



Forestry England



Running routes

Take a photo of this map or buy a pocket guide from the info pod



Key

- Car parking
- Toilets
- Information point
- Bike hire
- Play area
- Refreshments
- Picnic area
- Segway hire
- Viewpoint
- Historical building
- Dog waste bin
- Defibrillator
- Wildlife hide
- Tramper hire
- Public right of way
- Location markers
- Trail start



Emergency info

Name of key location:
Haldon Forest Park, Bullers Hill, Kennford, Devon, EX6 7XR

Nearest A&E hospital facilities:
Royal Devon & Exeter, Wonford, Exeter. (approx. 5 miles).
T: 01392 411611.

Numbered trail markers can be used to direct the emergency services to your location.

In case of an emergency call 999.

Inform Forestry England, 0300 067 5826.

The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.

Safety & equipment

- You'll need water, footwear and kit to suit the conditions.
- Always carry a phone for emergencies and let someone know where you are going. If you get into difficulty, note the nearest waymarker post number before seeking help.
- Be prepared for a mixture of surfaces including forest roads, gravel, grass and mud.
- Haldon Forest Park has multi-use trails, please be aware that you may come across walkers, dogs, mountain bikes, horses or vehicles at any time.
- Please be aware of your own fitness level and any health conditions you may have before choosing the route that best suits your ability. You may want to check with your doctor before starting a new exercise programme.

Which route will you choose?

For all running routes follow the relevant coloured waymarker plaques. **These are multi-use trails, please be aware of other forest users.**



3km Running Route ●●●

For 1km and 2km run turn around at the sign-posted points

This 3km route begins to get the lungs working. There are turn-around points for you to achieve 1km or 2km before going on to complete the full 3km route. It's a great way to build up your distance. Half way round there is a steep incline and you'll be rewarded by Haldon's famous viewpoint.

5km Challenge Running Route ●●●

This 5km route is great for building your fitness up. It has some inclines including a couple of short, steep hills. The route will take you past Haldon's breath-taking viewpoint.

5km Challenge+ Running Route ●●●

This 5km route is challenging. There are steep gradients, up and down, and some steps. Running over gravel and grass you can spot many species of wildlife.

When running in Haldon Forest Park...

You'll experience clean outdoor air to keep your body and brain happy, and a traffic-free environment with stunning and varied scenery.

forestryengland.uk



Forestry England forests and woodlands have been certified in accordance with the UK Woodland Assurance Standard (UKWAS)



