



## Eastbourne Town

**Green route from Meades to town centre: approx 4.5 miles.** From the foot of the Downs via Dukes Drive and then King Edward's Parade, Grand Parade, Terminus Road to Station and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>244</b>	<b>292</b>	<b>341</b>	<b>390</b>	<b>439</b>	<b>487</b>

**Purple route from Old Town to town centre: approx 3.5 miles.** From Eldon Road walk onto Macmillan Drive and then Milton Road, Motcombe Road, Lawns Avenue, cross to Gildridge Park and follow path to Saffrons Road, Grove Road, Station and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>206</b>	<b>247</b>	<b>289</b>	<b>330</b>	<b>371</b>	<b>412</b>

**Blue route through Seaside: approx 4.5 miles.** From Tesco's in Lottbridge Drove turn onto Seaside and walk to Terminus Road and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>221</b>	<b>266</b>	<b>310</b>	<b>354</b>	<b>399</b>	<b>443</b>

**Yellow route from marina to town centre: approx 5.5 miles.** From Prince William Parade walk along seafront path to pier and then into Terminus Road and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>315</b>	<b>377</b>	<b>440</b>	<b>503</b>	<b>566</b>	<b>629</b>

**Key:**  
 Body weight (kilos)  
 Body weight (imperial)  
**Calories used**