
















Post No	Directions for Addington Hills Green route once left Lloyd Park Approx. distance for full route 8K/5 Miles
20	 Bear right – After leaving park bear right and up road to Oaks Road. WARNING – You will need to across Oaks Road to continue on route through Addington Hills please take care when crossing the road
21	 Bear right – once across road bear slight right and follow path upwards through the woods keeping to the path as it winds itself along to post 22
22	 Turn Left – and follow the path
23	 Bear left – keep to the middle path through the woods until you come to a small clearing where the route crosses the London Loop LD path. WARNING beware of tree root hazards. Head for post 24
24	 Straight on – follow path past post 24, the path will bend a few times then go down and back up a hill through the woods before eventually coming out at post 25
25	 Turn right – head up the hill to the top to post 25
26	 Turn Left - follow path as it bends slightly to the right and head for post 27
27	 Turn right – then stay on path that will eventually bend to the right to bring you to post 28 that is actually the same post as post 26 but just the other side.
28	 Turn Left - You will on the same path as after post 26 but going in the opposite heading for the Chinese restaurant
29	 Straight on – post 29 is shared with the London Loop signpost. Carry straight on with restaurant to your left, follow path back into woods
30	 Turn right – after post 30 follow path down and back up out of small dip
31	 Turn right – For Addington Hills Green route. For Croham Hurst Red route  Straight on. Continue down and back up steep hill once at the top bear slightly right keeping on path with Tram to your left. Carry on down steep hill to post 33. WARNING watch out for loose gravel and tree routes
32	 Straight on – carry on down the hill on bath with tram still on left.
33	 Straight on – At the bottom of the hill you will have returned to Oaks road and will be exiting Addington Hills WARNING cross Oaks Road with care then continue down Oaks Lane with Thatched Cottage on right hand side. Follow road around until it passes Sports Club on right, road will end then become a path, carry along path until you are returned to post 20. Turn left here to re-join Lloyd Park Yellow route

Link to map of the route - <http://www.gmap-pedometer.com?r=7072568>