

Stour Valley Marathon 2026

Reviewed 04/06/26



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-

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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.**

THRU gate, **X FB** 'River Stour'. **ROAD-CARE! - TR. (StEW) (SVP)**, **SA** on pavement, Black Horse pub on L. **SA** over river bridges. You have now left the **(SVP)**. Pass 'Talbooth' restaurant on R,

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BR onto gravel path at post box, onto road, **SA**, road junc, **TR** onto pavement. Uphill, **SA** approx. 150m, **FPS TR THRU** RH black iron gate onto **(EW)**, **SA**. **9 miles.**

Road junc (Langham Hall), **TR SA**, church on R. **SA**, becomes track **FSD**, downhill, **TL** before hedge **(EW)**. (Half marathoners may be coming from your right) **SA EP, FB, THRU** gate, 12 o'clock, **X** field, **THRU** gate, **FB**, track **TL**. Road junc **BR, SA**. **10 miles.**

ROAD CARE! - **X** road, **SA THRU** hedge **(FPS)**, **X** field, **FB, SA, LHFE, SA X** field. Down steps to L of tree, **TL, IMM R (EW), SA**. Wooden gate to 'Plumb's Farm'.

Checkpoint 2 - W3W///wider.darling.forklift

TL, THRU hedge **(EW)**, **TR RHFE. SA X** field, **THRU** gateway, onto **ROAD -CARE TL, SA**. **11 miles.**

Grass triangle, Rivers Hall Farm. **SA THRU** hedge **(EW)**, **TR RHFE** towards farm. Barn corner **TR (EW), SA**, pass 'Office' on L, ignore **(EW)** 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. 12 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**). **13 miles.**

SA on Park Road **FSD**, cottages on L, downhill, **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). **14 miles.**

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

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Checkpoint 3 – w3w///pegged.alas.puncture

BR, grass path to rear of ‘Anchor’ pub (do not go through pub garden!). **BL THRU** wooden gate.

ROAD-CARE! **X** road to pavement, **TL**, pass Anchor pub on L, after road bridge **TR (SVP)** down Steps. Keep next to river on R **FSD**. Up bank to road. **15 miles.**

TR, SA on grass next to road (A134 main road). **ROAD-CARE!** - **TL X** road using traffic island onto grass verge before junction. **TL**, Wiston Rd’, Nags Corner’. **IMM TL (SVP)** through **KG, SA LHFE**, 2nd field, onto boardwalk. **THRU** metal gate. **SA, EP THRU** trees. **LHFE, FB, LHFE FSD**. **X** gravel driveway (**SVP**). **SA LHFE**, Stour River on L **FSD**. **16 miles.**

BL off field, **SA EP, TL FB (SVP), SA THRU** trees, **FB.SA EP, CARE** dodgy **FB**, up steps, **SA, X** field.

FB, SA uphill, **THRU** hedge gap, **TR. RHFE, ROAD-CARE!** **X** School Lane, **LHFE**, then copse on R.

At field in front **TL, RHFE. 17 miles.**

SA RHFE, FC ROAD-CARE! School Road, **TR SA**. Approx 100m, as road turns L, **TR (SVP) FB THRU** hedge. **LHFE, BL IMM THRU** gap, **SA EP**, paddock on R. **THRU** gap, farm on L, stile (**SVP**), **SA** downhill, stile, **TR, EP, SA**, grass area **BR**, immediate **TL (SVP)** over **EB, TR, RHFE** pond on R. **SA** into **EP. ROAD-CARE!** **TL (SVP) FSD**, uphill, downhill. **18 miles.**

SA, as road turns L **TR KG (SVP)**. **SA X** field, **KG (SVP)**. **FB, KG, BL** 10 O’clock **X** field, metal **KG (SVP), FB**, up steps, **KG, TL** uphill **LHFE. FC, KG, (SVP) TR** house on R, **THRU** large gate **EP. SA, THRU** gate, **LHFE** (ignore gate in **FC) TR, LHFE**, metal **KG**, Wormingford school on R. **SA**, tarmac, speed bumps. **ROAD-CARE!** - **TL, X** road at St Andrews church gate / steps, **FPS TR THRU** churchyard, church on R.

