



## Livingston Cross Country Course.

Deans Community High School, the course is on Dechmont Law Country Park, North of the school.

Car parking, Changing, Showers, Toilets and refreshments are available in the school.

### **Directions from the M8:**

Leave the M8 at junction 3 and head South on the Livingston Road (A899)  
Take the first slip road on the left, go right at the roundabout at the bottom of the slip road, following the signs for Deans also the red Scotrail signs.