

Camuplodunum 2025 V1.0 ACW

Key:

BL - bear left

BR - bear right

BW - Bridleway

EB - earth bridge

EP - enclosed path

FB - footbridge

FC - field corner

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

FSD - for some distance

KG - kissing gate

L - left

LHFE - left hand field edge

R - right

RA - roundabout

ROAD CARE! – TAKE CARE!

SA - straight ahead

TL - turn left

TR - turn right

RHFE - right hand field edge

THRU - through

WM - way marker sign

X - cross

Self-Navigation Instructions – Mileages markers are approximate!!

Exit 'Bannatyne's Kingsford Park', **ROAD – CARE! X** road onto pavement **TR**, downhill **FSD**.

Road sign before bridge **TL**, **FPS** 'Bounsted Hill' **EP**, **SA**. Thru **KG** (you'll use this KG near the finish), (MoD training area, if 'Active' it is still safe to continue). **BL**, **SA** approx. 100m, **TR** onto grass track, **SA**. At field **SA** on obvious track. **1 mile**.

X 4 x fields, farm on L. **THRU** metal **KG**. **ROAD-CARE!**. **X ROAD SA THRU** gap in hedge into 'Friday Woods'. **BL** onto gravel track, **TL SA**. Track Junction **TR**, **SA** on track. Into woods, downhill on concrete, over stream, uphill. At top **BL**, stay on main track, **SA FSD**. **2 miles**.

THRU metal **KG**, **X ROAD**, **THRU** hidden **KG** to L. Stay on track, **THRU** wooden **KG**, **TR** on track. **SA**, 'Cherry Tree Lane', **FSD**, becomes tarmac. Stay on track **BL**, pass Rock Farm on R. **3 miles**.

SA FSD. **THRU** gates to R of white gate and cattle grid. **SA** tarmac road **FSD**. **ROAD-CARE!** **TR**, stay on grass verge. At bridge over 'Roman River' **X ROAD** 'Mersea Rd' into **Haye Lane**. **SA** on left side of road. Pass 'The Spinney' on R. **4 miles**.

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Approx 150m TL , 'By Way' Upper Haye Lane, 'Haye Cottage' on R. SA FSD . Pass farm on L on, BL , keep grass triangle on R. Fingringhoe sign on R. ROAD-CARE! 5 miles
T junc, TL 'Church Lane', IMM X-ROAD at road sign & wooden fence into permissive path behind hedge, pass bench or 'take a pew for the view for a few'. ROAD-CARE! Stay on RH side of road. Pass village Hall R. SA pass Whalebone pub on L, X ROAD after junction. 'St Andrews church on L (<i>water tap inside church gate</i>). At end of brick wall on L, TL FPS , 'Private Road'. SA pass front of white 'Fingringhoe Mill' on L, SA, EP, FPS , across field onto sea wall. At trees BR, FPS, SA , down steps, across boardwalk, at field, RHFE approx. 20m, THRU gap in hedge FPS , keep close to 'Roman River' on R. Onto seawall, over FB, SA, BR THRU trees, up steps, TR Pass children's playground on L. SA , river on R. 6 miles.
FSD on path, onto block paving, along metal railing on R, X slipway, TL onto pavement. Black bollards TR, SA . Pass 'Ye Olde Albion' on L. Pass 'The Anchor' on R, BR across grass onto seawall path 'Thanet Walk'. TR pass boats on R. THRU KG, SA FSD. 7 miles.
SA FSD, THRU KG. ROAD-CARE! TR. '1st Aid station'. 8 miles. (W3W///press.ears.affair)
TR , follow 'Diversion' back onto river bank. SA onto 'King Edwards Quay', pass red lightboat, up pedestrian ramp, sharp R onto pavement, X bridge. ROAD-CARE! at RA, X 'Lightship Way' onto pavement. TL , keep main road on L. Over 'Colchester Lathe' road bridge. 9 miles.
RA TR 'Elmstead Road'. ROAD-CARE! X ROAD onto pavement, TR. TL into Swan Close, as road BL, TR onto path, THRU tunnel under 'Clingo Hill', 2 nd lamp post BR onto grass. SA FSD next to stream on R. At boardwalk TR , over FB , at field BL approx 10 o'clock. SA across field. THRU gateless gap. 10 miles.
RHFE, FC over stile. Gravel track, FPS TL towards house. BR, RHFE FPS. SA FSD, BL admire

