

# Summer Solstice Stride

Over the next few pages you will find both the 5km and 10km route maps with directions.

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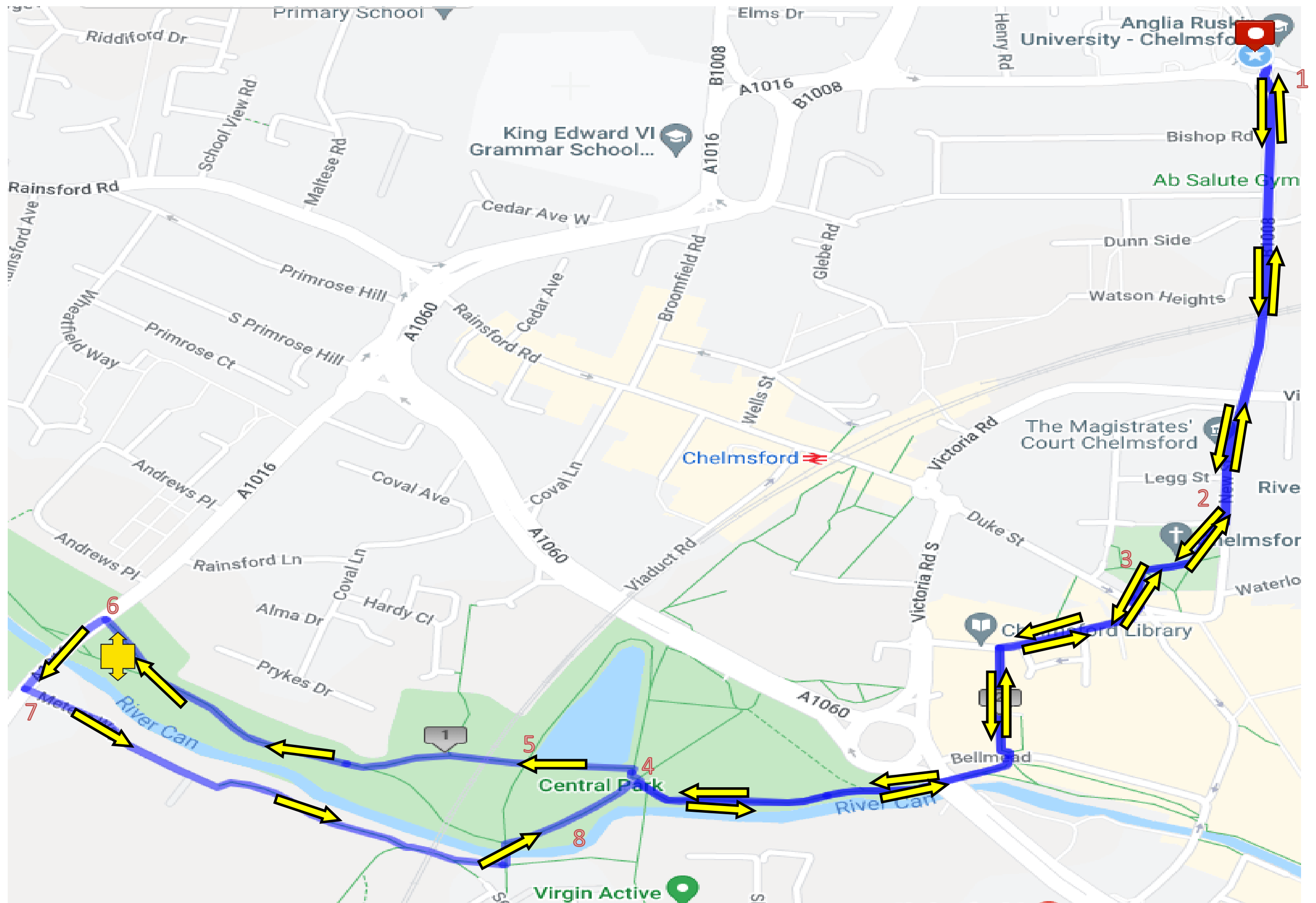
## Points to Note

- Always use traffic-controlled crossings where available.
- Where there is no traffic-controlled crossing or underpass where possible
- Ensure that you stay on the correct side of mixed-use pathways.
- Be aware of cyclists on shared pathways.

