

# JOG IT OFF 321 loop

## Route profile

A jogging circuit (2.5km) divided into 2.5, 2 and 1km sections as a guide for runners. The surface is a mix of laid tarmac, loose stones, gravel, sand and some mud patches dependent on weather conditions. The route is flat with some low level trees. The circuit is traffic free with no road crossings.

## Amenities nearby

- Woodland Centre and café
- The Waters Edge public house
- Play areas and outdoor gym
- Public toilets (includes disabled facilities)
- Changing room facilities, beach side (open seasonally April - September)
- Car parking (no charge)

## Health notice

Runners or users taking part in the loop do so at their own risk.

Runners or users are advised to speak to their doctor / a medical qualified practitioner prior to taking part in the loop or any physical activity.

## Note to users

There is no/limited lighting and it is recommended that the route is used during daylight hours only

Should you find any faults with the route please contact The London Borough of Hillingdon on 01895 250453

Be considerate to other users, route offers no right of way and avoid pitch markings

## Useful websites

- [www.runengland.org](http://www.runengland.org)
- [www.londonathletics.org](http://www.londonathletics.org)



[www.hillingdon.gov.uk/ruisliplido](http://www.hillingdon.gov.uk/ruisliplido)

Hillingdon's Contact Centre

01895 556000



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