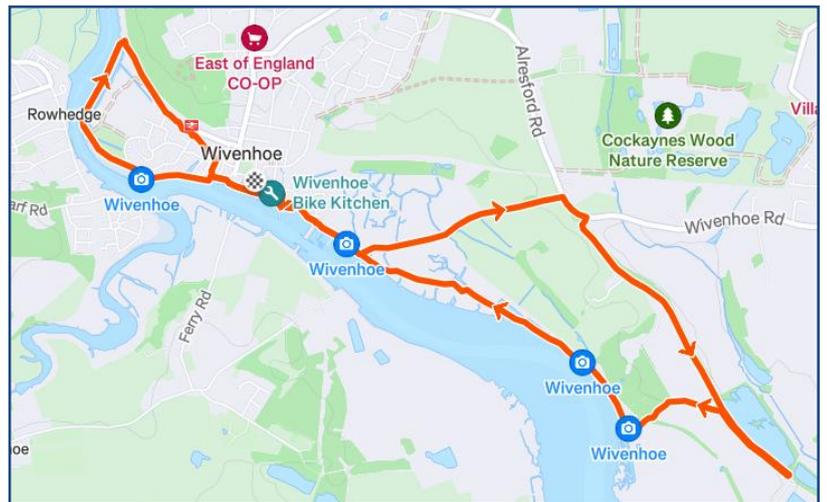


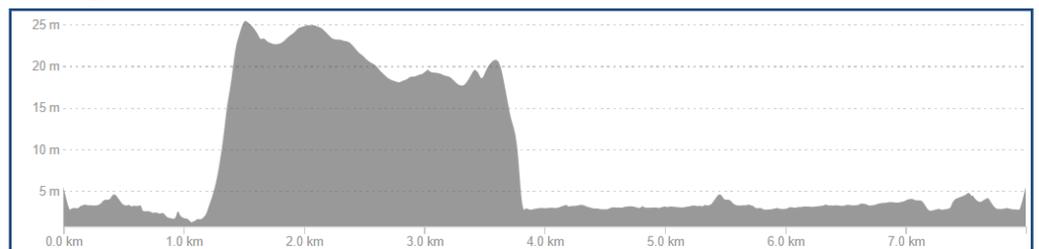
**(!) Caution, G Gate, BW** bridleway, **DH** Downhill, **FP** footpath, **L** left, **LHF** left hand fork  
**R** right, **RHF** right hand fork, **RHFE** right hand field edge, **SA** straight ahead  
**TL** turn Left, **TR** turn right, **UH** Uphill, **WT** Wivenhoe Trail, **X** cross



[Wivenhoe 5 mile trail run | 8.0 km Trail Running Route on Strava](#) (same as 2025)



- 0.0 Exit the pub, **TL DH** on Bethany Street **TL** on riverside gravel trail path
- 0.3 **T/R** onto quay **FP** / Pearl Walk
- 0.4 **SA** on shared **FP** passing the EA building onto the riverside **FP** / **WT**
- 0.5 **SA G**
- 0.6 **TL** at **FP** down bank to grass trail
- 0.9 **G** then steps and down to enclosed **FP**
- 1.17 **G. SA UH**
- 1.17 **G, X** Wivenhoe Road! **TR** on grass. **TR** at Alresford Quarry sign to **X** back over the Road!!
- 1.66 **RHF** to **BW**
- 2.18 **SA** on enclosed **BW**
- 3k Follow **BW** to the **R**, then sharp **R** through gate to complete 180°-turn, but now on grass **FP RHFE**
- 3.62 **DH** on **RHFE**. **DH** into woods, enclosed **FP**. Steps and stepping stones!
- 3.85 **TR** onto **WT**
- 4.8 **G SA**
- 5.05 **G SA** (retracing earlier route, passing sailing club / EA building)
- 5.6 **TL** onto Pearl Walk
- 5.7 **TL** onto The Quay. **SA** on paths passing Rose & Crown pub
- 5.86 **TL** onto West Quay
- 6.36 **TL** at **FP** the **TL** again through bollards to muddy causeway **FP**
- 7.04 **TR** onto **WT** (keep the railway line on your **LHS**)
- 7.4 **SA** through car-park. **NCN 51** sign
- 7.54 **SA X** Old Ferry Road! onto West Street
- 7.66 **TR DH** Bath Street!
- 7.7 **TL** on Quay. Pass the Rose & Crown pub
- 7.92 **TL UH** on Bethany Street
- 7.99 Enter the *Black Buoy* and stop your watch at the bar to finish!



**Emergency number: 07774 003 961**