

Stage 1a Start to Wickford Control 66km	Dist
SO [still Rusper Road]	
R @ T [Walpole Road]	0.6
L @ T [Downhills Park Road]	0.8
R @mrbt 2nd exit	1.3
R @mrbt 2nd exit	1.6
L @mrbt 1st exit [La Rose Lane]	1.8
L @ mrbt [St Anns Road]	2.4
SO @ mrbt [St Anns Road]	2.8
SO @ TL [St Anns Road]	3.2
R @ T [High Road]	3.8
L @ TL [Clapton] A107	4.3
SO multiple mrbts/TLs	
SO @ large RBT [Lee Bridge RBT] \$A107	6.3
Cont several TLs becomes Urswick Rd then Homerton High St, and then on slight downhill...	
R \$ Blackwall Tnl [Kenworthy Road]	8.3
Bear L @ TL [Wick Road]	
Get in RH Lane \$ Bethnal Green	
Fork R @ TL [Cadogan Terrace] C22	
SO @ TL under bridge [Wick Lane] C22	10.2
L \$ The Greenway C22	
Cont with Olympic Park and Stadium on L	
Fork R \$West Ham (before café)	
Cont under bridge on shared use path C22	
Imm after bridge L \$ The Greenway C22	

Stage 1b	Dist
SO @ Stratford High Street \$ Greenway C22	11.6
SO several roads (TLs) to end of Greenway	16.4
Cross road @ TL then R \$C3 Barking	16.5
Cross @ TL x4 then L \$C3 Barking	16.6
SO @ [Spur Rd] \$C3	18.1
Cont C3 cross TL x 4 [River Road]	19.3
At flyover cross via 2nd ped/cycle TL yellow \$NCN13	20.6
R yellow \$NCN13	20.7
L [Maplestead Rd] \$NCN13 leave main road	21.0
R @ T [Maplestead Rd]	21.1
R on LHB eff SO thru filters	21.2
SO @ T [Goresbrook Rd]	21.3
SO mrbt	22.0
<b>CARE! bad surface on traffic calming</b>	23.4
SO via Ped area and cross at TL	23.5
Join main rd (bus lane) cont same direction	
SO multiple TLs	
R @ RBT 3rd \$ RAINHAM B1335	26.7
SO @ RBT 2nd exit \$ Station	27.0
R @ RBT 2nd exit \$ Station [FerryLn]	27.4
Cross level crossing	27.5
Footbridge over railway, cont on cycle path	
SO @ TL under A13 x 2	28.3
L @ \$RAINHAM MARSH NCN136/13	28.5
<b>CARE! Overgrown path</b>	

Stage 1c	Dist
L @ T [Coldharbour Ln]	29.9
Imm R @ T \$Riverside Car Park	
Thru gate onto cycle path at end of car park	30.5
SO @ Barriers !SLIPPY Path!	31.6
R @ T #Double Back#	33.6
<b>INFO Control Rainham Marsh RSPB</b>	35.1
Enter car park L for toilets, or bear R on path then join access road	
L @ T [Tank Hill Road]	35.7
L @ TL [London Road ]	36.2
R @ T \$No Entry ROSINA CAFÉ	36.5
R @ T [Purfleet Rd]	36.6
SO @ mrbts	
SO @ RBT 2nd exit [Stifford Road]	38.7
R @ T TL \$ N Stifford	40.9
L @ mrbt [Stifford Hill]	41.3
SO @ RBT \$ORSETT [Stifford Clays Rd]	
<b>!CARE!</b>	42.6
SO mrbt	46.7
L @ T \$Herongate B188	47.1
In 0.2km, R \$ HORNDON [Prince Charles Ave]	47.3
SO @ STGX \$HORNDON ON THE HILL [Orsett Rd] 48	48.3
L no \$ [Gordon Rd]	50.3
R @ T \$Alternative Route	50.6
L @ T [High Road]	50.9

