

sharp LEFT SP GOSBECK

86	136	HEMINGSTONE: after descent
84	134	follow B1078 through CODDENHAM
<i>TV Silly Suffolk</i>		
83	131	RIGHT SP CODDENHAM B1078
82	130	@ 1 st exit SP CODDENHAM (B1078)
<i>by Needham Lake</i>		
<i>Toilets on left may be open</i>		
follow SP's for Wickham Mkt. 1078		
T RIGHT into CODDENHAM ROAD		
after 30m RIGHT into PUMP ST.		
81	128	NEEDHAM MKT: T LEFT
RIGHT SP B1078 NEEDHAM MKT.		
after 200m		
72	114	BILDESTON: T LEFT on HIGH STREET
71	112	Fork LEFT SP B115 BILDESTON
69	110	T RIGHT SP A1141 MONKS ELEIGH
65	104	RIGHT SP B115 BILDESTON
@ LEFT to pass Whitehorseph		
64	102	GT. WALDINGFIELD:
63	100	@'s S/O SP B115 GT. WALDINGFIELD
TL LEFT SP B115 Lavenham		
RIGHT SP B115 Lavenham		
LEFT into one-way system		
62	98	SUDBURY
<i>III The Suffolk Prairies</i>		

60	96	SUFFOLK County-line, TL S/O
94		BULMER TYE: T LEFT SP SUDBURY
85		RIGHT SP CASTLE HEDINGHAM
after 200m		
		T LEFT SP A1017 Haverhill
52	84	T RIGHT SP A1017 Braintree
SIBLE HEDINGHAM:		
47	76	WETH/RSFLD: S/O SP S.HEDINGHAM
45	73	FINGFLD S/O SP WETHERSFIELD
T LEFT SP FINCHINGFIELD B1057		
43	70	GT. BARDFIELD:
60		RIGHT SP FINCHINGFIELD B1057
@'s S/O		
into MARKET PLACE		
59		RIGHT by Saracen's Head Hotel
@ LEFT SP TOWN CENTRE		
32	58	GT. DUNMOW: @ S/O
@ LEFT SP B184 GT. DUNMOW		
29	47	LEADEN RODING:
46		T RIGHT SP A1060 Chelmsford
24	39	FYFIELD: T LEFT SP DUNMOW
T RIGHT SP MORETON		
T RIGHT SP MORETON		
19	30	Talbot @ S/O SP High Laver
15	24	EPPING: TL RIGHT SP B181
M	Km	
<i>II Across Essex</i>		

-----fold in four for easy reading -----

M	Km	
86	137	FORK RIGHT SP HELMINGHAM
89	141	T LEFT SP B1077
91	144	FRAMSDEN: on lefthand bend
RIGHT SP CRETINGHAM		
93	148	CRETINGHAM: LEFT then RIGHT
SP KETTLEBURGH		
T RIGHT SP KETTLEBURGH		
96	152	KETTLEBURGH: LEFT
SP FRAMLINGHAM		
97	155	FRAMLINGHAM:
T LEFT STATION RD		
98	156	RIGHT SP B1119 Saxmundham
101	161	LEFT SP Baptist Church
T RIGHT then LEFT SP		
BRUISYARD		
<i>V Down to the Lost City</i>		
166		PEASENHALL: T RIGHT
173		YOXFORD: T LEFT on A12
THIS IS MAJOR ROAD		
respect the double centreline		
107	174	2nd Right SP DUNWICH
114	182	WESTLETON: T LEFT
2nd RIGHT SP DUNWICH		
118	188	At bottom of the hill where road
bends left: RIGHT SP BEACH		
STOP SALT-WATER AHEAD		

M	Km	
0	0	Pub on the park
Nth under blue bridge		
on MARTELLO St. bike path		
S/O across Richmond Rd		
0	0.5	Town Hall Square T RIGHT
T LEFT into MARE St. TL S/O.		
Where road bends left under		
bridge RIGHT(physically S/O)		
into NARROW WAY		
0.8 pass 'No Entry except cycles'		
T RIGHT into LOWER CLAPTON Rd.		
1.4 TL T LEFT still LWR. CLAPTON Rd.		
1	1.5	Round Chapel:
RIGHT into POWERSCROFT Rd.		
2.2 TL LEFT into CHATSWORTH Rd.		
2	2.7	TL T RIGHT into LEA BRIDGE Rd.
4	5.7	Bakers Arms: S/O LEA BRGE Rd.
7 WHIPPSX @S/O SP A104 WOODF'RD		
6	9	North Circular @S/O SP WOODF'RD
12	19	WAKEARMS @S/O SP EPPING B1393
24-hour garage on left.		

DO YOU NEED FOOD, DRINK, OR BATTERIES?

DON'T DROP LITTER

it's embarrassing behaviour

PLEASE BE QUIET NEAR HOMES
people are sleeping.