

166. Chatelherault

Distance **5 miles/8km**

Ascent **310 metres**

Start/Finish **Chatelherault Country Park, ML3 7UE**

This run takes in a clockwise loop of the country park, running down the eastern side of the valley and back up the west.

Start by turning L at the top of the car park and following the trail south between the country park and the golf club. Continue on this path around the edge of the woodland to Fairholm Bridge which crosses Avon Water at the south-eastern tip of the park (1.9 miles/3.1km). Cross it and join the path trending R and uphill to join the Avon Walkway trail along the western edge of the woodland. Continue on the path to the old earthworks and the Cadzow Oaks at NS 734534 (4.3 miles/7km). Follow the path north, trending R, and then fork R downhill and cross the bridge, and turn R at the top of this path to return to the start.

Miles	Km	Directions
0.0	0.0	Turn left at the top of the car park and following the trail south between the country park and the golf club. Continue on this path around the edge of the woodland to Fairholm Bridge.
1.9	3.1	Cross it and join the path trending right and uphill to join the Avon Walkway trail along the western edge of the woodland. Continue on the path to the old earthworks and the Cadzow Oaks at NS 734534.
4.3	7	Follow the path north, trending right, and then bear right downhill and cross the bridge.
4.7	7.5	Turn right at the top of this path to return to the start.