

Colchester Kawasaki Charity 10mile 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 **WT** Wivenhoe Trail **UH** Uphill **DH** Downhill.

LHFE Left hand field edge. (!) Caution

[16.3 km Trail Running Route on Strava](#) - [Colchester Kawasaki 10 mile trail - MapMyRun](#)

- 0.0 - Start by the Colchester Kawasaki sign. Head UH on Commerce Way.
- 0.16 - TR onto Whitehall Rd. DH.
- 0.35 - X Haven Rd (!) and head slightly right to join Kind Edward Quay.
- 0.46 - TL on to stay on King Edward Quay and keep the river on your R.
- 1km - Follow joint FP/cycle route up and TR and go over the bridge.
- 1.20 - TR onto the WT FP / cycle route.
- 1.7 - SA onto gravel trail, keeping the river on your R.
- 4.19km - LHF.
- 4.38 - SA on FP (*not through tunnel!*) stay on FP until ALMOST at Wivenhoe Rail Station.
- 4.49 - Sharp RT (160degs) onto wooden path.
- 4.60 - SA under the houses (will make sense when you see it!)
- 4.61 - TL onto Spindrift Way.
- 4.95 - RT onto West Quay. Keep the river on your R again whilst you follow the Quay Side twists and turns.
(*Nice pubs along here; but try not to stop!*)
- 5.85km - SA on FP towards the Sailing Club (becomes gravel path again.)
- 6.1 & 6.28km - gates. Stay on upper bank FP. Keep river on your R.
- 7.3km - Sharp TL off onto WT onto FP. Go over mud on stepping-stones and into woods.
- 7.4 - UH through woods and then join LHFE, continuing UH.
- 7.6 - Stay on LHFE.
- 8km - TL through gap in tree line, through wooden gate with a yellow FP sign. Then TL again onto FP.
- 8.5 - SA through metal gate onto BW.
- 9.1km - X Alresford Road (!) TL when you get on the grass (Water/marshal point.)
- 9.21 - Re X Rd (!) to FP, SA through metal gate and the DH.
- 9.5 - SA through kissing gate and stay on FP.
- 9.7 - UH on wooden steps and through kissing gates. X flood plain on FP (!)
- 10.2km - Up onto river bank and TR onto gravel path. Keep river on L. Retracing route back.
- 11.3km - TL onto Wivenhow Ferry Trail FP / causeway.
- 12.1km - TL rejoining the WT and retracing route back towards Colchester. Keep river on L.
- 15km - TL to re-cross the Bridge on the FP.
- 15.2 - TL and DH back onto Kind Edwards Quay. Keep river on L.
- 15.7 - TR to follow the road.
- 15.8 - X rd (!) and head UH on Whitehall Road.
- 16.24km - TL onto Commerce Road then DH.
- 16.4 - Finish near the front door of Colchester Kawasaki.

Emergency numbers: 07774003961 / 07946622599