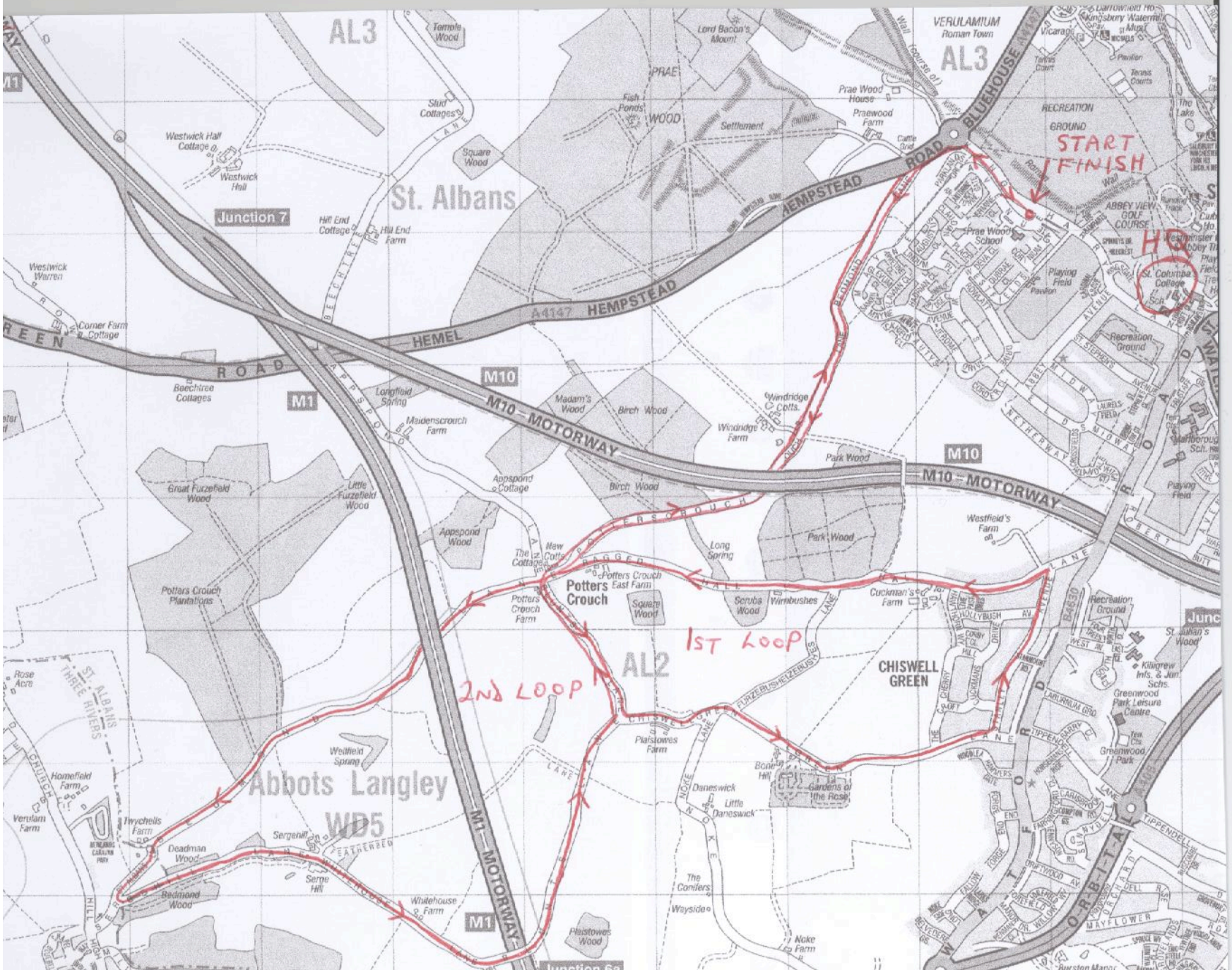
START
FINISH
1ST LOOP
2ND LOOP
HP
St. Albans
Abbots Langley
Potters Crouch
CHISWELL GREEN
Junction 7
M10 – MOTORWAY
M1 – MOTORWAY
HEMPSTEAD ROAD
BLUEHOUSE
VERULAMIUM
Roman Town
AL3
AL2
WD5
RECREATION GROUND
ABBEY VIEW GOLF COURSE
Prae Wood School
Playing Field
Recreation Ground
Park Wood
Birch Wood
Madam's Wood
Windridge Farm
Westfield's Farm
Cuckman's Farm
Scrubs Wood
Wimbushes
Long Spring
Square Wood
Appspond Wood
Great Furzefield Wood
Little Furzefield Wood
Potters Crouch Plantations
Plaistowes Farm
Plaistowes Wood
Daneswick
Little Daneswick
Bone Hill
Gardens of the Rose
The Conifers
Wayside
Noke Farm
Whitehouse Farm
Redmond Wood
Deadman Wood
Serge Hill
Sergeant
Twychells Farm
Homefield Farm
Verulam Farm
Rose Acre
Westfield Spring
Maidenscroft Farm
Longfield Spring
Appspond Cottage
Beechtree Cottages
Corner Farm Cottage
Westwick Warren
Westwick Hall Cottage
Westwick Hall
Hill End Cottage
Hill End Farm
Stud Cottages
Square Wood
Temple Wood
Lord Bacon's Mount
Fish Ponds
Settlement
Prae Wood House
Praewood Farm
Cattle Grid
Vicarage
Tennis Courts
Pavilion
Kingsbury Watermill
Kilngrew Infs. & Jun. Schs.
Greenwood Park Leisure Centre
Greenwood Park
St. Julian's Wood
St. Columba Cottage Sch.
Westminster Abbey Th.
Marlborough Sch.
Playing Field
Recreation Ground
Junc