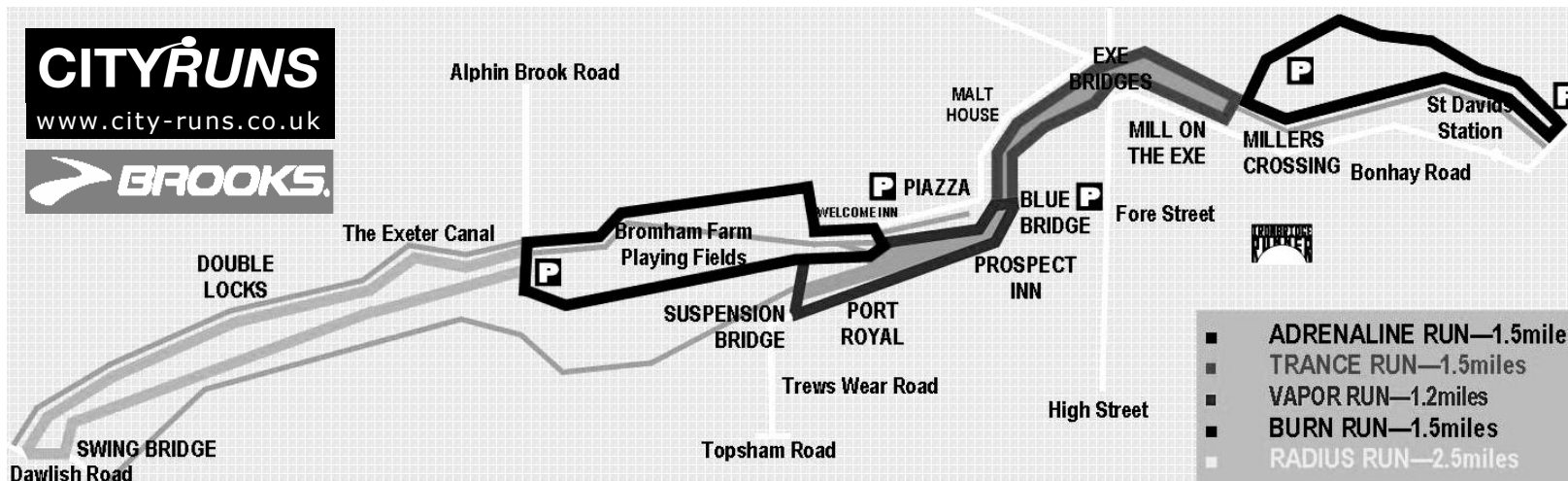


EXETER > RIVER EXE



CITYRUNS run exeter, run

ROUTE DETAIL:

■ Adrenaline Run—1.5miles

This route takes in Exwick Playing Fields with a section next to the River Exe flood relief system.

■ Trance Run—1.5miles

This loop extends between the Millers Crossing bridge and the Blue Bridge on Exeter Quay. It runs either side of the River Exe and passes under Exe Bridges.

■ Vapor Run—1.2miles

Progressing downstream, this route goes from the Blue Bridge to the Suspension Bridge below Trew's Wier, and runs either side of the River Exe taking in a small section of the Burn Run.

■ Burn Run—1.5miles

This loop follows a route around Bromham's Farm Playing Fields and runs either side of the Exeter Canal. Be aware this loop takes in two very small sections of quiet road next to the canal.

■ Radius Run—2.5miles

Finally, this route uses the Riverside Valley Park, the section which runs next to the River Exe being on a gravel track.

TRAINING TIP: Try breaking your running up with some 'Fartlek' - after you have warmed up try running hard for 2mins then jog/walk for 2mins (and admire the views!). Repeat this continuously over a loop, extending the length of the recovery if necessary—once you are able to do this for one of the loops try to combine two loops and build it up from there!

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www.exeter.gov.uk