

MENDIPS - CROOK PEAK

Distance: 6.5 miles (10km)

Start/finish: Car park south of Compton Bishop

Terrain: Field, path

Toughness: Moderate

Ascent: 310 metres

Navigation: Easy to moderate

Good for: Ascents, woodland

Route info: wildrunning.net/20

Running on the Mendips is a wonderful experience: the short-cropped, springy grasses form clear ridge-top paths, with valleys either side carpeted in flowers in spring and early summer. From the carpark on the main road W from Compton Bishop, cross the road, through fields and scrubland down to the village. Follow quiet lanes past the village church. Take track to base of Wavering Down, then through fields to village of Cross, turning L after a short road section to run through woodland at King ' s Wood. The route then ascends to the trig point at the top of Wavering Down and continues straight over Compton Hill and on to Crook Peak. A fantastic long descent, through limestone outcrops, brings you back to the start.

Miles	Km	Directions
0.0	0.0	From car park head south east following road
0.4	0.6	Turn left , leaving road and following footpath north west through woodland, trending right to reach Compton Bishop
0.7	1.1	Turn left to pass church then track (signposted footpath) heading north towards Wavering Down
0.9	1.5	Make a sharp right on track and follow footpath south east across fields to village of Cross
2.2	3.6	At Cross turn left onto road and head east
2.5	4.0	Take foot path left and head north along edge of King ' s Wood
3.5	5.6	Reach road and turn left , joining the West Mendip Way and following this west to ascend to trig point at the top of Wavering Down (211m)
4.3	7.0	From trig point continue west along ridge, over Compton Hill and onto Crook Peak
5.7	9.2	From summit of Crook Peak turn left and follow path down ridge south east , passing Compton Bishop and rejoining outward route