

# Camuplodunum 2026 29/03/26



## Key:

**BL** - bear left

**BR** - bear right

**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

**NCN** - National Cycle Network route  
(with blue and white signage)

**R** - right

**RA** - roundabout

**ROAD** – 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', **X-ROAD - CARE** onto pavement **TR**, downhill. At road sign on left **TL, EP, SA**. Thru **KG** (you'll use this KG near the finish), immediately **BR** through trees, **(WM)**, to tree line **SA** across field. **1 mile**.

Through tree line **TR** to **FC**. Thru metal **KG**, track to Layer Mill **(WM)**. Pass 'Mill House', up drive, at end of garden fence **TR (WM)**, onto grassy track. **SA, THRU** metal **KG, SA, EP. THRU** metal gate. **SA, THRU** metal **KG**. At path fork **BR** keeping buildings on **L**. **EP**, track **SA**. **ROAD - CARE X** road, **TR**, at road junction (Donkey & Buskins pub), **TL** uphill keep to pavement. At top of hill **ROAD CARE X** road into 'New Cut' road. As road bears left. **BR** gravel track, past pink house to your left. **2 miles**

**BL (FPS)** 'Roman River Valley Nature Reserve' (Heather Fields). **SA THRU** gap next to gate, down path. **X** stream at 2<sup>nd</sup> bridge, **SA, BL** 11 o'clock uphill (nature reserve sign on **R**). Immediate fork **BL** (11 o'clock) uphill avenue of holly trees. Path junction **SA (WM)** narrow

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path, path junction **BR** down to bridge, 'Roman River'. **X FB**, immediately **TL**, follow **EP**, **THRU** wooden **KG**, up **EP**, **BL (WM)** on **EP**. At **(WM)** **TR** up hill, **SA** pass **(WM/NCN1)**. **TL** at brass lantern lamp, gravel area at bottom of 'Olivers Lane'. **SA** for short distance, through gap next to wooden gate (**WM**). **SA** Follow **LHFE**, **SA** on track. **3 miles**.

**SA** between fields towards 'Butchers Wood'. At woods **SA** downhill, uphill. End of wood and track junction (zoo ahead of you in distance), **TR (WM)** into **EP**, 'Butchers Wood'. (*Start of an Iron Age dyke*. **SA** 'Maldon Road'. (**CARE: busy fast traffic, watch for the lip on the kerb!**) **X ROAD**, **SA (FPS)** into bridleway. **FSD**. **SA**. **4 miles**.

**SA**, just before end of path, **TR (WM)** (Not **SA** into narrow path) pass dog bin towards garage door at end of path. At **ROAD** corner, **TR**, 'Stanway Green' on your **L**, **SA**. Gravel fork **BL**. Path T-junction **TL EP (WM)/NCN 1)**. **SA** 'Grymes Dyke'. (*Another Iron Age defence*). **X ROAD**, 'Dugard Avenue', (*Co-op, petrol station and Greggs are a short distance to your left*). **SA**, 'Grymes Dyke'. **FSD**, (**NCN 13**). **5 miles**

**SA FSD** (Do not go onto sports field). At end of trail, **THRU** gap next to wooden gate, **SA** along New Farm Road. **X ROAD** 'London Road' using zebra crossing to your **R**. (*shop to the right*). **TL** on pavement, **TR** into 'King Coel Road'. At T-junction, **X ROAD**, up white footbridge ramp over A12. End of the bridge, **X ROAD**, **TL** toward red dog bin. After 'Lexden Racquets and Fitness club' sign, **BR (NCN 13)** into **EP**, then onto road, **SA**. **6 miles**.

Before bus stop, **TR (FPS)** 'Iron Latch Lane' **EP**. **SA**, **X** railway bridge, **SA**, **EP**. At fork **BR**, track down **THRU** trees. **X** metal railing bridge, **SA LHFE** uphill. At brow of hill **TL THRU** hedge gap (2 short metal poles either side). **X** field to red dog bin, **THRU** gap **EP THRU** houses, **X ROAD** into **EP**. **ROAD TR** 'Spring Lane'. **7 miles**.

