Calcot Spa

Running at Calcot

Trim Trail

Distance: 3km / 1.9 miles
Surfaces: Hard packed trail - year round suitability.
Duration: 15 to 30 minutes depending on fitness and pace.
Description: Largely flat but with a couple of short sharp inclines.
Navigation: Start on the Trim Trail outside the Spa, follow the loop back to the start.
Caution: Usually a strong wind from the south west – welcome to the Cotswolds!

Kingscote – Out & Back

Distance: 9.1km / 5.6 miles, longer version 11.5km / 7.1 miles.
Surfaces: Hard packed trail and tarmac, rural footpath in woods spur – can be muddy.
Duration: 45 to 90 minutes depending on fitness and pace
Description: Up and down, our most scenic route where you'll come across both Cottes (sheep pens in Old Saxon) and bare hills, or Wolds. The Hazelcote valley has glorious views across to Nailsworth and Minchinhampton. The additional spur through the woods at Kingscote will make you feel like the model in a Nike advert.
Navigation: Start on the Trim Trail outside the Spa. Go left, not the signposted right. Find the surfaced track that runs along the edge of the fields. Go through the gate by the Hotel sign get onto the tarmac road and turn left. Cross the A46, aiming for the farm, along the narrow lane. At the T junction and trig point (204 metres) bear left and descend to Hazelcote. Run through the valley and up to Kingscote. Additional spur: As soon as you enter Kingscote take a hard right, following the signed footpath into the woods. Follow the main trail until it peters out. Return.
Caution: Woodland trail can be muddy, serious hills. Not for beginners.

Tiltups Loop

Distance: 10.3km /6.5 miles.
Surfaces: Hard packed trail, tarmac, rural footpaths – muddy in wet weather.
Duration: 50 to 100 minutes depending on fitness and pace.
Description: A scenic run (great views south to Salisbury Plain) through rolling hills and remote countryside. Great trail running and empty rural lane bashing.
Navigation: Start on the Trim Trail outside the Spa. Go left, not the signposted right. Find the surfaced track that runs along the edge of the fields. Go through the gate by the Hotel sign get onto the tarmac road and turn right. Follow narrow lane until the triangular Chavenage Green. Go left towards the houses. The trail splits into foot path and bridle path. Take the latter, bearing left. Cross the concrete road, following the bridle path signs and the obvious route. Ignore other footpath signs and keep straight ahead. Come to the houses at the Tiltups. Cross the A 46 and take the second of the left options (not the hard left). Follow the narrow lane to the trig point (204 metres) and the T junction. Bear left, pass the farm and cross the A46 again. Follow the lane until you see the Hotel sign at the gateway to the Trim Trail. Go straight ahead, following the Trail back to the Spa.
Caution: Often muddy but always passable. Traffic on the narrow road after the Trim Trail can be surprisingly busy.

Calcot to Tetbury via Chavenage

Distance: 8.5 miles
Surfaces: Hard packed trail and tarmac – year round suitability.
Duration: 1 to 2 hours depending on fitness and pace.
Description: An out and back via the Trim Trail and a minor country road. There are great views south to Salisbury Plain and Lambourne Downs woodland and wolds. Takes you to the centre of picturesque Tetbury where ergogenic aids and glycogen replenishment (also known as tea and scones) are easily found.
Navigation: Start on the Trim Trail outside the Spa. Go left, not the signposted right. Find the surfaced track that runs along the edge of the fields. Go through the gate by the Hotel sign get onto the tarmac road and turn right. Stay on the road, past Chavenage House until you reach the centre of Tetbury (London Street). Return, making sure you take Chavenage Lane and don't follow the signpost to Chavenage House. You'll see Calcot Manor before you see the Trim Trail running alongside the road.
Caution: Save something for the trip back which is generally uphill and usually into a headwind.

Tiltups loop plus Kingscote spur

Distance: 16km / 10 miles (including woods spur)
Surfaces: Hard packed trail, tarmac, rural footpaths – muddy in wet weather.
Duration: 1.25 to 2.5 hours depending on fitness and pace.
Description: A combination of two previously described loops – our grand slam. Mud, hills, woodland, remote country lanes, beautiful scenery - perfect running!
Navigation: As per the Tiltups loop but at the trig point and T junction bear right to descend to Hazelcote. Then as per the Kingscote route, making sure on your return you bear right at the T junction, not bearing left to return to the Tiltups (unless wish to lengthen this run to 26km / 16.25 miles)
Caution / Recommendation: Mud, hills, wind – what more could you wish for?

Key
Trim Trail

Kingscote and Back

Tiltups Loop

Calcot to Tetbury via ChavenageTiltups

Loop with Kingscote Spur