















Post No	Directions for the Lloyd Park Yellow Loop. Approx. distance 4k/2.5 miles Also for Addington Hills Green and Croham Hurst Red routes.
1	 Straight - Enter the park from the car park or café and turn right. Post No 1 is located on corner of building. With the tramline on your right head across the field to Post No 2 near to the large Oak Tree
2	 Straight – Follow path away from playing fields with tram still on your right until you reach post 3
3	 Bear left – follow the path around to the left. Trams will now be behind you
4	 Bear left – after post 4 keep to the path that bears left
5	 Turn right – go through the large gap in the tree/hedge line and take the path that runs right diagonally across the field towards post 6
6	 Turn Left – Before you get to post 6 turn sharp left and follow the path towards post 7 that will be your right
7	 Turn right – after the post turn sharp right and carry on up the steep hill. (These path can get very muddy and slippery in wet weather so take care!)
8	 Straight on – head up to the top of the hill and then follow the path through the gap in the tress with post 8 on your left
9	 Turn right – follow the path down and up then turn right by post 9 going through the trees/hedges to post 10
10	 Bear right – follow path down and into small woods keeping railings on your right, path will narrow and bear around to your left once out of the woods head across to post 11
11	 Turn Left  Bear right  Bear right – For the Lloyd Park Yellow Loop turn left and follow path up through trees. For green and red routes turn right and go out of the park up the road towards Oak Road
12	 Bear right – At the top of the small hill bear right by post 12 keeping golf course on right
13	 Straight on – follow path around to post 13 and carry on down the path with golf course still on right
14	 Turn right – follow path on semi-circle route until post 14 then turn right
15	 Straight on – follow path across top of open field with house on the right, go up small hill to post 15 then carry on through gap in the tree line
16	 Bear left – follow and enjoy path going downhill to post 16 and keep to the left hand path through the gap
17	 Turn right – once through the gap and back on to the playing fields turn right and follow path, keep park on your left and head for small bunch of trees on the path ahead of you
18	 Bear left – head down the path through the trees to post 18 and then bear left towards the car park keeping rails of the bowling green on your right and head for post 19
19	 Finished! Go around for another lap if you like!

Link to map of the route - <http://www.gmap-pedometer.com?r=7072562>