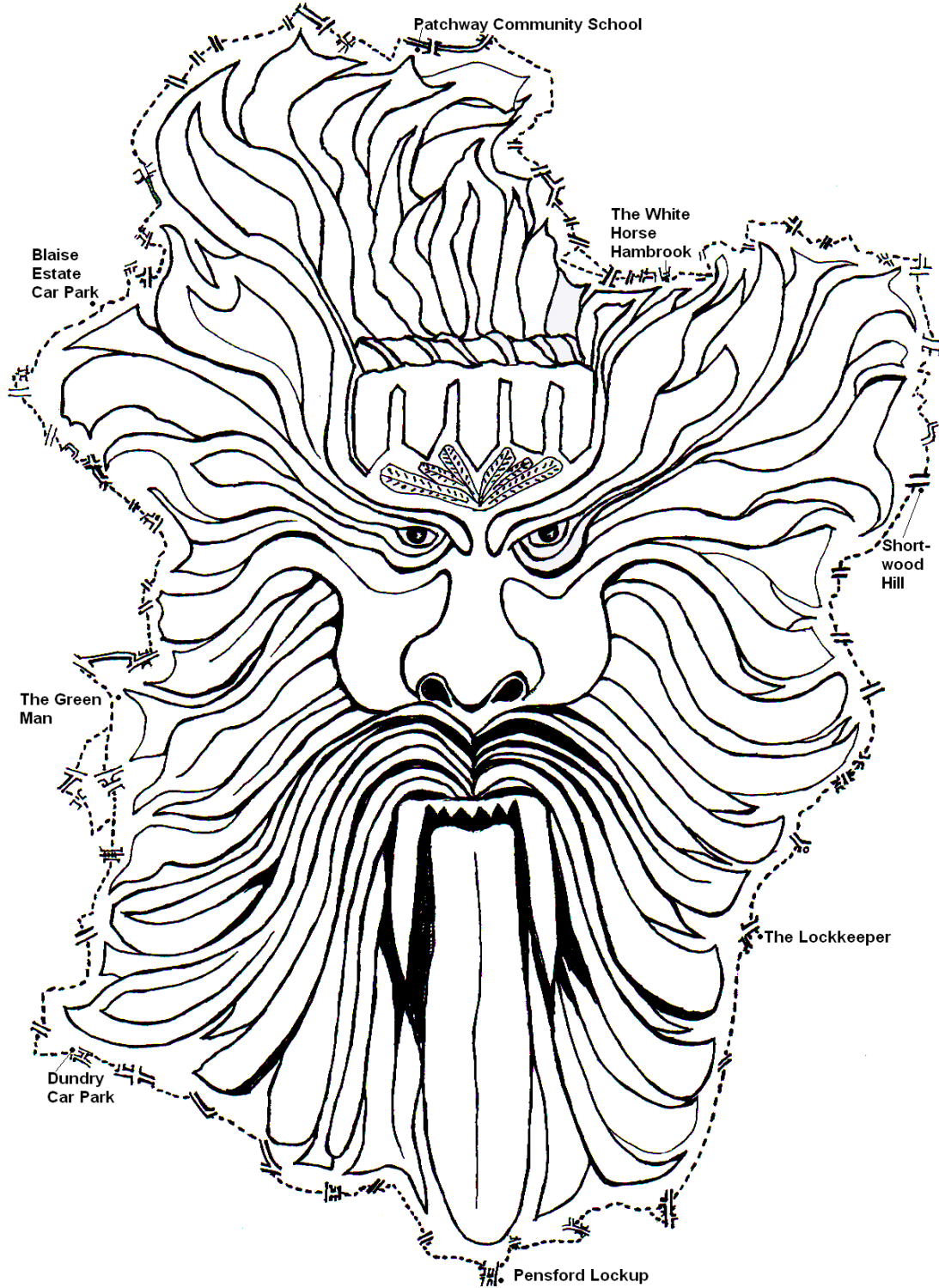


THE LION THRONE

OF THE BHAGAVAN VAIROCHANA OR THE WISDOM OF
THE NOBLE 8-FOLD PATH (45 Miles)



Bizarrely, the route of the Green Man Challenge around the Community Forest Path around Bristol happens to take the form of the head of the Lion Throne of the Bhagavan Vairochana. Even more bizarrely, the head of the Lion Throne bears a passing resemblance to the trophy awarded to those who have achieved the Green Man Challenge.

