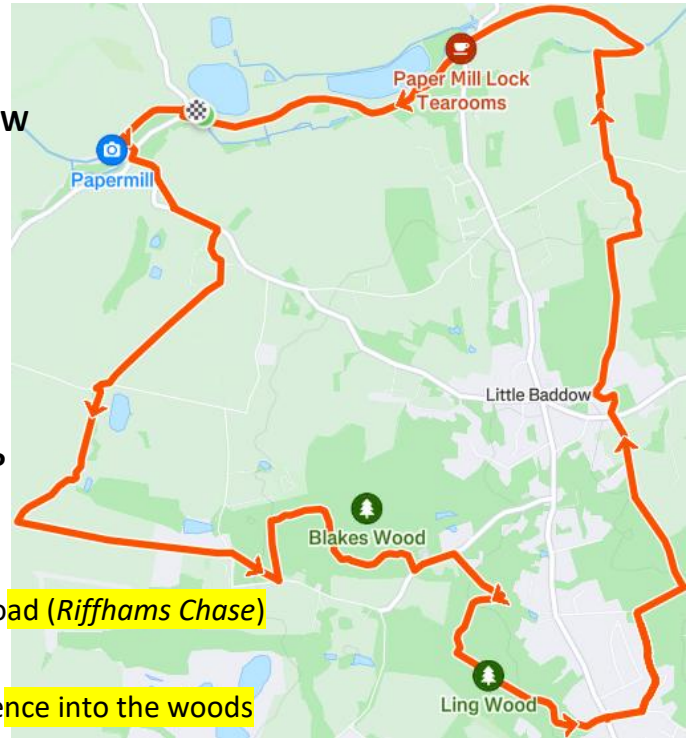


R right, TR turn right, RHFE right hand of field edge, SA straight ahead, X cross, L left
TL turn left, LHFE left hand field, FP footpath, BW bridleway, AMc Admiral McHardie(?)
LBMW Little Baddow Millenium Walk, RS Retrace Steps, UH Uphill, DH Downhill, B Bridge, G Gate

Start is located at the southern shore of the Trifarm lake. (in KM)

- 0.2 Go through hedge gap and **X** Church Road. Stay on **FP**. **X** bridge and join riverside **FP**
- 0.3 **TL** & cross wooden **B** to enclosed **FP** (*nettles!*) then **TR** onto road & then **TL** onto Church Road at junction
- 0.65 **TL** onto **FP** through field. **TL** stay on **LFHE**
- 0.8 **TR** down steps then **TL** on Church Road
- 1k **TR** onto **FP LBMW** track. 1.25 **TR** onto grass **FP LBMW**
- 1.8 Through gap in hedge and...
- 2k post **B**; **SA** on **FP** through field
- 2.2 **TL** over **B** Hurrells Lane, then...
- 2.3 **X** road to **G FP** / Waterhall Meadows. **SA G**
- 2.8 Take 2nd **L** to be on **LHFE**
- 3.2 **TL** on Graces Walk **BW UH**
- 4.2 **X** road to **FP AMc** / **LBMW**; 4.45 **TL** on enclosed **FP**
- 4.7 **TR** on **FP AMc** into woods **UH**
- 5k **TR FP UH**; 5.2 and 5.55 **SA FP UH**
- 5.6 **G** into Blakes Wood car park. **TR** and the **TL UH** on Road (**Riffhams Chase**)
- 5.7 **TR** into Scouts **G** then track
- 6.1 **TR** at yellow arrow before fences / Riffhams Scouts fence into the woods
- 6.3 RH Fork **DH** then **SA**; 6.5 **TL** on **BW UH**
- 6.9 **SA** on **BW** passing bench
- 7.3 Ling Wood Common car-park (*aid station*) **X** road **SA** to Runsell Lane
- 7.7 **TL** on Clarks Farm Lane **FP** 7.8 **TL** Wildlife Trust and **SA** into Spring Wood
- 8.1 **TR** after **G DH**; 8.4 **TL** on **BW**. **SA** to Postmans Lane
- 9.2 **X** road to **AMc FP UH** into woods
- 9.4 **TL** at wooden fence. Follow path around new house & **TR** to go behind it on **BW** into Heather Hills / **AMc**
- 9.7 RHfork; 9.8 **SA DH BW AMc**
- 10.3 **TR LHFE**; 10.45 **TR** onto track **LHFE**; 10.7 **TR DH** on track
- 10.9 **X** road (*Tofts Chase*) to **FP**; **LHFE DH**; 11.4 **TR** in **FC LHFE**. 11.6 **TL** onto riverside **FP**
- 12.5 **X** road (*North Hill*) to paper mill lock (3 **Gs**). Stay on riverbank **FP**
- 14.1 **TR** over bridge then **TR** in hedge gap to Trifarm lake. Complete $\frac{3}{4}$ lap anti clockwise to **finish**



Emergency numbers:

07774 003 961
07858 334 193

