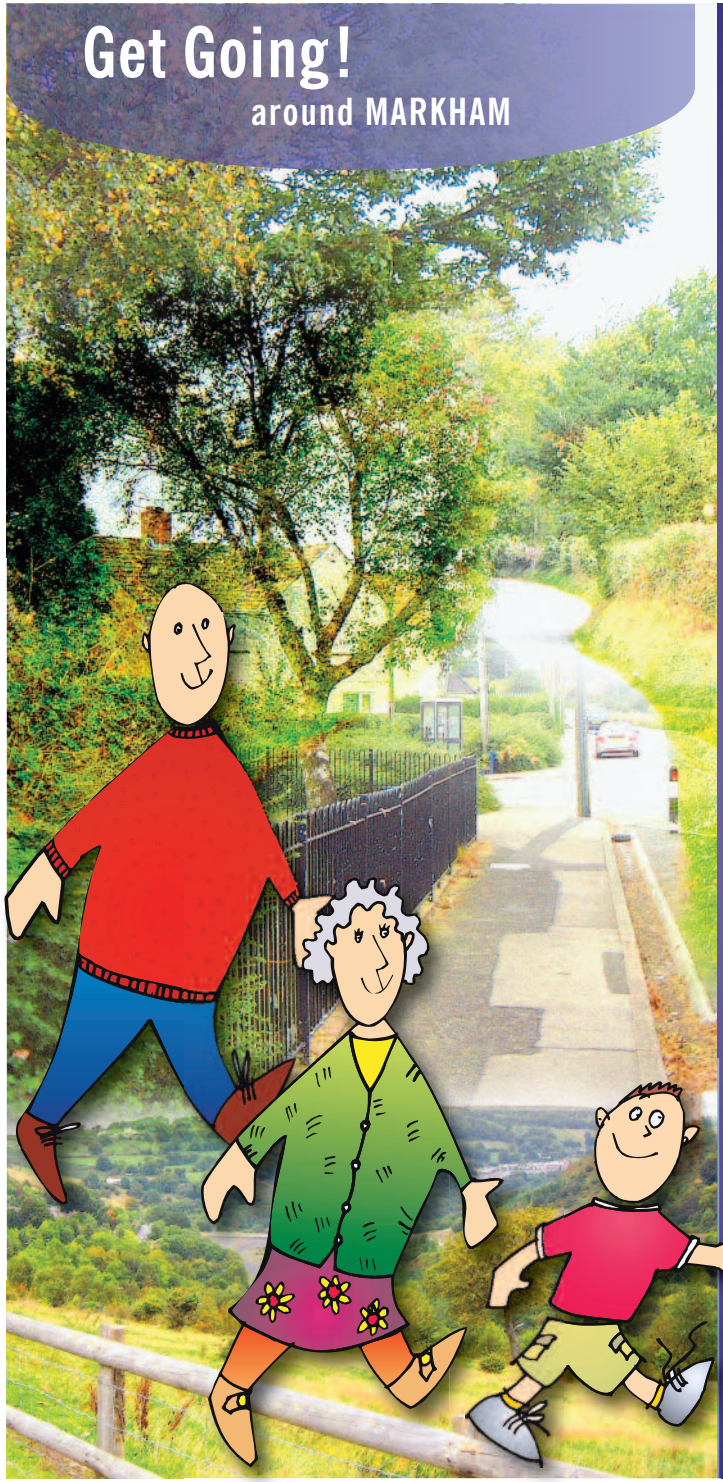
Get Going!

around MARKHAM



1 ▸ **START** at Markham Leisure Centre. Walk out the gate and turn left onto Pantycefn Road

2 ▸ Follow the pavement onto Heol y Bed Hirion

3 ▸ Keep on the country lane, walk facing oncoming traffic

4 ▸ Turn left onto Heol Pen Rhiw'r Eglwys

5 ◂ Keep following the lane as far as Abernant Road, turn left

6 ◂ Enjoy the scenery

7 ◂ Bear left at the mini roundabout and follow road back to the leisure centre

MARKHAM ▸ allow half an hour

BODY WEIGHT IMPERIAL

BODY WEIGHT METRIC

CALORIES

2.7 km
1.7 ml

7 st 12 lb	9 st 6 lb	11 st	12 st 8 lb	14 st 2 lb	15 st 10 lb
50 kg	60 kg	70 kg	80 kg	90 kg	100 kg
135	162	189	216	243	270

lanes and pavements ◂ gentle slopes ◂