Stage 1d	Dist
L @ T [North Hill] \$BASILDON B1007	51.3
Bear R [South Hill]	52.3
R @ TL [Mandeville Way ] \$	56.7
R @ RBT 2nd [Laindon Link]	56.8
L @ TL Join c/way before RBT \$NCN13	57.6
L @ T \$Festival Leisure Park NCN13	
R @ T !Under pass! NCN13	
L @ T NCN13	
Bear R NCN16 follow c/way near Main Rd	
L @ T [Ghyllgrove]	58.9
Join c/way on L at mrbt bus/cycle only sign	59.3
SO under A1235 Under pass Care Slippy	
L at top of ramp	59.7
SO @ RBTs KEEP TO Cycleway (pass tractor factory)	
L @ RBT KEEP TO C/way \$WICKFORD	62.7
SO @ RBT KEEP TO Cycleway [Nevendon Junc] 4 x TL	63.2
SO KEEP TO Cycleway \$WICKFORD	
L @ Ped TL no \$ KEEP TO cycleway	64.8
L @ T no \$ [Nevendon Rd]	64.9
SO @ X TL [High Street]	
<b>WICKFORD CONTROL CAFÉ ETC</b>	66.0

<b>Stage 2 Wickford to Burnham on Crouch</b>		
<b>51km</b>	Dist	Cumul
1st L @ RBT [Runwell Rd] 0.2	0.2	66.8
2nd R @ RBT \$South Woodham Ferrers 2	2.0	69.2
2nd exit @ RBT \$[Woodham Rd]	3.4	70.6
L @ T \$Giveway	6.9	74.0
SO @ RBT 2nd exit @Station	7.0	74.1
SO @ RBT 2nd exit [Burnham Road] 7.5	7.5	74.6
SO @ RBT 2nd exit [Burnham Road] 7.8	7.8	74.9
L @ RBT 1st exit \$ Burnham <b>CARE!</b> busy rd	9.2	76.3
L no \$ Weight limit [Rectory Rd]	17.2	83.5
<b>CARE! poor surface</b>		
L @ T [Burnham Rd]	18.0	84.3
R @ mrbt 2nd exit \$BRADWELL-O-S	19.0	85.3
Continue to end of road	34.0	100.3
<b>INFO Control BRADWELL WATERSIDE</b>		
Retrace then L \$ TILLINGHAM B1021	36.0	102.3
L \$ BURNHAM B1021 [North Street]	46.0	112.3
R @ T \$ BURNHAM		
Imm L no \$ past church [Burnham Rd]		
So at mrbt 2nd Exit	46.6	112.9
Cont into town, cafes, shops on High Street		
<b>CONTROL BURNHAM-ON-CROUCH</b>	51.0	117.4

<b>Stage 3 Burnham-on-Crouch to Blackmore</b>		
<b>47km</b>	Dist	Cumul
L [Chapel Rd] no \$ opp Star Inn	0.0	117.4
L @ T [Western Rd]		
R @ T [Station Rd]		
L @ GT \$Maldon [B1010]	1.6	119.0
R \$LATCHINGDON B1018 [Summerhill]	6.4	123.8
L @ mrbt 1st exit \$Chelmsford B1018	10.6	128.0
SO Double mrbt	13.1	130.5
R on LHB no \$ [Crows Lane]	17.6	135.0
SO @ STG X \$Workhouse Lane	20.5	137.9
R @ T [Creephedge Ln]	21.3	138.7
L @ X \$Rettendon [Buckhatch Ln]	23.4	140.8
L @ T no \$	25.5	142.9
R and L @ STGX \$ South Hanningfield	26.2	143.6
R @ T no \$ [Hawkswood Rd]	30.0	147.4
R \$ STOCK [Downham Rd]	33.1	150.5
L no \$ [Mill Rd] easily missed	34.0	151.4
L @ T \$ Giveway [Stock Rd]	35.6	153.0
R \$ INGATESTONE [Honeypot Ln] <b>CARE!</b> Turn on descent	36.5	153.9
R @ T \$INGATESTONE [Ingatestone Rd]	36.8	154.2
SO @ X no \$ [Fryening Ln]	40.9	158.3
L @ GT with large tree \$ BLACKMORE	42.3	159.7
R @ T no \$ [Blackmore Rd]	44.8	162.2
Bear R \$ BLACKMORE [now Ingatestone Rd]	46.1	163.5
L \$BLACKMORE VILLAGE [The Green]	47.3	164.7
<b>BLACKMORE CONTROL COOP</b>		

