

Colchester Kawasaki Charity
10mile Trail Run



[16.3 km Trail Running Route on Strava](#)

TR turn right **RHF** right hand fork **SA** straight ahead **X** cross **TL** turn left **LHF** left hand fork
FP footpath **BW** bridleway **WT** Wivenhoe Trail **UH** Uphill **DH** Downhill **LHFE** Left hand field edge. **(!)** Caution

- 0.0 Start by the Colchester Kawasaki sign. Head **UH** on Commerce Way
- 0.16 **TR** onto Whitehall Road. **DH**
- 0.35 **X** Haven Road (!) and head slightly right to join King Edward Quay
- 0.46 **TL** on to stay on King Edward Quay and keep the river on your right
- 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 right
- 4.19 **LHF**
- 4.38 **SA** on **FP** (*not through tunnel!*) stay on **FP** until ALMOST at Wivenhoe Rail Station
- 4.49 Sharp **RT** (160 degrees) on to 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 right again whilst you follow the Quay Side twists and turns. (*Nice pubs along here; but try not to stop!*)
- 5.85 **SA** on **FP** towards the Sailing Club (becomes a gravel path again)
- 6.1 & 6.28 Gates. Stay on upper bank **FP**. Keep the river on your right
- 7.3 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**
- 9.1 **X** Alresford Road (!) **TL** when you get on the grass (WATER / marshal point)
- 9.21 Re **X** the road (!) 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** (!)
- 10.2 Up onto river bank and **TR** onto gravel path. Keep river on your left. Retracing route back
- 11.3 **TL** onto Wivenhoe Ferry Trail **FP** / causeway
- 12.1 **TL** rejoining the **WT** and retracing route back towards Colchester. Keep river on your left
- 15km **TL** to re-cross the Bridge on the **FP**
- 15.2 **TL** and **DH** back onto King Edwards Quay. Keep the river on your left
- 15.7 **TR** to follow the road
- 15.8 **X** road (!) and head **UH** on Whitehall Road
- 16.24 **TL** onto Commerce Road then **DH**
- 16.4 Finish near the front door of Colchester Kawasaki

