

The Ship M8 trail run

8km - CM2 8LB

https://www.strava.com/routes/3157636513087386758

TR turn right, RHFE right hand field edge. FC field corner SA straight ahead X cross. SPW St Peter's way. S.

Stile. B Bridge. TL turn left LHFE left hand field edge, FP footpath BW bridleway. Rd road. WB wooden bridge.

RHS right hand side. LHS Left hand side. DH Down Hill

Starts in beer garden unless raining. Exit the pub and **TL** onto Stock Road. (Use pavements and grass verges on **LHS** as you see fit)

- 0.85 TL Old Stock road footpath. Rejoin Stock Road
- 1.63 X-road onto Crondon Park Lane (footpath / access road)
- 2.17 TL on SPW. Wooden steps! SA keeping the Golf course on RHS
- 2.91 **S** then **TL** (Stock Lane) then immediately **TR**Tarmac with **FP** only signs
- 3.48 TR in gap with FP through gate. SPW.X triangle field (keeping metal fence close to your RHS to aid navigation).Caution! Can be used for cattle
- 3.61 **TL** through gate, jump drainage ditch and then **LHFE** on fence line
- 3.85 Through gate, **TR DH** on **BW**. Then **DH** on tarmac. **TR** onto **BW**
- 4.01 Through gate then **SA** on Swan Lane. Caution! Cars
- 4.46 TR on FP. Diagonal through field to LHFE
- 4.82 TL, RHFE FP
- 5.21 TR on BW
- 5.89 **TR** onto Crondon Hall Lane towards farm buildings. Follow **FP** signage around the **RHS** of the building (GPX issue here!)
- 6.46 Bear left on concrete / gravel road, **UH** all the way to Stock Road
- 7.82 **X** Stock Road. **Finish** at rear of The Ship in the beer garden











Emergency numbers: 0777400391 / 07858334193