

#### 45. Harty

**Distance**      **6.5 miles/10km**

**Ascent**        **29 metres**

**Start/finish**    **Leysdown Coastal Park, ME12 4RJ**

Follow the beachside path south-east past to Shell Ness. Turn R here to follow the Swale estuary inland along the edge of the marsh to reach a track near Sayes Court at 3.5miles/5.6km. Turn R and follow this track north to Elliotts Farm where you turn R and follow a path north-east across marsh and farmland back to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Follow the beachside path south-east past to Shell Ness.
1.1	1.8	Turn right and follow the Swale estuary inland along the edge of the marsh to reach a track near Sayes Court.
3.5	5.6	Turn R and follow this track north to Elliotts Farm.
4	6.4	Turn right and follow a path north-east across marsh and farmland back to the start.