



The Trifarm Summer 10k Trail Run.

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

<https://www.mapmyrun.com/routes/view/3320423716>

Start is located at the far end of the car park at the top of the bank. Complete a $\frac{3}{4}$ lap of the lake in clockwise direction before heading across the grass to the exit of the Trifarm and Church Road.....(in KM)

0.8 TL onto Church Road. Stay on / nr grass verge and be aware of traffic(!) Go over the bridge.

1.2 TL onto FP and over a bridge.

1.3 TR onto FP. Head uphill towards the church.

1.6 TL on footpath and follow the edge of the field / church yard.

1.7 SA over grass then gravel between buildings and houses.

1.71 TR downhill on Church Rd .

1.72 TL onto track. (use stile if gate is closed.) (Millennium Walk.) Pass Little Baddow Hall.

2.4 TR over wooden bridge and then SA X field.

2.6 SA onto FP and through coppice.

2.9 TL onto Chapel Lane and he uphill towards the sharp left hand bend.

3.0 TR on FP and metal kissing gate. SA X field (usually horses in it.)

3.2 SA over stiles and a bridge. Between hedges and open lawn. (Wildside Walk FP).

3.4 SA down steep hill into woods. Wooden steps (!) Over a bridge and up the other side.

3.5 SA on FP. Fenced either side as you pass through an orchard.

3.7 RHF to stay on the orchard FP.

3.95 Exit FP via metal kissing gate, TR onto Grace's Lane

4.0 TL onto BW between buildings / driveway (Grace's Walk / Admiral McHardy Way / Saffron Trail / NCN1.)

5.6 X Rd (Hammonds Road). SA on FP towards pylons.

6.0 SA over strange shaped stile. Stay on FP towards metal bridge.

6.2 Over the bridge and then TR onto FP. Keeping the river on your R.

10 Finish line is just prior to the Finger Post near the bridge / Church Road.

Emergency number: 07774003961



THE TRI STORE 