

(Emergency contact - Paul Buckle 07879 650257)

Haverhill Running Club

The Birdbrook Tavern Trot

The race route is not marshalled, so please be responsible for your own safety, by taking extra care on all road sections and at all road crossings. Please obey the Green Cross Code and the Countryside Code. Beware of stinging nettles, low branches and tree roots.

KEY

BL	Bear left	FPT	Fingerpost	RHFE	Right hand field edge
BR	Bear right	G	Gate	SA	Straight ahead
BWS	Bridle/byway sign	L	Left	ST	Stile
EP	Enclosed path	LHFE	Left hand field edge	SP	Signpost
FB	Footbridge	J	Junction	TL	Turn left
FC	Field corner	MP	Marker post	TR	Turn right
FD	Field	R	Right	TK	Track
FP	Footpath	RD	Road	TRL	Treeline
				X	Cross

ROUTE

1. From the car park of The Birdbrook Tavern, **TL** and then immediately **TL** onto side **RD** **SP** Steeple Bumpstead & Saffron Walden, running alongside **RD** towards Steeple Bumpstead. After approximately 50m **TL** at **TK** ascending hill, continuing **SA** along wide grassy **TK** (Railway embankment).
2. As **TK** descends slight incline, at the **TK** **J**, **TR** and continue **SA** along wide grassy **TK**. At **FC** and gap in **TRL**, continue **SA** along wide grassy **TK**. At **MP** on **L** continue **SA** on **TK**. **BL** then **BR** on **FP** to **MP**. At **MP** **TL** through gap and continue **SA** on **FP** following **RHFE** and **TRL**. At end of **FP** at **FC** and **J** with **TK**, **TL** and after 10m **TR** between gap in **TRL**. Continue **SA** along **RHFE** along **FP**. At **FC** continue **SA** onto **EP** to **RD**.
3. At **RD** **TR** and immediately **TL** (Daw Street) and continue **SA** along **RD**. At **FPT** on **R**, before **TRL** ends, **TR** onto **EP** and continue along **EP**. At end of **EP** continue **SA** across **FD** towards white house, and pass through gap onto gravel track, continuing **SA** towards **RD**. At **RD** **TL** and continue along pavement passing pond. At Old Rectory continue **SA** on **RD** for approximately 20m, then **TR** at **FPT** onto driveway of Moyns Park.
4. Continue along driveway towards large **G**, using small **G** to the **L**. Continue along driveway, looking out for various wildlife (deer, geese etc). After house on **L** ignore **RD** to **L** and continue **SA** along driveway. At driveway **J** with copse, pond and buildings to **L**, continue **SA**. Look to left to admire Moyns Park (Beckingham Palace – Selfie

opportunity) and continue SA. At MP on L continue SA onto wide grassy TK, towards TRL and G.

5. Pass through G and continue SA across FD, through gap in TRL and FD (FD narrows), towards further G, ignoring G to your R. Pass through G onto EP and after approximately 10m TR keeping FD to L and follow RHFE/TRL. At MP on R continue SA, ignoring path to L. At TK J TL/BL along wide grassy TK (This is private land but we do have permission to use - Be considerate). At FC BL then TR between TRL and continue on TK, descending hill. Just before farm buildings, TR towards white farm house, passing pond to R, then TL towards RD. (*Please note, if the G that you can see SA as you approach the farm buildings is open, please continue SA through farm buildings, passing through G onto RD, then TR and travel along RD for approximately 10m then TL at FPT.*)
6. X RD (Remember Green X Code) to FPT, continuing across FD through long grass to metal FB. X FB and TR at MP, keeping ditch to your R. At FB, X and continue SA along FP. At weir continue SA to MP and EP, continuing SA on EP to RD.
7. At RD TL and ascend hill. At RD J TR and continue along RD for some distance; no deviations. After tight L hand bend, and as you begin ascending hill, approximately 20m at FPT, TR through gap in TRL, then continue SA across FD along clear path to FB. Do not X FB, but TL and continue along RHFE to RD.
8. At RD TR and continue along RD to next J. After 30m BR along gravel TK with grey barn on R. Ignore FPT to R, continuing SA. BR on gravel TK around small pond and continue along TK. Before TRL begins on your R, TR onto grassy TK and BL ascending incline on TK, then continue SA along wide grassy TK (along embankment).
9. At RD TL towards the main RD, then TR into the car park of The Birdbrook Tavern, and you have now reached your destination. Well Done.

DISTANCE APPROXIMATE: 6miles or 9.65km