BOSTON RAMBLER RACE 3 SPRING SERIES

This route winds its way through the fields and trails around Boston Spa. Taking in the river heading towards Tadcaster, skirting Bramham and Clifford before re-joining the river path again to finish under the Bridge.

Park your car in the Public Car-park off the High Street otherwise any safe space near enough to the main shops.



Starting at the Stew & Oyster Pub (Start your watch Now!) on the High Street head down Bridge Road and follow the path to the right before you cross the bridge, past the house that is being built that leads to the river. At the river turn right so that you are running away from Boston Spa signposts will say Ebor Way to Newton Kyme. Stay on this path past the old Spa Villas and after a short distance 100 mtrs turn right following the Newton Kyme sign back towards the High Street, this path eventually widens and becomes Wharfeside.



When you reach the High Street turn left towards Tadcaster. Looking out for traffic, cross the road so that you are running on the right. Carry on along the main footpath until you reach the Farm with a Metal Farm Gate. You can see the Public Footpath sign. Open the farm gate using the string to release the gate it shouldn't be difficult to untie. Close the gate and proceed directly through the farmyard with the cow shed on your right. Through another gate and follow the wide path over a small stream. As you cross the small bridge you will see a hedge in front of you. Bear to the right of the hedge up a slight slope. Run through this field straight with the hedge of trees to your left. When you get to the stile go over the stile and keep travelling straight ahead.





Keep on this straight bearing through a small woodland and then back out onto another field until eventually you reach a Stile. Over this Stile and you find yourself on Bar Lane.



Turn Left heading along Bar Lane for a very short distance 20 meters or so and you will see another Public Footpath sign on the opposite side of the road your left. Take a left onto the path that climbs up a small banking over a Stile.	
Proceed on this path with the fence on your left after 100 meters the path bears a 90 degree left turn followed by an even sharper right turn. Turn Left at the next junction in the path and we now follow the path heading in a straight line we then reach a junction called Heygate Lane where we turn Right heading South.	

After around 3 fields length approximately 150 meters there is a gap in the Hedge. We take the path turning Right following a Westerly heading. Proceed on this path until we arrive on Windmill Road.
DO NOT MISS THIS GAP IN THE HEDGE *or you will reach Windmill Road much further down.*



At Windmill road turn Left heading towards Bramham. Pass a house on the right and then proceed for another 20 meters or so before following the trail/path on the right. Cross Carr Beck and follow the trail as the path bears to the left keeping Carr Beck on your left.



We keep on this trail until we reach Clifford Road at the point where it starts being Bramham Road. As we approach Bramham Primary crossing the road you will notice the path that runs to its left, follow this trail.	
After a short distance the path starts to bear right heading towards the main A1 road. As we reach the edge of the land before the motorway the bridlepath takes a Right turn towards Wetherby. As we reach a hill where the Bridleway splits turn Right heading towards Boston Spa which is signposted.	

The wide trail now bears a dogleft through the horses fields. Keep a straight bearing as the path straightens and we emerge on Rhodes Lane. Here we turn Right and proceed along Rhodes Lane a short distance picking up the trail again as it runs parallel to Rhodes Lane. We then reach a point where the path turns Left crossing Rhodes Lane heading towards Clifford Moor Road which is to the right of the field. You will see the houses on the right, that is your bearing.	
As we reach Clifford Moor Road turn Left and follow this road all the way into Boston Spa Village. When Clifford Moor Road reaches the High Street cross over the hight street road and run along Leys Lane heading towards the river.	

After around ¼ mile Leys Lane joins Deepdale Lane turning right and here we will see a path on our left heading up and towards the river. Follow this path as it bears right keeping the river on our left and following the high path towards Boston Spa Bridge. Eventually the path heads down towards the Wharfe. Keep running past the Wharfe with the river on your Left.	
The finish line is underneath the arch of Boston Spa bridge. Stop your watch and send your finish time to wrac.virtualraceleague@gmail.com Thanks to Chris Martin with the route it can be walked just as enjoyably as it can be run. I hope that you enjoy it and look forward to the Summer Race Series Starting in May – July.	