

**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

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

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

fold first

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

SO @ STGX in Hartest \$ SHIMPLING

L @ T \$ Lawshall and into Shimpling in 1.5km, 1st R by GT with PB \$ Long Melford, cycle route [Aveley Ln]

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

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

*Nice cafés in Lavenham*

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

L @ T (GT) \$ KERSEY, Hadleigh

L @ T in Kersey \$ Hadleigh

SO @ X \$ ALDHAM, cycle route

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

fold second

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

In 1km L \$ GT BRADLEY

R @ T \$ GT BRADLEY and into Suffolk

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

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

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

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

R @ T (GT) \$ STRADISHALL

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

R @ T \$ Hawkedon, Long Melford

In 2km L on RHB \$ HAWKEDON

*Thru Hawkedon then ...*

L @ T (GT) \$ ALDHAM and thru

R @ T (GT) \$ Hintelsham, Burstall

In 5km L \$ SPROUGHTON, 7.5T

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

SO @ 2x RBT \$ IPSWICH

SO @ RBT then R @ TL

SO @ 2x TL

SO @ TL by Lloyds Bank (early control)

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**

*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

*Thru Tuddenham to ...*

L by black barn \$ CLOPTON and thru

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

Soon 1st L \$ MONEWDEN, Cretingham

In 5km R on LHB \$ HOO

*Thru Monewden, Hoo*

L @ T (GT) eff SO \$ FRAMLINGHAM

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

fold second

L @ T and into Framlingham

**CONTROL Framlingham 113km**

*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

R @ T (GT) imm L \$ TANNINGTON

L @ T \$ TANNINGTON

R @ T \$ BRUNDISH, WILBY

In Brundish L @ T \$ WILBY

*Thru Wilby to Stradbroke where ...*

R @ T imm L by church \$ FRESSINGFIELD

In 2.5km bear R \$ WINGFIELD GN

R @ T \$ Weybread

Soon 1st L by white cottages \$ 7.5T

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

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

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

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

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

SO @ X in Pulham St Mary \$ BUSH GN

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

R @ T eff SO \$ Hardwick

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

L @ T \$ HEMPNALL in Fritton

SO @ X no \$ [The Krons]

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

*Thru Stoke Holy Cross, Caistor St Edmund*

*Venta Icenorum Roman town on LHS*

fold first

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

L @ mrbt [Mansfields Ln] then R @ T

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

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

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

*May 2016: priority changing, you may have to dismount*

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

**CONTROL Norwich (Castle Meadow) 169km**

*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]

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

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

SO @ TL no \$

In 2km keep L into bus+cycle restriction

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

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

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

R @ T \$ BARFORD, Kimberley B1108

fold first

*Thru Barford then ...*

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

SO @ X to join main road, no \$

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

SO @ X \$ SOUTHBURGH [Church Rd]

SO @ X \$ SOUTHBURGH by PB and thru

R @ T \$ SHIPDHAM

L @ T in Shipdham \$ Thetford, Watton A1075

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**

*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

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

In 7km R before 30 \$ Wereham, Fincham

SO @ X \$ Bath Road

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

R @ T \$ Denver

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

**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

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

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

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

L @ T \$ NORDELPH [Barroway Drove]

L @ T in Nordelph

Soon R \$ CHRISTCHURCH, MARCH B1094

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

R @ T in Christchurch \$ MARCH B1094

L @ T \$ MARCH B1098, Sixteen Foot Bank

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

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

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

*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**

*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 ...

SO @ RBT \$ WIMBLINGTON

SO (3E) @ RBT \$ CHATTERIS

*SO thru Chatteris and cont towards SOMERSHAM*

L @ T in Somersham \$ EARITH B1050

L @ T in Earith \$ Streatham A1123

fold first

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

*Thru Willingham then ...*

L @ TL onto Busway access path

SO @ TL and cross to other side of Busway

R @ TL \$ GIRTON [New Rd]

L @ T \$ GIRTON

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

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]

L by Gt St Mary's Church no \$

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

**CONTROL Cambridge 321km**

*Shops, cafés, pubs, ATMs near where you started*