

Thursday - [C Embsay/Eastby

Embsay/Eastby (Group C: 5.16 miles, Group B: 6.55 miles, Group A: 8.25 miles)

View the Route Maps:

Long 'Last Light' (Group A): <http://www.mapmyrun.com/routes/view/158507223> [GPX File]

Medium 'The Loop' (Group B): <http://www.mapmyrun.com/routes/view/158507921> [GPX File]

Short 'The Cavendish' (Group C): <http://www.mapmyrun.com/routes/view/158508561> [GPX File]

Shorter 'Top of the Bailey' (Group C): <http://www.mapmyrun.com/routes/view/158508995> [GPX File]

Or... Download the whole Route Set [[ZIP File](#)]

NOTE Please be careful when running as the combination of rain on top of ice has made it very slippery underfoot especially the canal bank which was treacherous on Sunday.