LE CERCLE DU BRAMHAM Starts Sat 6th Feb runs all month.

Send your results to wrac.virtualraceleague@gmail.com

This 6.4 mile run around the magnificent Bramham Park Estate follows a public footpath, and a new section of permissive path back to Bramham.	
Starting at the Red Lion in the Village Square, run southwards on Bowcliffe Road, cross over Paradise Way and take the path opposite, alongside the A1(M). You will eventually emerge at the bridge over the motorway. Turn right, towards Bowcliffe Hall, and just before the car park entrance, follow the road down the hill to enter the Park at the white kissing gate.	

Proceed straight ahead along a long access road down the hill until you reach a fork, and take the left fork towards Wellhill Farm and the Woodyard. As you near the top of the hill, turn right, following the public footpath sign, and follow the path on through the copse until you emerge on to a surfaced estate track.	

As we continue on this wide track, Bramham House comes into view on your right. Continue through the kissing gates into the Park itself. Shortly you will come to a T-junction in the path. Turn left, towards the woodland of Black Fen, you will see the Rotunda and that is your marker. Keep running towards the restored (Rotunda); Round House, surrounded by a wall and ditch that keeps livestock away from the building without spoiling the view with a fence. There's a wonderful vista back towards the formal gardens, between an avenue of trees, as you reach the Round House, you will see the Obelisk. As you turn right down into the valley, and start to climb towards the stand of huge beech trees on the horizon in front of you. Turn hard left after the beech trees, following the public footpath sign, and go down into the woods.



As you enter the wooded area you will see some young Christmas trees on your right as we head down a dip and up the other side. After around qtr mile we go through another kissing gate onto a track running left and right. You will see in front of you on the other side of the track a stile DO NOT FOLLOW THE STILE or you'll end up in Thorner. Instead Turn right and follow the new wider path keeping the woodland on your right.	
As the main track turns right, back into the Estate, carry straight on along a narrower path, and join Mangrill Lane. Turn right and head on keeping the woodland on your right and open fields to the west, on your left.	

Carry on right to the end of the lane, and where it joins the Thorner Road, turn right and follow the road for 5-10 meters only (DO NOT RUN ALONG THE ROAD) a very short distance after exiting the park we re-enter through a Stile in the hedge, we are now following Thorner Lane but via field that runs parallel. Keep close to the hedge, and as the ground rises towards the woodland in front of you, you will see another kissing gate on your left.	
Go through, cross the road (DO NOT RUN DOWN THE ROAD) instead turn left and you'll see another kissing gate on the other side of the road, head along the hedge just in front of you, down the slope towards the woods.	

Go through the small gap in the hedge in front of you, turn right along the path, and enter a mix of beech, on the slopes, and wet carr woodland in the valley below. The stream that flows through Bramham, Carr Beck, flows along the valley floor, into a man-made lake. The path leads up a long slope towards the Thorner Road.	
At the top, by the road, turn left down a steep, rather rough path towards the dam that holds the lake in check. Cross the dam and go up the steep path to the top crossing the stream via the ford IF THE WATER LEVEL IS HIGH YOU MAY NEED TO GET YOUR FEET WET, follow the path up the hill and bear right where there is a junction with the bridleway towards Thorner.	

Turn hard right and head down the path towards a kissing gate. Go through the kissing gate, across the site of the abandoned village of Wothersome. Go up the slope ahead and bear right towards another kissing gate situated near the road side of the field. Go through, and turn right along the field edge, up the hill towards the cottages. At the corner, where there is a road junction, leave the field by the kissing gate, cross the road and spot the stile/gate into the woods opposite.	
Go through the woodland (this is an old Roman Road) and head towards the open field ahead of you. As you emerge, turn left, keeping the woodland margin on your left, and head back towards Bramham past the North Lodge, and heading in a straight line.	

Go through the kissing gates, and keep on the path towards the village, which soon comes into view across the A1(M). At the corner of the field, find the kissing gate and head across the bridge back into Bramham another sign shows the public footpath, follow this path right down a slope with an iron bannister. This path leads us back to the village square and the Red Lion. STOP YOUR GARMIN, post your time to Simon and relax. Thanks to Martin Batt for big slices of this guide	