In the Tibetan Book of the Dead, the Bhagavan Vairochana appears first of all after the deceased has become aware that he/she is dead. It is said that he appears from the Central Realm of the spreading of the seed of all things and that he is embraced by the Mother of the Space of Heaven. In other words, he is a personification of the Big Bang – or the origin of the universe. However, as the Book of the Dead is a Tibetan Buddhist text it also has an esoteric meaning, which is signalled by the fact that he is holding an eight-spoked wheel. This stands for the Dharma Dhatu, or the Noble Eightfold Path.

By co-incidence, the Community Forest Path has also been divided into eight sections for the purposes of a relay event that has never yet taken place.

Now it is not possible to establish a one correspondence between the precepts of the Noble Eightfold Path and individual stages of the Green Man Challenge, but nearly all them are relevant to the achievement of the challenge. In fact they fit the stages as they have been written quite closely, but they would fit other stages equally well, if you started from a different place.

The Eight Precepts are Right Seeing, Right Thought, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness and Right Contemplation.

“Right Seeing” is especially important at the start of the enterprise. The basic meaning is understanding what is best for you. Part of this comes through self knowledge, which develops through training – knowing your limitations and so on. But it is also important to seek advice form others. No-one who has completed the challenge is a fool, so it is possible to learn form all of them if you ask the right questions.

LEG 1: 5M (approx)
From the Green Man (ST558 726)
to Dundry Car Park (ST556 668)



- ↑ 350m (follow way marks) track ←
- ↑ 100m kg
- ↑ 100m edge of wood ↗
- ↑ 150m kg (back of Ashton Court) ↗ (NB Route variation)
- ↑ 200m past group of 5 trees s ↗
- ↑ 200m across pitches f-p →
- ↑ 70m rd →
- ↑ 200m on pavement j
- CAUTION: Cross road using central refuge ←
- ↑ 100m j (CAUTION SLIPROAD) ↑ 50m → f-b←
- ↑ 150m traffic lights →
- ↑ 50m gap between stones (over road to Park and Ride)
- ↑ 30m bridge + gate
- ↑ 400m s
- ↑ 50m (beside triangular copse) gap
(Rejoin Forest Path)
- ↑ 500m kg in railway tunnel
- ↑ 600m ← f-b g (the 2nd one) ↗
- ↑ 60m s
- ↑ 50m ←s
- ↑ 50m → s ↖
- ↑ 100m s ↗
- ↑ 100m s concrete track s ↑
(NB CFP map wrong at this point. Path diverted!)
- ↑ 120m s track s ↑
- ↑ 180m s ←
- ↑ 150m s ↑
- ↑ 100m s →
- ↑ 50m in bus stop pc

CAUTION!!! A38 CROSS ROAD

- ↑ 50m up track kg (into field)
- ↑ 300m s (pipeline work)
- ↑ 25m s
- ↑ 50m s
- ↑ 180m gap ↗
- ↑ 50m → g (wired – use as stile) ↖
- ↑ 300m ← 2sb (in corner of field, usually concealed by brambles)
-
- ↑ 50m (enclosed path) 2sb ↑
- ↑ 80m g ↑
- ↑ 220m s ←
- ↑ 80m s ↗
- ↑ 180m b ↗
- ↑ 180m → gap ←
- ↑ 200m ↑ rd CAUTION ↖ b-p
- ↑ 150m g ↑
- ↑ 150m ←before g
- ↑ 200m ↑ stone s ↑
- ↑ 600m on track g (head toward Dundry Church)
- ↑ CAR PARK AT DUNDRY

“Right Thought” is always important. Typical examples are: Always think before you do anything. Be sensible. Be honest about yourself and others, but do not have bad thoughts about yourself or other people. Much of this will have been more relevant when you were planning this attempt, but if you started from the Green Man in Ashton Court it is particularly important now that you have conquered Dundry Hill. The temptation is to bound down the other side towards Pensford, due to overconfidence, but you need to conserve your energy at this stage. You would do better to collect positive thoughts during the descent to counteract any negative feelings that may overwhelm you later on.

