**CP3 Burdon Village to CP4 Hawthorn Village**

**Approx. 6 miles**

**Cut off time ??????? From the start time (worth putting actual time of day in?)**

Leave CP3 and head down the farm road for 400 metres, at the signpost (Seaton) turn right down the grassy bank and bear right into the woods. Cross the wooden bridge and continue on the broad path uphill and left. At the top continue on the path with the field to your right for 400 metres until you reach a broken stile. Cross into the field and follow the path straight ahead with the hedge line on your left, as you reach the A19 the path bears left, continue along towards the tall white gas post and cross a wooden bridge. Continue on the path to some well hidden steps in the corner of the field, go up these and turn right over farm bridge crossing the A19.

Follow the farm track that bears left behind the hedge. Follow this path for approx. 500 meters until you reach some wooden steps up to the Ryhope to Hetton railway path.

At the top of the steps turn right up to the main road and straight across, with care. Continue along for approx. 1 mile, crossing a mini road, immediately after the stone bridge leave the track via the stairs on the left. At the top turn right on the road towards the farm buildings.

Once through the farm the road bears left, follow this for approx. 200 meters to a metal gate at the junction, take the gravel path straight ahead via the gap in the wooden barriers. Continue on this path for approx. 1 km ignoring the first right hand turn, then turn right uphill towards the radio mast.

Head up the gravel path keeping the mast on your right, at the top take the wide grassy path straight ahead (don’t take the right hand track). This path soon narrows and becomes closed in by trees, follow this downhill and turn left at the junction at the bottom. Follow this path for approx. 400 meters towards the A19. There is a small break in the bushes to your right, cross a ditch and climb the grassy path uphill to the main path that runs parallel to the A19, bear right and follow to metal gate. Turn left here and cross the footbridge over the A19, keep on the path through the woods until you reach the B1285 busy road. Turn left again and carefully cross the main road to take the diagonal path down the steps just after the yellow, offset, junction sign, continue through the woods, past the stream, through the park and turn right on road at St Andrews Church.

Continue for approx. 250 meters to a seat and a grit box, there is a footpath on the right blocked by a large boulder, take this, crossing a stone bridge and head uphill for approx. 1 km until you reach the main A182 road, carefully cross straight over and continue on the signed public footpath towards the farm building 200 meters ahead. Ignore the paths left and right, continue straight ahead on the well signed path that takes you between the house and the large hedge, this turns left after the house, then turn right and follow the signed path across two open fields towards Hawthorn Village. Keep on this path to the left of the house to Checkpoint 4 at the road junction.