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**Check point 1. w3w///streaking.fishnet.organist** (opposite Cricketers Pub). Pass 'The Cricketers Pub', crossroads, **SA FSD** down towards Cook's Mill. Follow road bend **R**, large house on **L**, **SA, (FPS), X** River Colne. Pass house on **L**, **THRU** wooden gate. Immediate **L** along hedge, **LHFE**, River Colne on **L**, **X FB, THRU** metal gate, **LHFE**, Thru metal gate. **8 miles.**

**TR** 'The Essex Way', uphill. **X** concreted area **TR**, (**WM**), (not up gravel Track), immediate **TL**, **THRU** open metal gate, (**WM**), opposite '2 Cooks Hall Barn', up narrow tarmac road, **BL (FPS)**, **TL** at red dog bin, **X** gravel track, **SA RHFE**, path junction **BR**, wooden **KG**, down into Hill House Woods, 'Joe Firmin Trail'. **BL, SA THRU** trees, **X FB, X** boardwalk, uphill, path junction **BL**, **X** stream **FB**, (**WM**) **SA**, (keep to green Joe Firmin sign do not **TL**), bench on **R**, path junction, **TL (WM)**, **SA X FB**, uphill, **TR (WM) (not SA)**, exit woods. **SA** on track **THRU** fields. **9 miles.**

**SA** on track, **BR (WM)**, '(Joe Firmin trail), **SA**, road junction with 'St Mary's' church on **R**. **SA**, **EP** between hedge on **L** and wooden fence on **R**. Follow **LHFE**. 'Essex Way'. At pylon **BL** between field toward houses. **SA THRU** hedge gap, **EP**. **X** end of cul-de-sac, **EP, X ROAD TR**, immediate **TL** into 'New Church Road', pass 'St Mary the Virgin' church. **10 miles.**

**SA**, T-junction, **TL** 'Chapel Road'. *Co-op (or you could turn right for the Queens Head pub which is on Queens Rd)*. T-junction, **TR** onto 'Colchester Road'. **X** road near Nisa shop, immediate **TL** into 'Armoury Road' (**WM**) 'Essex Way', **BR**, follow road **FSD** towards 'Armoury Farm'. **TL (FPS)** before buildings, 'Essex Way', gravel path, after houses **BR** (2 o'clock) **RHFE**. **TL** at (**WM**) 'Essex Way', **X** field **X** wooden **FB**. **11 miles.**

**X** field. **X EB, (WM)** 'Essex Way' into grassy field, **BR**. Immediate fork **BL** 11 o'clock, not **RHFE**, **X** field to (**WM**), **TL** on path, orchard on **L**. At concrete area (**WM**) **TR**, tarmac Path,

between buildings to 'Brick Kiln Lane'. Pass 1<sup>st</sup> red dog bin on L, 2<sup>nd</sup> red dog bin TR off 'Essex Way', THRU metal railings EP, road TR, SA into woods, BL (FPS), SA THRU woods. BL at (WM) by brick wall, gravel track 'Green Lane'. SA FSD, X ROAD TR. immediately TL (FPS) pointing to right but path is uphill SA with wood panel on L, rail fence on R. (Terrace Hall Chase). **12 miles.**

SA, along EP (WM) & 'The Orchard'. SA into house gravel area, L corner pass egg sales, X stile, BR in field towards mast. Keep R at green fence R (WM), RHFE, A12 on R. FC, TR (FPS) up EP to 'Straight Road'. X ROAD, TR pavement crosses over 'A12' blue bridge, TL (FPS) at red dog bin down into EP (FPS) into EP FSD.

