

Cambridge East Anglian Tour 300**1 Cambridge city centre to Ipswich 87km**

Get a receipt from Cambridge city centre – cafés, ATMs, etc.; use same at end, or close by

From NatWest Bank, L opposite John Lewis head up Emmanuel St (the bus station) and bear R then imm L @ RBT no \$

Thru rising bollards **!CARE!** and R @ RBT

SO @ all TLs and RBTs to Cambridge Airport \$ Newmarket A1134 becomes A1303

SO @ RBT after P+R and runway approach 5.3

L \$ Stow cum Quy NCN51 before digital sign, through underpass then R 6.6

Follow NCN \$ Bottisham A1303 and rejoin road or cont on shared path

1st R \$ SIX MILE BOTTOM, The Wilbrahams

SO @ X in Six Mile Bottom \$ BRINKLEY 14.8

fold second

R @ T eff SO imm L eff SO in Brinkley \$ GT BRADLEY 20.3

In 1km L \$ GT BRADLEY

R @ T \$ GT BRADLEY and into Suffolk 23.2

L (GT) \$ COWLINGE in Gt Bradley [Hall Rd] 25.3

In 3.5km, 1st R @ [x] \$ Hobbles Gn. and soon 1st L no \$ [Trotting Horse Ln] 28.8

R @ T then L @ T then R @ T, all \$ STRADISHALL

In 1km L on RHB (GT) \$ Wickhambrook 32.0

R @ T (GT) \$ STRADISHALL

L @ T no \$, soon 2nd R before Suffolk Trade Centre \$ Unsuitable for HGVs 34.4

R @ T \$ Hawkedon, Long Melford 36.2

In 2km L on RHB \$ HAWKEDON 38.4

Thru Hawkedon then ...

In 2km L by PB \$ SOMERTON then R @ T \$ HARTEST 42.4

SO @ STGX in Hartest \$ SHIMPLING 45.5

L @ T \$ Lawshall and into Shimpling 47.1

in 1.5km, 1st R by GT with PB \$ Long Melford, cycle route [Aveley Ln] 48.7

L @ T then R @ T imm L \$ cycle route, no HGVs 52.0

In Lavenham L @ T and descend to R \$ HADLEIGH [Water St] A1141 56.3

Nice cafés in Lavenham

In 4km R, soon SO @ X, both \$ MILDEN, Boxford 60.3

L @ T (GT) \$ KERSEY, Hadleigh 64.2

L @ T in Kersey \$ Hadleigh 68.6

SO @ X \$ ALDHAM, cycle route 69.7

R @ T (GT) eff SO then imm L on RHB eff SO \$ ALDHAM 71.1

L @ T (GT) \$ ALDHAM and thru 72.2

R @ T (GT) \$ Hintelsham, Burstall 75.2

In 5km L \$ SPROUGHTON, 7.5T 80.3

In Sproughton SO @ STGX no \$ [Lower St] 82.4

SO @ 2x RBT \$ IPSWICH

SO @ RBT then R @ TL 84.9

SO @ 2x TL

SO @ TL by Lloyds Bank (early control) 85.4

R @ TL then SO @ RBT \$ Woodbridge

Option: cross at toucan xing for town centre

In 500m The Robert Ransome Wetherspools on RHS, or R here to town centre

CONTROL Ipswich 87km 87.3

Wetherspools, shops, cafés, ATMs

2 Ipswich to Framlingham 26km

Cont on Crown St from *The Robert Ransome Wetherspoons* to *imm* 2nd L into 1-way by The Key PH and yellow oak-beam building [*Soane St*]

L @ T no \$ [*Bolton Ln*]

Soon 2nd R on LHB eff SO up hill, just after Premier Store (*late control*)

SO @ RBT \$ TUDDENHAM 1.8

Thru Tuddenham to ...

L by black barn \$ CLOPTON and thru 5.2

L @ T *imm* bear R \$ Wickham Mkt B1078 (ignore lane opp) 11.1

Soon 1st L \$ MONEWDEN, Cretingham

In 5km R on LHB \$ HOO 16.4

Thru Monewden, Hoo

L @ T (GT) eff SO \$ FRAMLINGHAM 19.4

L @ T to 1st R \$ FRAMLINGHAM [*The St*] 20.9

fold second

L @ T and into Framlingham 24.9

CONTROL Framlingham 113km 25.9

Cafés at mrbt, or R @ mrbt to town centre, castle

3 Framlingham to Norwich 56km

Return to mrbt where L \$ College [*College Rd*] by the White Horse PH

In 1.5km L on RHB eff SO \$ By Road 1.6

R @ T (GT) *imm* L \$ TANNINGTON 3.4

L @ T \$ TANNINGTON 5.2

R @ T \$ BRUNDISH, WILBY 6.6

In Brundish L @ T \$ WILBY 8.9

Thru Wilby to Stradbroke where ...

