

The Viper

5 mile trail run

B Bridge, **BW** bridleway, **FC** field corner, **FP** footpath, **LHFE** left hand field edge
Rd road, **RHFE** right hand field edge, **S** Stile, **SA** straight ahead, **SPW** St Peter's Way
TL turn left, **TR** turn right, **WB** wooden bridge, **X** cross (NB: narrative is in KM!)

Strava: <https://www.strava.com/routes/3044942874332085790>

- KM** Exit the pub (Start your watch) and **X Rd SA** onto **SPW**
- 0.25 Over **S** and then IMMEDIATELY **TL** into narrow tree lined path
- 0.3 **S, RHFE**
- 0.56 **S**, Follow wooden posted fence across field
- 0.9 **LHFE**. In corner of field exit onto narrow path to wooden bridge
- 1.0 **TR** on **Rd** (Ivy Barn Lane)
- 1.1 then **TL** at **FP** into field
- 1.2 **B** by woods. **RHFE**
- 1.26 Middle of field
- 1.5 **FP** into woods. **WB**
- 1.6 **SA WB**
- 2.1 **TR** into track / houses
- 2.2 **TL** onto **Rd** (Cock Lane)
- 2.4 **TL** onto **Rd** (Ingatestone Road)
- 2.5 **TR** on **BW** (Metsons Ln). **SA** for 1k
- 3.3 **RH** fork at junction. **SA X Rd** towards bus stop and into the woods
- 3.8 **TL** onto concrete **BW** (Old Barns Ln)
- 4.2 **X Rd** (Blackmore Road) **SA** on **BW**
- 5.3 **TR FP** Essex Ramblers / **SPW**
- 5.4 **SA** through metal gate **SPW**. **WB** then **LHFE**
- 5.9 **S**, gate, **S** then dodgy **S**! **RHFE** to **S** (Stay on **SPW**. Sometimes there are extra gates!)
- 6.1 Exit **FC**, **TL** on **Rd** (Beggars Hill) 6.3 **TL FP, S**
- 6.5 **S, SPW, S**, Middle of horse field
- 7.0 Metal gate. **TR** onto Maple Tree Lane then **TR SPW FP** to car park
- 7.2 **TR** on **Rd** (Mill Green Road) pass the Cricketers PH then **TL** onto **FP** (Harding's Lane)
- 7.6 **TL, S** onto **FP** Mill Green Circular Walk 7.7 **S RHFE**
- 7.9 **TL** through gap. **WB, FP**
- 8.1 **SA** over track into woods **FP, SPW**
- 8.2 Exit woods, **TL** on track. Retrace steps to Viper. **X Rd**. Stop your watch at the bar!



Emergency numbers:

07774 003 961

07858 334 193



Male Adder