Should you be unsure of the route at any point, please stop and wait for a Walk Leader. If you require first aid or there is an emergency please speak to a Walk Leader or cycle Marshal should you require it.

We hope you enjoy the walk!

# Summer Solstice Stride 5km Route Map



## Summer Solstice Directions (5km)

### Point 1

- Start: Anglia Ruskin University Lord Ashcroft Building
- Turn left out of building and follow New Street . Use the Pelican crossing and continue past the police station to Chelmsford Cathedral

### Point 2

- Cross into Cathedral grounds, exiting by duke street
- Cross at designated crossing and turn left and follow around corner to Market Road
- Use first crossing after the corner and cross market road turn right after crossing until you reach Cornhill Exchange


### Point 3

- Turn left at Cornhill Exchange with the market on your right. Cross the zebra crossing into Bellmead and enter the park. Turn right towards bridge underpass

### Point 4

- Follow the path with the river to your left until you reach the lake

### Point 5

- Follow path with the lake on your right and head under the viaduct
- Follow the path with the river on left until you reach the Waterhouse Lane underpass (**do not take the underpass**) 

### Point 6

- Fork right and walk up the slope to Waterhouse Lane and turn left to cross the bridge. Keep walking until you reach Meteor Way.

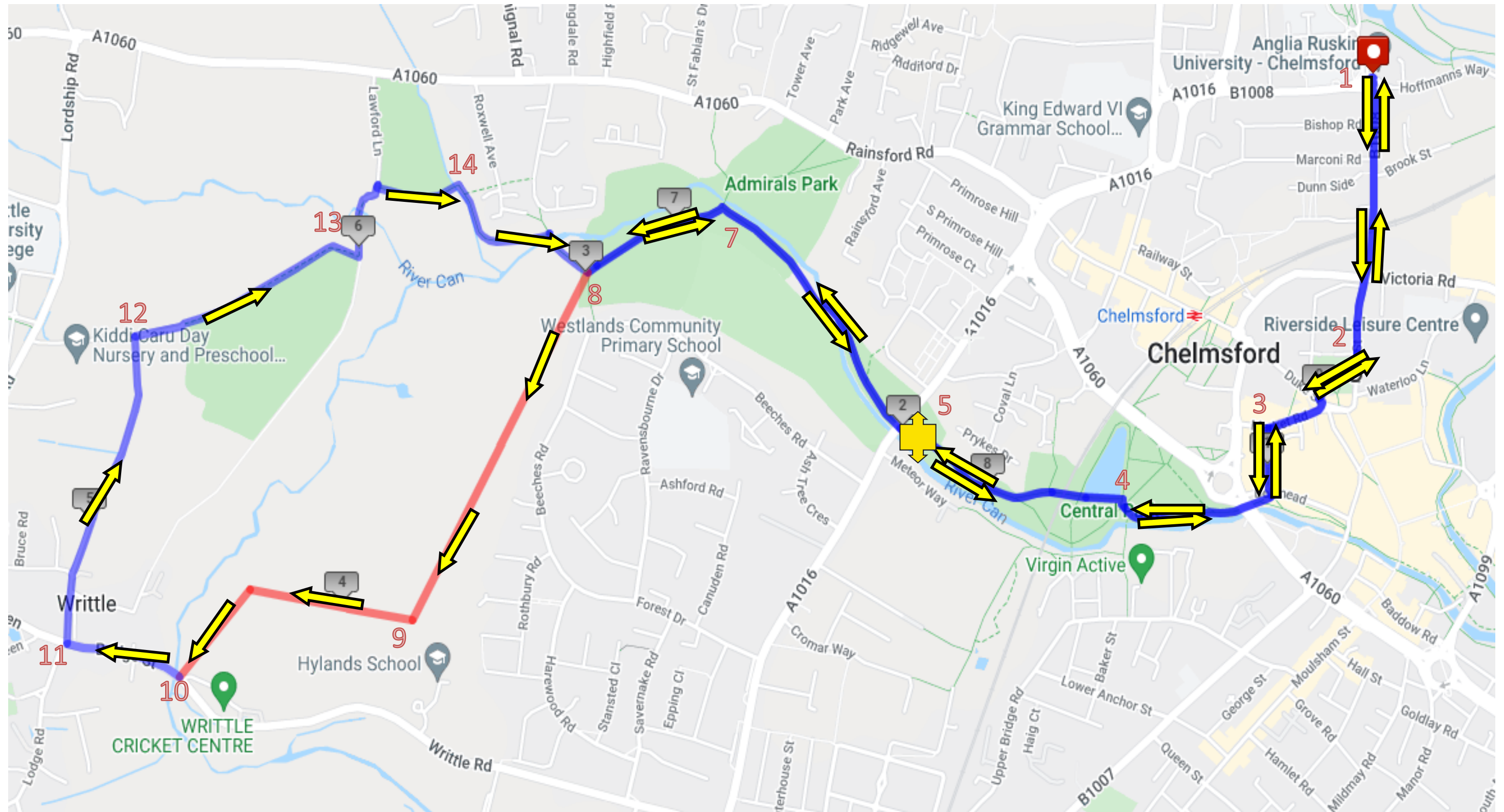
### Point 7

- Turn left into Meteor Way and follow to the end. Take the path towards the viaduct and continue until you reach the first stone bridge and turn left over bridge. Turn right at the other side of the bridge and follow the path with river on your right

### Point 8

- Turn right at the junction and follow **point 3** in reverse, back to the University.

# Summer Solstice Stride 10km Route Map



- This route is identical to the 5km route until it reaches Waterhouse Lane
- The route takes the underpass to follow river paths, public footpaths and bridleways to Writtle and back
- Please follow the detailed route plan for the remainder of this route.

# Summer Solstice Directions (10km)

## Follow Point 1 to Point 5 on 5km route direction

### Point 7

- **Take the underpass** and follow the path along with of the river on your left, continue crossing to the metal bridge