R @ T *imm* L by church \$ FRESSINGFIELD 14.1

In 2.5km bear R \$ WINGFIELD GN 16.8

R @ T \$ Weybread 20.2

Soon 1st L by white cottages \$ 7.5T 21.0

SO @ STGX **!CARE FORD!** Footbridge to L imm L @ T and under A143 21.5

In 1.5km R by GT \$ RUSHALL [*Ingram's Rd*] 22.9

In 1km R by GT \$ RUSHALL [*Cutting's Rd*] 24.2

R @ T (GT) and bear L into Rushall where ...

R @ T (GT) *imm* L \$ Box Factory [*Pulham Rd*] 25.9

SO @ X in Pulham St Mary \$ BUSH GN 29.1

In 2.5km R on LHB \$ Hardwick then *imm* L [*Hardwick Rd*] 31.6

R @ T eff SO \$ Hardwick 36.0

In 600m 2nd L \$ FRITTON [*Boudicca Way*] 36.6

L @ T \$ HEMPNALL in Fritton 37.5

SO @ X no \$ [*The Krons*] 39.3

R @ T to L @ T (GT) \$ SAXINGHAM 39.8

Thru Stoke Holy Cross, Caistor St Edmund

Venta Icenorum Roman town on LHS

Over A47, River Tas, railway and Mill Stream to ...

L @ mrbt [*Mansfields Ln*] then R @ T 53.0

SO @ TL to cross A146 no \$ into 20 zone [*Mansfield Ln*] 53.5

In 300m L to path on RHB \$ Lakenham Way, thru park, *imm* R along old railway 53.8

Cont SO along Brazen Gate under brick bridge and climb past Sainsbury's

SO @ TL then bear L into 1-way and *imm* bear R 55.1

May 2016: priority changing, you may have to dismount

L on RHB towards Norwich's magnificent 12th-century keep

CONTROL Norwich (Castle Meadow) 169km 55.8

Shops, cafés, ATMs, pubs abound close to here — you must control in the centre of Norwich



Organised by Nick Wilkinson, 07500 787785.

This AUK permanent event can be ridden in either direction starting at any control. If you wish to start at a point between controls, please check with organiser first.

You must notify the organiser of your intent to start before you set off.

Write shop names and control times on brevet and send with receipts/proofs of passage to:

Nick Wilkinson
42 Dodford Lane
Girton
Cambridge
CB3 0QE

nick@camaudax.uk

This event is run under the governance of Audax UK and is undertaken as a private excursion on public roads. This route is advisory.

fold second

Key

Distances in kilometres from start of each stage

R, L, RHS, LHB—*Right, Left, Right/Left-hand side/bend*

SO—*Straight on* @—*At*

thru—*Through* cont—*Continue*

opp—*opposite* IMM—*Immediately*

T—*T-junction* GT—*Green Triangle* gn—*Green*

X—*Crossroads (give way)* STGX—*Staggered X*

[x]—*Crossroads (in your favour, easy to miss)*

RBT (3E)—*Roundabout, third exit* mrbt—*Mini RBT*

TL—*Traffic lights*

\$ Bottisham—*Sign to Bottisham*

\$ BRINKLEY—*Sign to and go to/through BRINKLEY*

[Hall Rd]—*Signed street name*

NCN51—*National Cycle Network route 51*

LC—*Level crossing*

xing—*Crossing* pedx—*Pedestrian crossing*

PH—*Public house* PB—*Post box* TB—*Telephone box*

NSL—*National Speed Limit sign*

4 Norwich to Swaffham 48km

Cont to TL where bear L \$ CRAMER,
 SWAFFHAM [*Bank Plain*] 0.2

R eff SO on LHB into short cycle lane to cross
 dual carriageway 1.2

In 1km bear L @ 2nd TL [*Bowthorpe Rd*] 2.3

SO @ TL no \$ 3.1

In 2km keep L into bus+cycle restriction 5.2

In 800m, on LHB, take cycle path to R next to
 20 \$ No Motor Cycles

Follow path to SO @ T imm SO @ T

Imm keep R onto cycle path

R @ road into Chapelbreak 6.5

Soon 1st L \$ BAWBURGH, 6'6" [*New Rd*] 7.0

L @ T, over bridge imm R by Bawburgh vill
 \$ (GT) \$ Gt Melton 8.7

R @ T \$ BARFORD, Kimberley B1108 10.8

fold first

Thru Barford then ...