**Check point 2 w3w///gallons.toward.ironic . SA, X ROAD via pedestrian crossing 13 miles.**

THRU metal railings, immediately TL (WM) EP. THRU wooden gate, SA, along road, road junction, Toyota dealership on L. TR 'Axial Way', SA. X ROAD at traffic light controlled pedestrian crossing. SA THRU railings onto tarmacked EP path behind houses. Follow EP to road, TR, X ROAD by shop. TR on pavement to RA. SA 2<sup>nd</sup> exit ("local traffic only" sign). **14 miles.**

RA, 1st exit X ROAD 'The Crescent'. SA into Flood Lane (blue metal sign above footpath). SA, ignore any L and R paths. X ROAD which is 'The Crescent' again, SA THRU 3 x yellow and green posts into EP. At end of path, green and yellow posts, BL onto pavement. X ROAD to grass triangle, oak tree in middle, BL, X road, TL, follow pavement, 'Aspen House' and picnic tables on R side. Follow pavement, turns to EP. At RA TR, X ROAD toward Glyn Hopkin Honda dealership. TL on pavement, TL, X ROAD via pedestrian crossing, SA, over bridge. BR on path, X ROAD, TR down slip-road, TL off slip-road onto 'Old Ipswich Road'

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signed 'Gnome Magic'. **TR (FPS)** keep 'A&S Aggregates' on your right, uphill on concrete road, Ardleigh reservoir will be on your left. **SA**, pass 'Willow Lodge'. **15 miles.**

**SA FSD** towards 'Harveys Farm' on concrete road. As road turns **L**, **SA THRU** gap to **L** side of gate (**WM**). Green fence on **R**, field on **L**. End of path, up zigzag path, up concrete road, over 'A120', follow road, becomes track **FSD**. **X ROAD**, 'A137 Manningtree Road'. **SA (FPS)**, 'Moze Hall private road'. **16 miles.**

**SA** over railway line bridge. **TR (WM) THRU** metal **KG** keep **L** along fence line, **SA on EP (WM)**, **FSD**, metal **KG**, **LHFE**. **TL THRU** hidden **KG** before black 'Private-no footpath' sign, into woods. **SA, X FB** over stream, **SA** uphill 'mind your head', **EP (WM)**, pass old greenhouses on **R**. At track junction/house entrance **TR** at first telegraph pole (**(WM)** behind bush), follow **RHFE, X FB CARE as old**. **17 miles.**

**RHFE** to 'Bromley Road'. **X ROAD** into Chapel Lane **SA FSD**. When road bears **L**, **SA (FPS)** gravel drive of 'The Barn' and 'Ivy Cottage'. After green painted shed **TL (FPS)**, lamp post thru hedge gap. **TR, RHFE**. At **FC BR** pass broken wooden stile on **L**, into **EP** thru trees. **SA** thru woods, **X FB, (WM)**, follow **RHFE** uphill to **FC**. **TR (WM)**, follow track **FSD**. **18 miles.**

**SA** on track (*note view in 2nd field of Jumbo water tower and Town Hall spire*). **BL** as track passes cottage on the **R** side. After 75m uphill, **TR** opposite (**FPS**) and black gate, **X** stile, **LHFE, THRU** metal gate posts (gate may still be laying on the ground), **SA** across field to bottom **FC**. **X** stile, **X** bridge crossing 'Salary Brook'. Immediately **TL** onto boardwalk, then **SA FSD** on path. **19 miles.**

**SA** on path, **TL** onto tarmac cycle path.

Now choices.....

If underpass is not flooded go through underpass under A133 Clingo Hill, follow cycle path, **ROAD**, **TL** onto Swan Close, **T** junction **TR**, **X ROAD SA** up to Tesco **RA**, 1<sup>st</sup> exit,

OR

If underpass is too flooded to pass, **BR** on path **TR** up pavement, **TL X** zebra crossing, **TR** on pavement, follow to Tesco **RA**, 2<sup>nd</sup> exit.

