



## Itinerary for Practise Weekend

### Friday Training Day

This will be held within the school during normal school hours.

### Saturday Training Day

Participants need to be dropped off ready to walk at **Marsh Mills Park and Ride Plymouth at 10:00.**

The grid reference is SX 520 567.

The directions from Exeter are as follows:

- From Exeter follow the A38 westbound
- Take the A374/B3416 exit toward Plympton/Kingsbridge/A379
- At Marsh Mills Roundabout, take the 3rd exit onto Plymouth Rd/B3416 heading to Plympton/Newnham
- Turn left onto Coypool Road (just after the McDonalds)
- Take the second left to Coypool Park and Ride

### Sunday Training Day

Participants will need to be picked up from the Patch and Acre Car Park which is situated behind the Morrisons Superstore in Tavistock.

- from the Plymouth direction drive past the main Morrisons Superstore entrance and turn left at the next mini roundabout.
- Pass through a traffic calming feature and take the next left.

Teams will be shuttled down to this car park by Spirit of Adventure. We envisage teams to be arriving at the car park from 15:00 onwards.