3rd R on LHB and imm L @ *Skipping Block*
Corner [Dark Ln] 18.3

SO @ X to join main road, no \$ 19.1

In 1.5km, 1st L after railway bridge imm bear
 R \$ Hardingham 20.7

SO @ X \$ SOUTHBURGH [*Church Rd*]

SO @ X \$ SOUTHBURGH by PB and thru 23.3

R @ T \$ SHIPDHAM 27.7

L @ T in Shipdham \$ Thetford, Watton A107531.8

Soon bear R \$ BRADENHAM by garage

In Swaffham L @ T then L @ TL to Swaffham
 town square

**Alternatively: R @ T and McDonald's in 2km*

CONTROL Swaffham 216km 47.7

Shops, cafés, ATMs

5 Swaffham to March 57km

From Swaffham town square, SO to
[Cley Road] opp, 1-way \$ 7.5T looks like an
alleyway

Soon R opp park \$ BEACHAMWELL 0.7

In 8.5km L @ [x] by chequerboard signs,
\$ BARTON BENDISH 9.4

In 7km R before 30 \$ Wereham, Fincham 16.2

SO @ X \$ Bath Road 18.4

R @ T \$ CRIMPLESHAM, STRADSETT *imm* L
on RHB \$ Denver [Ryston Rd] 19.7

R @ T \$ Denver 21.3

EITHER Cross A10 **!CARE!** to path and
continue to Denver where R @ T, *then* L @ T
imm R \$ Town Centre, Station 24.9

OR R @ T *then* L @ RBT *then* 1st R \$ Town
Centre **!CARE BUSY!**

THEN Into Downham Market, where ...

fold second

SO @ TL to SO @ mrbt by Tesco *imm* L
\$ Town Centre, Station, by memorial 27.2

Follow 1-way to bear L \$ Station (not Town
Centre)

Keep SO to LC *then* R @ RBT to cross *Gt Ouse*
Relief Channel 28.3

Soon cross *R Gt Ouse* and *imm* R on LHB
\$ BARROWAY DROVE [Lady Drove] 29.2

L @ T \$ NORDELPH [Barroway Drove] 31.6

L @ T in Nordelph 35.0

Soon R \$ CHRISTCHURCH, MARCH B1094

SO @ STGX over A1101 \$ CHRISTCHURCH,
MARCH B1094 [Halfpenny Toll Rd] 40.6

R @ T in Christchurch \$ MARCH B1094 43.4

L @ T \$ MARCH B1098, *Sixteen Foot Bank* 44.4

In 4km R \$ MARCH B1099 and cross *Sixteen*
Foot Drain and thru *Bedlam (!)* 48.3

You are just below sea level for a time, here!

In March SO @ mrbt *then* R by Costcutter
[Elwyn Rd] 56.1

Costcutter is alt control; then cont to L @ TL \$ All
Routes [The Causeway]

L into 1-way *then* R @ T and over R *Nene* to
town centre

CONTROL March 273km 57.1

Cafés, pubs, shops, ATMs

6 March to Cambridge 48km

Re-cross R *Nene* and head S to SO
(1E) @ mrbt *then* SO @ TL \$ All routes
[The Causeway] and keep SO to ... 0.8

SO @ RBT \$ WIMBLINGTON 3.2

SO (3E) @ RBT \$ CHATTERIS 12.3

SO thru Chatteris and cont towards
SOMERSHAM

L @ T in Somersham \$ EARITH B1050 22.2

L @ T in Earith \$ Streatham A1123 26.0

fold first

R @ mrbt in Earith Bridge \$ WILLINGHAM
B1050 [Shelford Rd] and over R *Gt Ouse* 26.9

Thru Willingham then ...

L @ TL onto Busway access path 34.4

SO @ TL and cross to other side of Busway

R @ TL \$ GIRTON [New Rd] 39.9

L @ T \$ GIRTON 40.8

SO @ mrbt in Girton to L @ T \$ CAMBRIDGE
[Huntingdon Rd] 43.9

SO @ all TLs and descend to cross R *Cam* and
into City Centre

SO @ mrbt, thru bollards *then* R @ T into 1-
way [St John St] 46.9

L by *Gt St Mary's Church* no \$

Past Market Square to R on LHB \$ no-entry
except cycles

CONTROL Cambridge 321km 47.8

Shops, cafés, pubs, ATMs near where you started