Back on single route now.....

**SA** 'Eastern Approach', over railway bridge. **RA**, 2<sup>nd</sup> exit, **SA** 'Colne Causeway' over 'River Colne'. **RA**, turn sharp **L** onto path down to 'King Edward Quay' riverbank. **SA**, pass red lightship. **20 miles.**

Keep **SA** with river on your **L** side. At end of road keep **SA** with 'Silverton Aggregates' to your **R**. Path narrows, at 'Footpath Closed' sign **TR**, at **ROAD TL**, follow 'Diversion'

**Check point 3 w3w///puppy.then.noses** . **SA** between metal fences. End of green fence **SA**, metal **KG**, **SA** (Hythe Lagoons), **SA FSD**. **21 miles.**

**SA, THRU KG, SA THRU KG**, past boats. **TL** onto 'Thanet Walk' in front of houses. **X** grass area. **22 miles.**

Anchor pub on **L**, onto **ROAD**, 'Rowhedge High Street', **SA** pass 'Olde Albion Pub' on **R**, changes to block paving, **SA** to end of road. **TL (FPS)** at black bollards. **SA**. Up slope past observation tower. **SA** block paved path, end of railings **SA**, gravel path **FSD**. After children's playground, **TL** down steps 'John Brunning Walk', 'Nature Conservation Scheme, (**WM**) on tree), **SA**, **EP** low and narrow, keep on sea wall close to Roman River, boardwalk, **FB**, **SA**, **EP**, **BR** up from bank, keep **L** to immediate **FC**, **THRU** trees, up steps, **EP**. **23 miles.**

**SA** towards white building, 'Fingringhoe Mill', up steps, pass in front of mill, up driveway, **T**

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junction **ROAD CARE TR** 'Church Road'. Pass 'St. Andrew's' church (*water tap inside church gate*), and 'Whalebone pub' on **R**. **SA CARE! X road, SA** along 'Chapel Road'. Pass Village Hall. At red brick house on **L**, take **L** permissive path (by wooden rail fence) behind hedge to avoid road. **X ROAD!, TL**, at grass triangle **TR** down Fingringhoe sign, pass farm on **R** follow Byway **FSD. 24 miles.**

**SA FSD, ROAD TR.** Down **R** side of road (**no pavement**). At 'T' junction, **TR** (B1025 to Colchester), **X ROAD!!** Stay on grass verge. **TL** Ball Farm (**FPS**). (MoD training area, if 'Active' it is still safe to continue). **SA FSD. 25 miles.**

**SA, THRU** gates to **L** of cattle grid white gate. Tarmac road **FSD**, pass Rock Farm on **L**, becomes gravel as track turns, keep **SA**, (ignore **L & R**) **FSD**. 'Cherry Tree Lane'. **26 miles.**

Downhill, keep metal railing on **R**, big tree in middle of path, **TL** through wooden **KG (WM)**. **SA**. Keep to gravel track, **THRU** wooden **KG**, **X ROAD** metal **KG**. **SA** follow gravel track, becomes old concrete, downhill, over stream, uphill, **SA 12 o'clock** gravel track, (**not 11 o'clock**). **SA. 27 miles.**

**TL** before white gate, **BR** after track kink towards rear of white sign, **THRU** gap in hedge (locked wooden **KG** on **L**). **X ROAD**, metal **KG**, (MoD training area, if 'Active' it is still safe to continue). Initially **RHFE**, **SA** obvious track across 4 x fields divided by treelines towards and into lightly wooded area, **TL** keep tree stump on right, **TR** on path, **SA THRU** metal **KG** (same **KG** as first in mile 1). **SA EP**. Nearly done!!! **ROAD TR** onto pavement. **28 miles.**

**At** 'Kingsford Park Bannatyne's entrance, **TL, X ROAD CARE! SA** on grass to **H&T finish**, goody bag and a grand medal 😊.