LEG 2: 5M (approx)

From Dundry car park (ST556 668) to Pensford lockup (ST620 637)

- ↑ 50m T-j ← (by church)
- (CAUTION!)
- ↑ 50m j → (on bend)
- ↑ 80m open g
- ↑ 290m g (climb)
- ↑ 50m s (by farm)
- ↑ 200m s

↑ 100m → g ←
 ↑ 20m ← g → j → (Oxleaze Lane)
 ↑ 160m T-j ← (West Dundry Lane CAUTION)
 ↑ 60m +-j (B3114 CAUTION!)
 ↑ 350m → s ←
 ↑ 180m s
 ↑ 300m (follow contour)
 stone s →
 (East Dundry)
 ↑ 350m on road (2nd) j ↑ through g (Walnut Farm Cottage)
 ↑ 50m on drive → (by barn)
 ↑ 30m ← s (past Leylandii)
 ↑ 15m s ↗
 ↑ 70m g ←
 ↑ 200m (along l fence) g ↗ (slightly)
 ↑ 500m s (far end of field – not g)
 ↑ 60m s → (on road)
 ↑ 350m j → ← s (North Wick)
 ↑ 150m s
 ↑ 150m 2s b ↖
 ↑ 30m 2s b
 ↑ 180m s ←
 ↑ 15m 2s b
 ↑ 220m 2s b
 ↑ 130 m ← s ↗
 ↑ 50m s → j ←
 (Norton Hawkfield)
 ↑ 100m T-j ←
 ↑ 30m → kg
 ↑ farmyard 80m T-j ↗
 ↑ 30m g
 ↑ 80m g
 ↑ 300m fence corner ←
 ↑ 180m kg ↗
 ↑ 100m kg ↗
 ↑ 100m kg ← (on road)
 (Norton Malreward)
 ↑ 80m → kg ↖
 ↑ 100m kg
 ↑ 100m kg ↗ kg ←
 ↑ 50m →
 ↑ 750m across landing strip and uphill to gap
 ↑ 320m stony lane T-j ←

(!!!B3130 CAUTION!!!)

↑ 30m on road → kg →

↑ 50m kg ←

↑ 150m kg ↖

NB OFF FOREST PATH (safest route per risk assessment)

↑ 120m 2mini-g b

↑ 220m kg

↑ 200m kg → (by wood)

↑ 180m kg (under viaduct)

↑ 80m T-j ← (Pensford)

↑ 30m T-j → on pavement

(CAUTION A37-use p-c)

↑ 60m ← p-c →

↑ 60m j←

(NB back on Forest Path)

“Right Speech” *May not seem particularly relevant if you are running the Green Man Challenge on your own, but I know to my chagrin how easy it is to be rude to strangers you meet on the way. They are not to know that they are not the first to ask if you are training for a marathon or that you really don’t need to be told to “Keep it up!” Nothing is to be gained by swearing at the owner of the fifth dog that nearly trips you up – “It’s all right – he doesn’t bite.” Nor is there any point in being sharp with the person who asks if you are lost. It is particularly important to be honest and tell the truth if you have a companion, but do not say anything that might offend and try to keep your remarks positive. Of course, if you are on your own it is equally important to be honest and kind to yourself!*

LEG 3: 5.5M (approx)

From Pensford lockup (ST620 637) to the car park near the Lockkeeper at Keynsham (ST660 690)

↑ 50m j← (by historic lockup)

↑ 100m →(white rail) kg ←

↑ 90m ↗ (by gate)

↑ 150m kg ↗

↑ 160m kg →

↑ 50m over rd b → f-p (by Publow Church)