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view of Colchester to the L. At white rusty post, TL, LHFE. FC, FB, FPS, SA up THRU woodland, FPS, SA LHFE. 11 miles.
Before FC, TL at green house THRU hedge, TR on gravel drive. ROAD-CARE! SA ‘Chapel Lane’ FSD. T junction, X road, SA LHFE, FB, LHFE. FC, TL into EP, FPS, SA into woods. ‘Mind your head! FPS, FB, THRU metal KG, TR RHFE. 12 miles.
SA RHFE, THRU metal KG into EP uphill. At farm BR following fence. THRU metal KG, TL onto road, SA over railway bridge. ROAD CARE! X ROAD, SA FSD (speed limit 10mph, later 5 mph 😊). Over A120 dual carriageway. Wooden fence FPS TR into EP, SA. 13 miles.
SA, field on R, tall railing fence to L. Concrete road SA, A120 on L. Cream colour house on R, ‘Willow Lodge’. ROAD CARE! X ROAD, TL on pavement. Uphill BR on pavement. End of pavement TL, X ROAD onto pavement, over bridge. Traffic lights TL towards ‘Nissan’, X ROAD. Pavement TR, approx. 50m next to black ‘KIA sign’ TR,X ROAD onto grass triangle, SA, X ROAD onto pavement TR, approx. 20m TL FPS into EP, SA keep to path. 14 miles.
At road junction ‘Stephenson Road’, TR, X ROAD onto grass triangle, X ROAD towards ‘COLBEA’ building onto pavement, TL. Approx 100m TR THRU yellow topped green posts. (If you get to the roundabout turn round). SA, ROAD CARE! X ROAD, SA FSD. ROAD CARE! X ROAD onto pavement TL. Follow pavement BR along dual carriage way. RA, SA towards tall white mast post. Traffic lights X ROAD, TR BL down gravel EP, (not over bridge). SA to pedestrian crossing. 15 miles.
Traffic lights, X ROAD, TR on pavement, SA. Toyota garage TL FPS, THRU concrete blocks. Wooden fence THRU pedestrian gate, SA ‘Footpath 69’ sign into EP. End of EP TR, pedestrian crossing X ROAD. SA into EP FSD. ‘2nd Aid Station’. (W3W///lays.bulge.necks)

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Colchester United stadium on R. End of EP up short slope. 16 miles.
TR (not towards stadium) X ROAD onto pavement SA. ROAD CARE! At 40mph signs X ROAD, FPS go behind barrier, down steps. Into field LHFE towards mast, A12 to L. After mast BR , path across field. Over stile, EP into gravel drive, keep R, SA down track. ROAD CARE! X ROAD TR, TL into 'Green Lane'. At end BR, SA THRU woods, SA onto residential road, SA THRU railings into EP, SA , at railings TL. THRU 17 miles.
SA FSD , pass black wooden barn. At end of wooden fence TL WM 'Essex Way'. Orchard on R. Approx 100m TR 2 o'clock, THRU orchard (not 4 o'clock) WM 'Essex Way'. At FC over EB WM 'Essex Way', TR SA, X field, over FB, X field. At hedge TR LHFE WM Essex Way. FC, BL gravel track. Pass Armoury Farm on L, junction TR , tarmac road SA FSD. 18 miles.
Stay on road till road T Junc. ROAD CARE! X ROAD TR , at RA TL , 'Chapel Road', keep to LH pavement. Co-op shop on L, X ROAD at pedestrian crossing onto pavement, TL. TR into 'New Church Road', SA , allotments on R. T junction SA approx. 11 o'clock, THRU metal railings into EP. SA , pass end of cul-de-sac, SA into fields towards telegraph pole. 19 miles.
BR towards hedge, BL along RHFE towards car park. ROAD CARE! X ROAD SA on track FSD , follow track round to L. As tracks BR, TL into 'Hill House Woods', SA , pond on R BL, WM downhill. Track junction TL , downhill, over FB, SA . At top of hill TR, SA 10m, bench on L. SA 'Joe Firmin Walk' over FB, SA , onto wooden boardwalk. 20 miles.
Pass 2 nd bench on L. THRU wooden KG. SA LHFE . At track SA THRU gap in hedge FPS, TR , then BR onto tarmac. Sharp R, keep 'Cooks Hall Barns on L. TL WM 'Essex Way' SA down track. Near bottom of hill TL THRU hidden metal gate. (If you get to brick buildings turn

