

# JOG IT OFF 321 loop

## Route profile

A jogging circuit divided into 3,2 and 1km sections as a guide for runners. The surface is a mix of loose stones/gravel and grass (long grass in certain places) with some waterlogged areas dependent on weather conditions. The route is varied and contains flat and undulating parts with some low level trees. The circuit is traffic free with no road crossings.

## Amenities nearby

Parking (charges apply)

Local Leisure Centre – Hillingdon Sports & Leisure Complex

Toilets (at the Hillingdon Athletics Track)

## Health notice

Runners or users taking part in the 321 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 321 loop or any physical activity.

## Note to users

Car boot sale in the top field (once a month)

There is no 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: 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.hhroadrunners.com](http://www.hhroadrunners.com)



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

Hillingdon's Contact Centre

01895 556000