↑ 15m kg

↑ 15m hedge corner ←

↑ 300m kg →

↑ 10m g and farm b over river

↑ 20m → kg ←

↑ 80m s b
 ↑ 60m ← kg →
 ↑ 300 m kg ↖
 ↑ 300m kg + f-b
 ↑ 15 m rd ← (Woollard)
 ↑ 100m over rd b → j
 ↑ 20m j →
 ↑ 120 m g ↑
 ↑ 150m post by gorse bush ↖
 ↑ 100m (uphill) kg
 ↑ 200m kg
 ↑ 130m kg
 ↑ 200m kg into wood ↗
 ↑ 200m through wood kg ↖
 ↑ 100m ← before fb
 NB OFF FOREST PATH (to avoid churchyard)
 ↑ 100m 2 mini g b →
 ↑ 300m alongside river kg →
 (Compton Dando)
 ↑ 15m on road ← kg ←
 ↑ 400m kg (by river)
 ↑ 150m along river kg
 ↑ 100m ↖ 80m kg
 ↑ 200m through wood kg
 ↑ 100m kg
 ↑ 50m → kg ↖
 ↑ 200m kg
 ↑ 200m on river bank s + b
 ↑ 400m along bank kg ↑ kg
 (Lane from Chewton Keynsham)
 ↑ 80m g ↑ g
 ↑ 300m f-b ↑
 ↑ 50m kg →
 ↑ 100m on road ↑ kg
 (CAUTION BLIND BEND)
 ↑ 350m kg
 ↑ 250m kg
 ↑ 50m kg
 ↑ 150m kg
 ↑ 80m ← Albert Mill (OP)
 ↑ 5 m →
 ↑ 70 m T-j →
 ↑ 50m j →

- ↑ 15m j ←
- ↑ 900m through park (river on r) under 2 rd b → f-b (last in park)
- ↑ 50m uphill g ←
- ↑ 40m j ←
- (Cross road - CAUTION)
- ↑ 100m T-j →
- ↑ 250m over rd b → steps down to car park nr LOCKKEEPER

“Right Action” *The essence of this precept is “Do no harm.” As a runner, you are unlikely to indulge in fighting, biting, scratching, kicking or other forms of physical violence, but you should also avoid endangering yourself or others by recklessly running downhill or on the road. You should also be considerate towards those who share the path, including bullocks and dog walkers and even those cyclists who never carry a bell. You should also avoid harming wildlife and damaging fences. The invention of “Squeezies” is regrettably making it increasingly necessary to remind runners not to leave litter. (“The wise traveller leaves no footprints.”)*

LEG 4: 5.5M (approx)

**From the Lockkeeper at
Keynsham (ST660 690) to
Shortwood Hill (ST683 759)**

- ↑ 20m → (on River Avon Trail to Bristol)
- ↑ 200m kg
- ↑ 600m (on river bank) kg
- ↑ 100m → kg
- ↑ 10m kg
- ↑ 350m kg track s
- ↑ 300m (on Dramway) → s ←
- ↑ 20m j (roundabout)
- ↑ (CROSS ROAD) **CAUTION!** ←
- ↑ 160m → (into Willsbridge Mill conservation area)
- ↑ 150m ↗ (around the Mill)
- ↑ 50m g or s
- ↑ 400m j ↑
- ↑ 40m ↗
- ↑ 60m kg ↗ j ← (Cherry Wood)
- ↑ 150m ↗ f-p
- ↑ 40m → gap ←
- ↑ 1600m on railway path j → (Southway Drive)
- ↑ 120m j ← (find Dramway Path)
- ↑ 250m j ↑ (Windermere Way)
- ↑ 40m ← f-p

