

ROUTE GUIDE

Thinking Out Loud Running Club

Bridport Loop
≈7.5 km · Colmers Hill out-and-back



The idea

A weekly jog with room to talk — out of town, up Colmers Hill for the view, and back in time for a pint. No pace pressure, no drop-outs: everyone regroups at the top.

Schedule

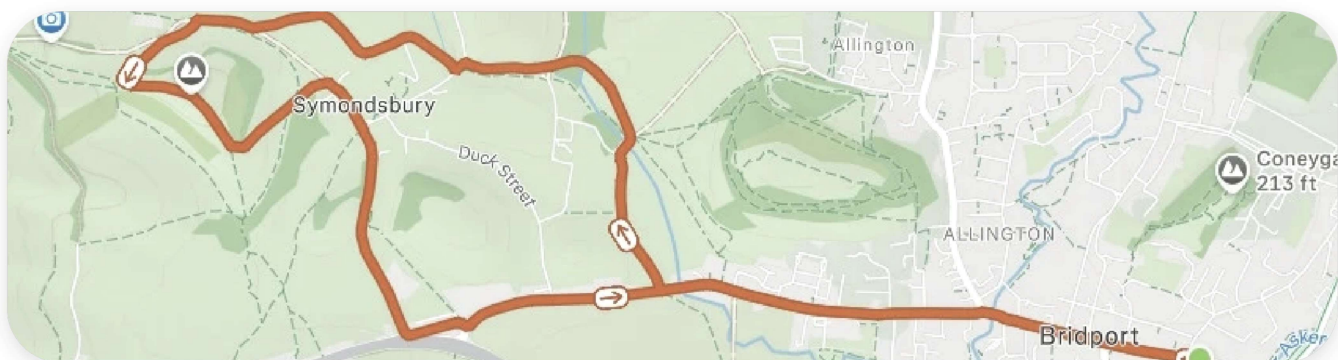
Saturdays, 9:00am sharp. Meet at East Street Car Park. Runs rain or shine — check the group chat for cancellations.

The route

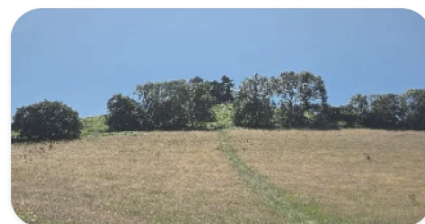
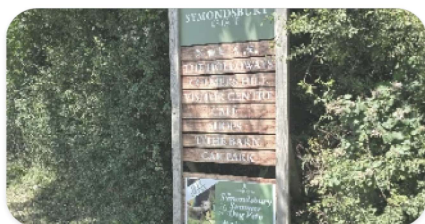
- 1 Start at **East Street Car Park**
- 2 Through town, along West Street, past the roundabout
- 3 Past the medical centre, keep going

- 4 Reach **Symondsbury Estate** and enter
- 5 Follow the track to the sheep dip
- 6 Continue up the hill
- 7 Right at the track towards **Colmers Hill**
- 8 Round the path to the bottom of Colmers Hill
- 9 **Up to the top** — rest & photo stop
- 10 Down the other side of Colmers
- 11 Back into Symondsbury, then out again
- 12 Back into town — finish at the car park

Map



Waypoints in pictures



Symondsbury Estate



Photo stop at the top

The sheep dip



Down the far side

Up Colmers Hill



Finish in town

Rules & etiquette

- Nobody runs alone — regroup at the top of Colmers and wait for the back of the pack.
- Talking pace only. If you can't hold a conversation, you're going too fast.
- Respect the estate — stick to the marked track through Symondsbury, gates closed behind you.
- Dogs welcome, on lead near the sheep dip and grazing land.
- Bring water — no taps on route. Café in town after for anyone sticking around.

Join us

First run's free, no signup needed — just turn up at East Street Car Park, 9am Saturday. After that, drop your name below so we can keep you posted on route changes.

Name: _____ **Email:** _____

Contact: thinkingoutloud.runclub@gmail.com