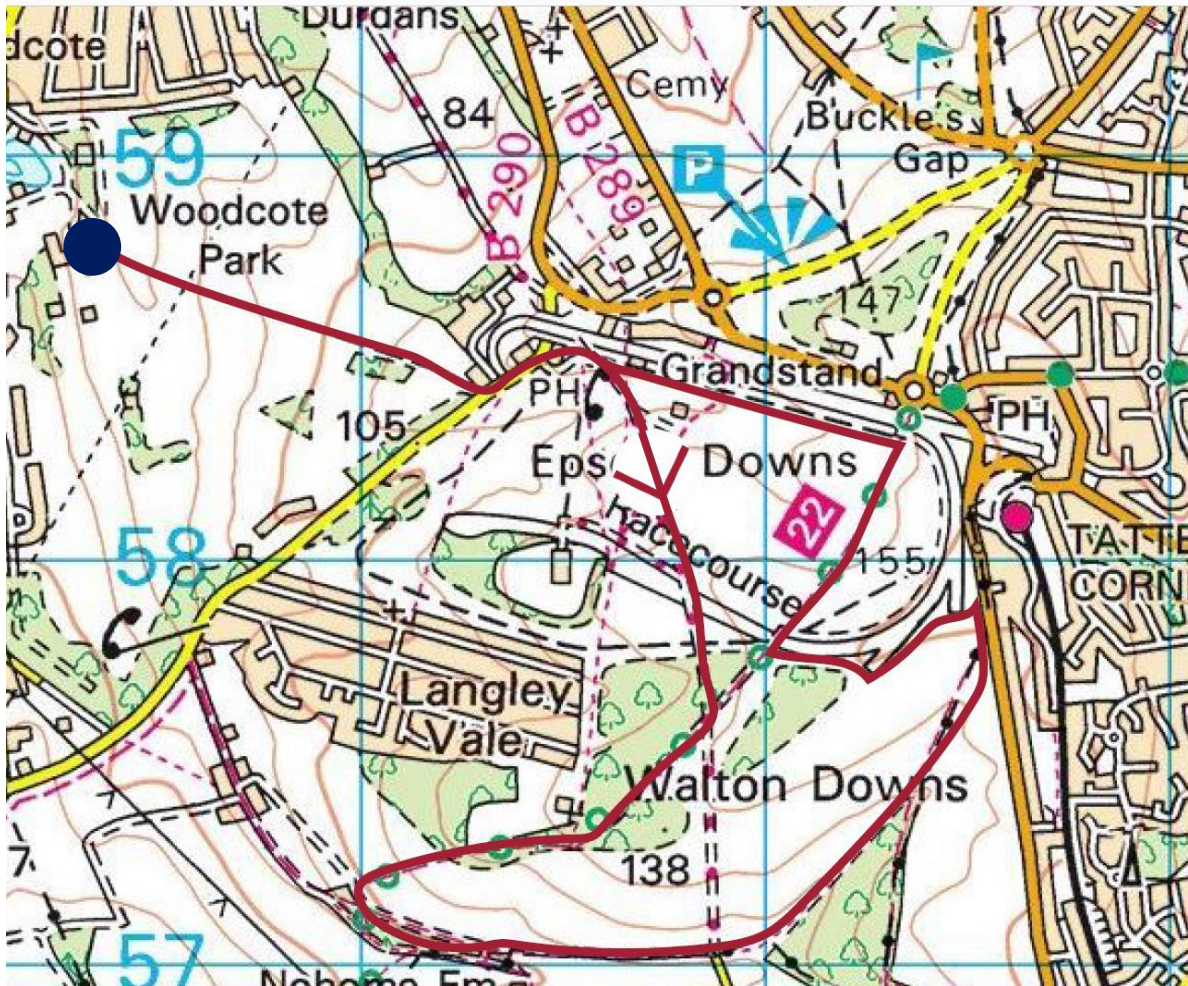


Walking and Cycling from Woodcote Park

Cycling Route 3

Off-road route on Epsom Downs

3 miles



Make sure, generally, when on the Downs that you are aware of horse riders, both professional and amateur, and look out for the signs warning of the horse gallops and training tracks.

- Start at the foot of Captains Drive. Continue to top of the Drive to the pedestrian exit gate.
- Go through the gate and turn left, across Langley Vale Road (onto the pavement is safest if there are no pedestrians).
- Go approximately 200m towards the grandstand.
- Turn right onto the small road (just before the underpass) which leads round to the Rubbing House pub. Start the circular route anticlockwise, which means you will be going down the steepest hill rather than up it!

- Facing the grandstand, take the track to the right. Go past the barrier at the top then down through the dip and up to the other side.
- Continuing on the track, cross over the racecourse at the crossing point.
- Continue on the path to the woods. You will cross a sand training track just before reaching the woods. Look to the right and make sure there are no horses around.
- Continue straight through the woods, following the path.
- At the end of the track you will reach an open grass area, with the main track running along the edge. Turn right onto this track.
- Follow the track gently downwards and through the woods.
- At the next junction, keep to the left, towards the open gallops.
- Follow the track round to the right, keeping just inside the woods that fringe the gallops and you will see the track continuing straight on and down.
- Carry on down the track, being careful as it gradually gets steeper. The track comes out of the woods and you will be at the edge of the open gallops.
- At the bottom of the hill, follow the track straight on and into the woods, bearing to the left. This can get very muddy. This short stretch will bring you out onto a larger track: turn left onto it.
- Follow the main track a short distance until you reach a track on your left, take this, heading back onto the gallops.
- This track then continues at the edge of the gallops, curving round and heading up hill eventually, almost at Tattenham Corner.
- At the top, shortly before reaching the racecourse, follow the track round to the left. This then winds around and you will find yourself riding with the racecourse to your right.
- Continue until you reach a large crossing point (not the small gated path which you may see earlier).
- Turn right over the racecourse and follow the track straight on across the Downs, heading down.
- At the bottom, just before you reach the racecourse again, take the track to the left, which will lead across in front of the grandstands.
- Stay on this track, past the grandstands, until you are back at the beginning of the Downs loop, opposite the Rubbing House pub.

Racehorses are exercised on Epsom Downs until noon (9.30am on Sundays) so please watch out for them and take care, particularly while crossing the racecourse.