↑ 40m j ↑
 ↑ 1000m (on Dramway) j ← (London Road)
CAUTION!
 ↑ 40m → pedestrian crossing →
 ↑ 15m ← s
 ↑ 350m (on Dramway) j (through arch) →
 ↑ 100m ← f-p
 ↑ 50m field
 ↑ 300m gap
 ↑ 50m → 2nd kg ←
 ↑ 100m kg
 ↑ 100m rd ← (Goose Green)
 ↑ 20m → (Cherry Orchard Farm)
 ↑ 50m s
 ↑ 70m mini-g →
 ↑ 150m kg track kg
 ↑ 220m (horse-field contains temporary fencing and electric gates) kg ↖
 ↑ 210m g ↖
 ↑ 250m gap ↑
 ↑ 250m kg ↑ (↗ slightly)
 ↑ 280m s
 ↑ 130m g ↗
 ↑ 250m s →
 ↑ 50m ← **CAUTION!** Cross road mini-g

***“Right Livelihood”** You would not expect “Right Livelihood” to have any relevance to a challenge of this type; however, as you pass evidence of past mining and present quarrying and landfill there is plenty to think about – not to mention the impact of the motorway and the oil industry – and on a more typically Buddhist theme – the rearing of cattle for the beef industry. Also, as you pass the half way stage, you need to ask yourself whether what you are doing is compatible with injunction “Keep healthy.” Furthermore, if you are running in company, you should ask yourself what you might do to help those around you.*

<p>LEG 5: 5.75M (approx) From Shortwood Hill (ST683 759) to the White Horse, Hambrook (ST644 790)</p>
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↑ 50m kg (in deer fence) ↗
 ↑ 100m through trees (path often overgrown) kg (in deer fence) ↑
 through hedge
 ↑ 420m kg →

↑ 200m j ↑ (driveway)
 ↑ 60m gap by g
 ↑ 80m s
 ↑ 100m open g →
 ↑ 300m on track round quarry s
 ↑ 40m kg →
 (Brandy Bottom Colliery)
 ↑ 520m (keep left over rd-b) ←kg
 ↑ 150m kg → (on road)
 ↑ 50m j ↑
 ↑ 350m past kg at Lydegreen Farm to tunnel under M4 mini g +
 hg ←
 ↑ 30m g ↗
 ↑ 100m kg
 ↑ 100m 2s b
 ↑ 350m gap
 ↑ 70m g ↖
 ↑ 200m (past old pit shaft) kg →
 ↑ 250m j **CAUTION!!! RAT RUN**
 ↑ 150m ← driveway
 ↑ 40m hg
 ↑ 250m kg
 ↑ 100m mini-g
 ↑ 150m kg ←
 ↑ 50m j →
 ↑ 150m (past j) ← kg
GOLF COURSE
 ↑ 200m (on drive) car park ↗
 ↑ 100m to cinder track around edge of golf course.
 ↑ 400m on track j → (past café)
 ↑ 100m ← (before g)
 ↑ 300m (over f-b) → kg →
 ↑ 80m on rd ← kg ↗
 ↑ 50m telegraph pole stump f-p marker ↖
 ↑ 50m f-b → f-p marker
 ↑ 300m through golf course following f-p markers kg
 ↑ 50m **ACROSS ROAD - CAUTION!** Park Road ↑
 ↑ 160m ← driveway (Ivory House) into wood ↖
 ↑ 100m down through wood gap →
 ↑ 100m (on lane) j
 ↑ 400m ←s
 ↑ 40m riverbank ←
 ↑ 500m kg →

(CAUTION BLIND BEND)

↑ 50m (over rd-b) j (The Dingle) ←

↑ 250m ← (f-p beside garage)

↑ 200m ← f-b →

↑ 100m g

↑ 200m j ←

↑ 120m ← f-p ↖

↑ 80m up to s ↖

↑ 210m s →

↑ 20m j →

↑ 150m j

↑ 200m j

↑ 100m j →

↑ 60m (over rd-b) ← s

↑ 250m s →

↑ 100m →

WHITE HORSE CAR PARK

“Right Effort” *As you approach three quarters of the way around the Community Forest Path, you will not need to be told about the desirability of “Right Effort.” Of course, the Buddhist injunction is much more concerned with the Moral and Intellectual aspects of “Effort;” but as a matter of fact, at this stage, these are perhaps more important than physical effort. If you have kept going thus far, you will be aware that it is important to have the right kind of effort. It is necessary to avoid flogging yourself to death. You need to find the kind of pace, which you can keep up in the long term.*

