

Camuplodunum 2024

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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. **TL EP** at road sign, before bridge. 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 fork **BL** past pond on your **L, EP**, (Do not use gravel driveway). At **ROAD TL**, 50 metres, **TR (FPS), EP**. At **ROAD X** 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 2nd 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 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. 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**. Gravel fork **BL**. Path T-junction **TL EP (WM)/NCN 1**, '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 (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 short **EP** (don't follow (**WM**) **SA**, definitely **TR**) **SA** onto road. **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**. **7 miles**.

ROAD TR 'Spring Lane'. **Aid Station**. Pass 'The Cricketers Pub', crossroads **SA FSD** down towards Cook's Mill. Follow road bend **R**, large house on **L**, **SA**, (**FPS**), **X** river. Pass house on **L**, **THRU** wooden gate. Immediate **L** along hedge, **LHFE**, river 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 1st red dog bin on L, 2nd 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**. **Aid Station. 13 miles.**

SA, X ROAD via pedestrian crossing. **SA THRU** metal railings, immediately **TL (WM) EP. X**

new pedestrian area, **SA**, 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 2nd 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'

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, following cycle path, **TL** onto Swan Close, **T** junction **TR, X ROAD SA** up to Tesco **RA, 1st** exit,

OR

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

Back on single route now.....

SA 'Eastern Approach', over railway bridge. **RA, 2nd** 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 1st 'Footpath closed ahead' sign keep **SA** with 'Silverton Aggregates' to your **R**. At 'Footpath Closed' sign **TR**, follow diversion, at **ROAD TL**, follow 'Diversion' sign **L** between green metal fences. **Aid Station**. 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 'Nature Conservation Scheme, ((**WM**) on tree), **SA**, **EP** narrow, keep close to River, **FB**, **SA**, **BR** up from bank, keep **L** to immediate **FC**, **THRU** trees, path junction **BL**. **23 miles.**

SA towards white building, 'Fingringhoe Mill', up steps, pass in front of mill, up driveway, **T** junction **ROAD TR** 'Church Road'. Pass 'St. Andrew's' church (*water tap inside church gate*), and 'Whalebone pub' on **R**. **SA CARE!** along 'Chapel Road'. Pass Village Hall and red brick house on **L**, take **L** permissive path (green sign on wooden rail fence) behind hedge to avoid road. **X ROAD - CARE!**, **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, **BL** past fallen dead trees, **BL** into narrow path towards rear

of white signs, **THRU** metal **KG** (same KG as first in mile 1). Nearly done!!! **ROAD TR**,
28 miles, Uphill, '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!!