Checkpoint 4 – w3w///puncture.sending.adopting (Water tap behind porch and toilets inside church if open). **THRU KG, SA THRU** woods, metal **KG, SA** uphill **RHFE. 19 miles.**

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KG, X field, KG, downhill, TL THRU hidden KG, EP, SA X field passing copse edge, SA. SA, X EB, (SVP), X track, SA X field (towards black barn), at hedge THRU hidden gap, (SVP), RHFE, FC, BR X concrete road, BL to telegraph pole, TL, SA, path through field. Through hedge gap (SVP), RHFE, SA, FB. 20 miles.

SA, FB, KG (SVP), SA, X field, KG, X field, KG, RHFE, KG (SVP) over FB, EP behind 'Bures Mill', steps, onto tarmac road. Tree lined road, wall on L, BR (Ignore SVP on L, course leaves SVP here). SA to road junc, X road signed (StEW). Uphill, houses on L. As road turns L, Tawney Ride, SA onto track uphill FSD. 21 miles.

Track junc **TL** before gateway (**StEW**), **SA**, track onto tarmac. **ROAD-CARE!** T-junc **TR, IMM R** into 'Fysh House Farm'. **SA**, concrete becomes track. Keep **L, SA**, track downhill, as track turns **R**, keep **SA (StEW)**, onto **RHFE**. Downhill.

(The track on the R goes to St Stephens Chapel, with a view of the Stour Valley dragon behind the chapel on the far side of the valley).

SA downhill, **FC**, metal gate, **EP, KG, SA** uphill. *(The dragon can be seen on the R).* **22 miles.**

SA, towards top of hill). At trees, **TR IMM TL (StEW)**, on **EP. ROAD-CARE! – TL (StEW), TR, (StEW)** pass Buckfield House and Highfield Farm on L. **SA** on grassed **EP. FSD. 23 miles.**

SA, EP FSD. At concrete area, **SA**, gravel track turns to tarmac road **FSD.** As road **BR** at brick wall

Checkpoint 5 w3w///jazzy.riddle.flopping

Road junc **SA, (StEW)** 'Bures 4 m' **SA** on road for approx. 500m, passing houses on R. As road **BL, TL THRU** hedge (**StEW**) **FB, SA, EP**, down steps, **THRU** gate, **TR, RHFE.** Before house **TR, KG, IMM TL, SA. KG, (StEW), LHFE, FC BL**, downhill, through gate, **FB, SA. 24 miles.**

SA, THRU woodland, **RHFE. ROAD-CARE! - TR.** Road junc **TR, SA, X** road, as road turns **R TL**, 'Newtons Farm' and Wiston Hall'. **SA** past Newtons Farm on L. **25 miles.**

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At Wiston church, **TL FPS** (water tap next to step). Wire fence on L, **EP**, wall on R, **BL** alongside moat. **LHFE, EP, (StEW), RHFE, SA**. Pass **FB** on R where you crossed earlier. You are back on **(SVP)**. Retrace your steps back to CP3 via **RHFE, X** gravel track, **SA RHFE, FC, FB, SA, RHFE, THRU** gate, boardwalk, **(StEW)**. **RHFE. 26 miles.**

SA, FC, KG, ROAD-CARE! - TR (SVP) stay on R verge, **X** main road using traffic islands, **TR** on verge, towards 'A134 Colchester', stay behind crash barrier. **TL** before end of crash barrier, **(StEW)**, down to river, **BL** keep river on L, **EP**. **SA** next to river FSD, keep L, up steps, **TL (StEW)**, keep to pavement, over road bridge, Anchor pub on R. As road BL, **X** road, '20 Knoll Gate' on L. **THRU** gate. **27 miles.**

BR behind Anchor pub, **LHFE** (pass where CP3 was), large tree and bench on L, **TL** '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!! **27.5 miles.**

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