LEG 6: 5M (approx)

From the pavement opposite The White Horse (ST644 790) to Patchway Community College, Hempton Lane, Patchway (ST607 825)

↑ 340m j ← CAUTION ROAD CROSSING

↑ 20m → (Sunnyside Lane)

↑ 150m ←

↑ 190m on rd → f-p

↑ 200m (s) ← [stile removed]

↑ 80m s ←

↑ 130m (along left hedge) kg

↑ 250m kg ↑ kg

↑ 300m field corner →

↑ 200m kg
 ↑ 200m kg ←
 CAUTION
 ↑ 180m (on road) → j
 ↑ 250m (over railway bridge) j (traffic lights) ↑
 ↑ 180m (on tarmac cycle track)
 j ← j →
 ↑ 200m j →
 ↑ 200m j ← (into Mead Rd)
 ↑ 400m j ↑
 CAUTION! use p-c
 ↑ 200m (on Mead Lane) j ← (at grassy triangle)
 ↑ 50m (on tarmac f-p) j
 ↑ 150m T-j→
 ↑ 80m rd CAUTION ↑ ↖
 ↑ 550m on f-p through wood ← 2nd f-b →
 ↑ 350m (under road bridge) j (by lake) ←
 ↑ 900m on cinder track alongside Patchway Brook) (not → fb not
 ← path) s/kg
 ↑ 120m through Savage's Wood keep rt on fb over ditch
 ↑ 650m alongside brook until just before br overhead → f-b j ←
 ↑ 40m rd ←
 ↑ 500m over f-b rd j
 CAUTION
 ↑ 450m j ←
 GLOUCESTER ROAD A38
 ↑ 20m ← underpass
 ↑ on far side keep to cycle track to Hempton Lane ← (past
 Patchway Community College)

***“Right Mindfulness”** I found this the hardest section of the challenge, and it is the one where I most wish I had this precept before me when I was doing it. I see written before me: “Be aware of the effects of your actions. Do not blurt things out, but think about what you are going to say before you say it.” How I wish I had it before me before I got rude and tetchy with someone who had come to encourage us by keeping us company over the last stages! It is also important to be aware of the effects of ones actions on ones body. By this stage, you will almost certainly be carrying some strains and injuries, and you will need to find ways of putting one foot in front of the other that will not make them worse.*

<p> LEG 7: 10K (approx) From Patchway Community College (ST 607 825) to Blaise car park (ST558 786) </p>
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↑ 400m → steps ←
 ↑ 200m j ← (Waterside Drive)
 ↑ 50m j →
 ↑ 200m → cycle trap
 ↑ 370m cycle trap
 ↑ 270m bend ←
 ↑ 150m s
 ↑ 30m →f-b (over M5)
 ↑ 400m rd ←
 CAUTION !!! RAT RUN
 ↑ 10m j →
 ↑ 500m ← s (2nd, on bend)
 ↑ 120m s
 ↑ 280m s rd s ↑ s
 ↑ 130m s ↗
 ↑ 150m mini-g + s (in field corner)
 ↑ 20m ←mini-g b mini-g ↗
 ↑ 200m 2sb (by telegraph pole)
 ↑ 120m 2sb↗
 ↑ 150m 2sb
 ↑ 20m j ↗
 ↑ 100m kg track kg
 ↑ 200m 2sb ←
 ↑ 200m cycle trap
 ↑ 80m j → CAUTION!
 ↑ 20m ← f-p
 ↑ 30m kg
 ↑ 200m kg
 ↑ 50m lych g
 ↑ 50m rd kg
 ↑ 100m kg ↗
 ↑ 150m kg
 ↑ 50m rd →
 ↑ 50m ←kg
 ↑ 50m kg (beside orchard)
 ↑ 80m kg ↖
 ↑ 150m wicket g ↗
 ↑ 220m kg
 ↑ 100m kg track kg
 ↑ 280m kg (into wood)
 ↑ 550m field corner (not 2sb) ←
 ↑ 300m ↑ kg →

