

R right TR turn right RHF right hand of fork SA straight ahead X cross.

L left TL turn left LHF left hand fork FP footpath BW bridleway

<http://www.mapmyrun.com/routes/view/1758934199>

Start on FP by the bridge heading West towards Chelmsford. Keep the river on your left until.....(in **KM**)

1	3.8	TL over footbridge.
2	3.9	SA through field on FP. (Grace's Walk).
3	4.0	SA over strange shaped stile, the SA on FP passing a pylon.
4	4.4	X road and join BW. SA (Grace's Walk/Admiral McHardy Way/Saffron Trail/NCN1).
5	5.6	SA into wooded single track towards farm house buildings.
6	6.1	X road. Metal kissing gate onto FP. Single track through fenced orchard.
7	6.4	LHF on FP to continue in orchard.
8	6.6	SA on steep downhill, X bridge over a brook and go up steps.
9	6.8	SA over stile, bridge, stile. Wildside Walk FP.
10	6.9	SA through field on FP (caution – horses).
11	7.0	Metal kissing gate, TL onto Chapel Lane.
12	7.1	TR onto FP.
13	7.4	SA wooden bridge and SA through cornfield.
14	7.6	Exit field at FP. Wooden bridge then TL.
15	7.7	TR onto FP.
16	7.8	TL onto track and then Millenium Walk. Pass Little Baddow Hall. (Exit via the stile if gate is closed.)
17	8.2	TR onto road by the church (look for the left turn FP, easy to miss!)
18	8.21	TL on FP and head behind the houses.
19	8.3	Follow FP left behind the church yard / field edge.
20	8.4	TR onto FP and X field (downhill towards the river.)
21	8.7	TL onto FP and over a bridge.
22	8.8	TR over bridge (Church Rd). Stay on grass verge, keeping rd on L. Beware of cars.
23	9.2	TR into the Trifarm. Cross grass on the R and join the running track. Anti-clockwise ¼ lap of the lake.
24	10	SA up the grass bank to Finish!

Emergency numbers:

07774003961

07946622599



THE TRI STORE 