<b>Stage 4a Blackmore to Finish 43km</b>	Dist	Cumul
BLACKMORE CONTROL COOP 0	0.0	164.7
L @ RBT 1st exit no \$ [Blackmore Rd]	0.4	165.1
R @ X \$ ONGAR [Ongar Rd]	2.7	167.4
R @ T eff SO \$ ONGAR	7.5	172.2
R @ mrbt 2nd e \$ Chelmsford [Coopers Hill]	7.7	172.4
L \$ TOOT HILL [The Borough]	8.1	172.8
L @ GT \$Stanford Rivers	10.2	174.9
L @ T \$Stanford Rivers	12.4	177.1
Bear R at Green, INFO here	12.5	177.2
<b>INFO Toot Hill</b>		
R @ T \$ Coopersale	2.5	181.4
L \$ ABRIDGE (just before bridge)	17.2	181.9
R @ GT \$ABRIDGE	20.3	185.0
L @ T \$ABRIDGE B172	22.1	186.8
R @ T \$ CHIGWELL A113	22.5	187.2
SO @ mrbt 2nd exit \$ LONDON A113	22.6	187.3
SO @ RBT 2nd exit [Abridge Rd] 1.1	23.7	188.4
SO @ TL	25.4	190.1
SO @ RBT x 2		
R @ \$[Roding Lane] just before church	26.7	191.4
R @ T no \$ [Roding Lane]	27.7	192.4
SO @ TL [Buckhurst Hill]	29.3	194.0
L [Westbury Ln] just after no entry	29.6	194.3
R @ X no \$	30.3	195.0
Imm L @ T [High Road]		
L @ T [Woodford Gr]	31.1	195.8

<b>Stage 4b Blackmore to Finish 43km</b>	Dist	Cumul
SO TL \$ WOODFORD GR	31.3	196.0
SO mrbt then SO TL x 2	32.8	197.5
RH Lane R then L \$ Walthamstow A104 use cycle track on L	32.9	197.6
Follow c/way L before rbt \$Walthamstow	34.3	199.0
R \$ WALTHAMSTOW on cycle route		
KEEP To c/way under Waterworks rbt		
L \$ WALTHAMSTOW on cycle route		
R @ TL KEEP TO C/WAY [Forest Rd] C24		
SO several TLs [Forest Rd] C24		
<b>CARE!</b> bus stops (if using cycle track)		
Over R Lea navigation and SO TL		
SO TL Tottenham Hale Stn	39.6	204.3
Bear L on cycle track at TL (don't cross)	39.8	204.5
Pass Pret on L then		
R \$ Dalston Cycle network [Tynemouth Rd]		
Cont (2 way for cyclists)		
At No entry L, go L into small park C24		
SO High Road @ Ped/Cycle TL	40.6	205.3
R \$ Tottenham [Townhall Approach Rd] C1		
L @ T [Philip Lane] (cycle bypass on L)		
R @mrbt 2nd exit [Downhills Park Rd]	41.8	206.5
SO @ RBT 2nd exit [Downhills Park Rd]	42.5	207.2
Bear R [Mannock Rd]		
R @ No Thru sign [Sirdar Rd]		
L @ X [Hawke Park Rd]		
<b>Finish The Westbury</b>	43.3	208.0

### Key

SO	Straight on
L	Left
R	Right
@	At
\$	Signpost
T	T junction
mrbt	Mini roundabout
RBT	Roundabout
X	Crossroads
TL	Traffic lights
imm	Immediately
CARE!	Hazard
PLACE	Village/town you pass through
c/way	cycleway
STGX	Staggered cross roads