- ↑ 70m j ←
- ↑ 780m → wicket g (op Norton Farm)
- ↑ 180m kg
- ↑ 120m kg
- ↑ 140m kg
- ↑ 40m ← kg
- ↑ 30m (over railway) j→ j ←
- ↑ 200m (Greenlands Way) j →
- ↑ 70m ← j (CAUTION use crossing place)
- ↑ 120m (through snicket) j →
- ↑ 30 m j ← (Lowlis Cres)
- ↑ 150m f-b →
- ↑ 320m alongside brook → f-b ←
- ↑ 100m (along brook) stone s
CAUTION!!
- ↑ 100m (Henbury Gdns) steps ↗
- ↑ 50m through churchyard g
- ↑ 15m j ←
- ↑ 100m (Church Lane) j ←
- ↑ 30m ← g
- ↑ 100m j ↗
- ↑ 250m to car park

“Right Contemplation” *By the time that you reach this stage, it will be beginning to occur to you that you will actually be able to complete it. “Do not get too excited and try to calm down... If you are tired try meditation. Do not worry too much about your work, but keep a relaxed attitude towards it. Pray, if that is what you do, whenever it is appropriate, but do not pray always for yourself.” Quite. I found the crossing of the Clifton Suspension Bridge at sunset as I approached the end of my journey an almost mystical experience, and I had tears in my eyes.*

LEG 8: 10K (approx)
 From the Blaise Castle Estate car park off Kingsweston Road (ST558 786) to the Green Man (ST558 726)

Start at the gap in the wall at the west end of the car park where a footpath enters the park.

From gap ↗ on line of dog waste bin

↑ 430m past wood corner to ‘Echo Gate’ (take middle path)

On Forest Path

↑ 80 m kg (at top of steps)

↑ 1500m kg

↑ 50m f-b (Iron Bridge) ←
 ↑ 80m to rd CAUTION ↑ kg ↖
 ↑ 550m (round edge of golf course) ← kg
 CAUTION SYLVAN WAY
 ↑ 280m through wood rd ←
 ↑ 50m j (by St Edyth's Church) → (Riverleaze)
 ↑ 250m (round bend) ← j (Clapton Walk)
 ↑ 40m ↗ f-p
 ↑ 20m gap ←
 ↑ 250m along river - rd →
 ↑ 100m j (Sea Mills Lane) ↑ (on Avon Way – CAUTION keep to the right)
 ↑ 150m j ↑
 ↑ 250m j ↑(past Roman Way)
 ↑ 100m → f-p ↗
 ↑ 30m rd → (Old Sneed Park)
 ↑ 20m ← f-p ←(Mariners' Walk)
 ↑ 600m j CAUTION ↑
 ↑ 350m j ↑
 ↑ 200m j
 CAUTION CROSS RD TO DOWNS ↖
 ↑ 50m avenue of trees →
 ↑ 400m → CFP sign ↗
 ↑ 100m interpretive panel (IP) ↖
 ↑ 400m IP on U-bend ↖ (NB: Follow new CFP sign. Old sign leads to severe drop.)
 ↑ 200m along top of gorge (watch footing on steps) last ← f-p ←
 ↑ 150m rd →
 ↑ 50m j ↑ CAUTION
 ↑ 450m on Promenade j →
 ↑ 150m viewpoint ←
 ↑ 170m j → f-p (by seat
 ↑ 20m j →
 ↑ 30m rd →
 ↑ 450m (over Suspension Bridge)
 j →
 ↑ 1050m along North Road (NB route variation.)
 Keep on North Rd to T-j) T-j
 CAUTION CROSS ROAD ←
 ↑ 60m → gap by g ←
 ↑ 500m (on mountain bike track) rd ↗
 ↑ 50m kg (into deer park) ↗
 ↑ 50m GREEN MAN