- Continue along the river until you reach a junction with metal statue and a red brick bridge on your right. **(Do not cross the bridge)** Take the left hand fork and continue along footpath until you reach a T-junction.

### Point 8

- Take the public footpath straight ahead of you through the gap in the bushes into the farmer's field.

### Note: beware of stinging nettles.

- With the field on your left and trees on your right take path across the field and exit the other side. Turn left to follow the path in-between the trees
- Follow the pathway through the 'avenue' of trees and bushes then until you reach another farmer's field. Keep walking on the concrete path with field on your right until you reach the clear public pathway on your right.

### Point 9

- Take the pathway straight across the field, exit the field and turn left to follow the pathway until you reach the main road; Bridge Street

### Point 10

- Turn right into Bridge Street, crossing the blue bridge over the river and follow the road **(single file along pavement at this point)** until you reach residential road St. Johns Green on your right

### Point 11

- Turn right into St. Johns Green and follow the road, you will reach the pedestrian-only section of St. Johns Road straight ahead of you
- Follow straight ahead through the gate and take the pavement across the middle of the farmer's field and through the trees. Follow this path until you reach the gate at the T junction with Fox Burrows Lane.


### Point 12

- At the gate turn right into Fox Burrows Lane. Take the footpath left at the end of the lane, following the signs to Chelmsford Station **(sign are in blue)**

### Point 13

- At the Path junction turn left, following the signs to Chelmsford Station
- Follow this path crossing the bridge over the River Can and heading towards Lawford Lane
- Turn right to follow the path along the back of Old Chelmsfordians Association
- Turn right at the end and follow this path until you reach the 'three waterfalls' weir

### Point 14

- Turn right cross the bridge and turn left and continue along footpath so the river is of your right
- Follow footpath to metal bridge cross and  continue under the underpass towards the viaduct and the lake.

**Follow Point 4 in reverse on 5km route guide the river will now be on your right.**