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round). **SA RHFE, THRU** metal **KG**, over **FB, RHFE** 'River Colne' to the R. Follow hedge line **BR, THRU** gate onto gravel drive 'Cooks Mill'. Admire the picturesque area. **SA** over bridge pass white house on R as road **TL. 21 miles.**

SA FSD along road. **ROAD CARE! X ROAD** onto 'Spring Lane, pass 'The Cricketers' pub on L. '3rd Aid Station' (**W3W///enhances.sunset.walked**). At 30mph sign **TL** into **EP** next to bungalow 'No 68'. **22 miles.**

X ROAD, into **EP, BL** across fields. **THRU** hedge **TR, RHFE** downhill to **FC**. Over **FB** into 'Iron Latch Woods'. **SA FSD**, over railway bridge, **SA. ROAD CARE! TL** on pavement, keep **L** into side road. At end up short **EP** onto pavement, pass tennis club on L. Before road **BL, ROAD-CARE! X ROAD**, **X** white bridge over A12. At road junction **X ROAD** into 'King Coel Road' (Don't turn L or R). **SA, ROAD CARE!** Road junction **TL** onto pavement, **X ROAD** 'London road' at pedestrian crossing. **23 miles.**

TR on pavement, **TL** into 'New Farm Rd'. Keep to **LH** side, as road **BR** at red dog bin, go **SA THRU** wooden gate into **EP**, 'Grymes Dyke'. **SA FSD** approx 0.8 m. **ROAD CARE!** pedestrian crossing **X ROAD** 'Dugard Avenue', **SA** into **EP FSD**. At concrete post / track junction, **TR** down track, pass 'Stanway Green' care home on **R. 24 miles.**

SA on track, **BR** onto tarmac road, **SA** pass grass area on **R**, as road **TR, SA** into **EP**, 'YARRA Services' on L, pass red dog bin, **TL, BW, SA FSD** approx 0.5 m. **ROAD CARE! X ROAD** 'Maldon Road' **SA** into **EP. 25 miles.**

SA THRU woods, track junction ('Colchester Zoo' is to **the R**). **TL**, downhill, keep woods to L. At track junction **SA** across fields, far end of wooden fence **BR THRU** gap in hedge onto track, **TR** after grass area, Victorian lamp post on L, downhill. Pass gap in wooden fence,

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end of fence **TL FPS**. (If you get to Roman River FB turn round). Keep fence on L. At 3 x gates **TR FPS** 'Wildside Walk', downhill. **THRU** wooden gate **KG**. **26 miles**.

SA. Sharp **R** over **FB** 'Roman River' **IMM TL**, **BL** 11 o'clock, **SA**, junction **SA FPS**, **THRU** holly lined path. **X** stream, **SA** on track uphill. **THRU** gate, exit 'Roman River Nature Reserve'.

SA, **BR** pass pink house on **R**. **ROAD CARE!** **BL**, onto road 'The Cut'. T junction, 1 o'clock, **X ROAD**, **THRU** metal railings into **EP**, **SA**. **ROAD CARE!** **X ROAD TL**, approx. **50m TR**, 'The Kiln', sharp right into **EP**, not down the gravel track. **SA** fence on **R**, pass pond on **R**, **BR**, **FPS**. **27 miles**.

EP, **SA THRU** metal 3 x gates, at track junction **TL** downhill pass 'Layer Mill' on **L**, over 'Roman River' bridge. **SA THRU** farm yard, uphill, **THRU** metal **KG**. (MoD training area, if 'Active') it is still safe to continue). **SA LHFE** approx. 50m at holly tree, **TL THRU** middle of wooded copse, **SA** across field. Enter woodland, **BL**, **SA**, pass **FPS**, **THRU** metal **KG** (same **KG** as in mile 1). **EP**, **ROAD TR**, **28 miles**. Nearly done!!!

Uphill, at 'Kingsford Park Bannatyne's' **X ROAD - CARE!** Into entrance, **TL** onto grass, follow **LHFE** to **H&T finish**, goody bag and a grand medal 😊. **28.5 miles**, Phew!!

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