



Stour Valley Half Marathon 2026

14/06/26

Key:

BL - bear left

BR- bear right

EB - earth bridge

EP - enclosed path

FB - footbridge

FC - field corner

EW – Essex Way Marker

FPS - footpath or finger post sign (usually a tall one)

FSD - for some distance

IMM – immediate

KG - kissing gate

L - left

LHFE - left hand field edge

R - right

ROAD CARE! – Road Crossing

SA - straight ahead

SVP – Stour Valley Pathway Marker

StEW – St Edmunds Way Marker

TL - turn left.

TR - turn right.

RHFE - right hand field edge

THRU - through

WM - way marker sign

Self-Navigation Instructions – Mileages markers are approximate!!

If you become lost, retrace your steps to a known location and rejoin the route.

If you are going to miss a Checkpoint cut-off, call a H&T team member.

Leave Nayland village hall field at **L FC, THRU** gate, track **TL**, becomes concrete road. At 'No Cycling' sign and white picket fence fencing, **TR, FB** over stream. **SA** on **EP**. **ROAD – CARE! TL**, follow pavement. Road junc **X** road **TR** 'Gravel Hill'. Uphill, at fork **BL**, pass Old Pest House on L, **SA FSD**. As road BR, **SA** into **EP (SVP) (StEW)**. **1 mile**.

SA EP, X stile, (SVP) (StEW) LHFE SA through gate, **LHFE** to brow of hill hedge corner (**StEW**) on top of fence post), **BR** 2 o'clock **X** field, **SA**, wooden **KG**, **BR** 2 o'clock **X** field to **FC, X** stile, down steps, track **TR** (Beachams Lane), (golf course on L). **SA FSD**. **ROAD – CARE! TL** onto road, **X** stream. As road BL, **TR (StEW)** onto concrete road. Large house on R. **2 miles**.

Fork, keep **L, (SVP)** becomes track. **EP FSD**, church in distance, track junc **SA, LHFE EP, THRU** metal gate, **SA EP** between houses. **ROADS – CARE! TR**, approx. 20m **X** road, (**SVP**), **SA** 'Stoke-

Emergency Numbers:

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by-Nayland' church on L, onto tarmac, grass triangle **BL, X** road onto pavement near Village Hall on R. Road T-junc **TR, X** road at Crown pub. **SA** onto grass verge, **BL** into **EP (SVP)** **SA** parallel to road. **TL THRU KG. 3 miles.**

LHFE, downhill, (ignore 1st **KG**) continue round **LHFE**, at **FC, THRU KG, (SVP)** **SA THRU** copse.

Wooden **KG, SA X** field, wooden gate, **TR EP, KG, SA, EP**, track **TL**. Farm on R, track junc **TL, (SVP)**, **X** bridge, **BL** on track uphill. Track junc **TR** 3 o'clock (not **SA** towards house), **IMM L** behind hedge, **LHFE EP THRU** woods, **RHFE. 4 miles.**

Track junc **SA (SVP)**. **SA RHFE, ROAD-CARE! X** road **RHFE**. Track T-junc **TL**, thatched barn on R. **SA**, track junc, sharp **R**, 'Eastfields', **SA. 5 miles.**

SA FSD, telegraph pole on L as track **TR, TL (SVP) (StEW)** on pole, into grassed **EP** track, **SA EP FSD**, path turns **R**, bench on **R**, then turns **L, SA FSD. ROAD-CARE!** Park Road, Thorrington Street. **6 miles. Checkpoint 1 - W3W///cookie.mistaken.sleeper**

TL, (StEW) (SVP) keep **L** on road, **CARE! X** road into first track **(StEW) (SVP)**. **SA FSD** track T-junc **TR, SA FSD**, grass area, **RHFE (SVP) (StEW)** on post, go **R** round corner. **FC, X FB, SA, X FB** over River Stour, **SA**, (water works bldg on **R**) tarmac, **SA**, as road turns **R, TL THRU** metal gate, **SA. 7 miles.**

SA X field, **THRU** hedge gap, **SA X** field, onto Track. Approx 50m, **TL** into field, large oak tree on **R** (as track turns **R**). **LHFE, (SVP)** (keep off sand path, it's for horses). As **LHFE** bends **R, TL** at **(SVP)** **THRU** hedge, **TR** onto riverbank, **SA**. Fork, **BL**, keep river on **L. THRU** wooden gate **(SVP)**, **X** field towards house. **8 miles.**

Do not go through gate with the marathon runners. Turn sharp **R**, across field, **SA. THRU** hedge, over concrete bridge, track **TL (EW)**. At wooden fence **TR, FPS, X** sand path. **SA, RHFE**. Marathon runners may be joining here from the left, **(EW)**. **SA EP, FB, THRU** gate, 12 o'clock, **X** field, **THRU**

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gate, **FB**, track **TL**. Road junc **BR**, **SA**. **9 miles**.

SA, T- junc. **ROAD CARE - X** road, **SA THRU** hedge (**FPS**), **X** field, **FB**, **SA**, **LHFE**, **FC**, **SA**, **X** field.

Down steps, **TL**, **IMM R (EW)**, before wooden gate to 'Plumb's Farm'.

2nd Checkpoint – W3W///wider.darling.forklift **TL**, **THRU** hedge (**EW**), **TR RHFE**. **SA X** field,

THRU broken gateway, onto **ROAD - CARE TL**, **SA**. **10 miles**.

Grass triangle, Rivers Hall Farm. **SA THRU** hedge (**EW**), **TR RHFE** towards farm. Barn corner **TR**

(**EW**), **SA**, pass small wooden 'Office' on L, ignore (**EW WM**) on L. **SA**, grassed area, **TR** behind

large corrugated barn (keep barn on your R). **SA** rejoin (**EW**), through bushes onto track **TL**,

downhill **THRU**, **SA FSD**, ignore all turnings. Pass lake on L, **SA** uphill. **ROAD-CARE TL**. **11 miles**

SA, **CARE - blind corners**), **SA FSD**, pass pink house on R. **SA FSD**. Tall brick wall on L, when road

bears L, **BR (EW & FPS)** pass cottages **EP**. (Keep Boxted church on L), (there is a water tap just

inside the church gate). Track/carpark **TL**, just before wall on L ends, **TR (EW FPS)**, **SA RHFE**.

Track **TR (EW)**, **THRU** gate, tarmac, **BL**, farm buildings and houses on R. **ROAD-CARE**, **TR** Burnt

Dick Hill (you've now left **EW**). **12 miles**.

SA on Park Road **FSD**, cottages on L, downhill (house on R), **SA FSD**. Pass entrance to long drive

on L (**FPS**). As road **BL**, **TR (FPS)**, it may have fallen and propped up. (If you get to Littlegarth

School on L you've missed the path). **13 miles**.

THRU copse, **X FB**, **THRU** gate, **BL X** field, **THRU** gate, **FB**, copse, **FB**, **RHFE**, **SA** towards buildings.

At large tree and bench **TR** 'Permissive Path'. **EP** for 350m, **hidden TL THRU** hedge, **LHFE**, through

gate, allotments on R, **SA THRU** gate, **IMM TL THRU** hedge into village Hall field, finish, rest and

that dragon medal!! **13.8 miles**.

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