

Cambridge Shipping Lanes 200

1 Cambridge to Shotley Gate 101km

i 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 traffic restriction THEN 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

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

L @ T \$ HARTEST B1066 42.4

In Hartest R @ gn, memorial \$ SHIMPLING 45.2

L @ T \$ Lawshall and into Shimpling 46.9

in 1.5km, 1st R by GT with PB \$ Long Melford, cycle route [Aveley Ln] 48.5

L @ T THEN R @ T imm L \$ cycle route, no HGVs 51.8

In Lavenham L @ T and descend to R \$ HADLEIGH [Water St] A1141 56.1

i Nice cafés in Lavenham, which is an historic town; it is not a control, though

In 4km, in Brent Eleigh after Café Como, R, THEN SOON SO @ X, both \$ MILDEN, Boxford60.1

L @ T (GT) \$ KERSEY, Hadleigh 64.0

L @ T in Kersey \$ Hadleigh 68.4

R @ X \$ HADLEIGH

L & R to cross A1071 \$ HADLEIGH **!CARE!** and into Hadleigh 71.0

SO @ mrbt SOON L @ give way by memorial

In 5.5km, R \$ CHATTISHAM (\$ missing?) just before Hintelsham, PB on RHS 78.2

In Chatisham 2nd R by GT, church, \$ COPDOCK 80.4

At old dual carriageway L @ T imm R \$ BELSTEAD 83.3

In Belstead, R @ T \$ WHERSTEAD

SO @ X \$ dead end [Valley Ln] 87.7

SO by Business Centre thru gate to restricted byway — follow concrete road thru woodland

R @ T

L @ T imm R @ T eff SO \$ SHOTLEY B1456 90.7

Thru Wolverstone, Chelmondiston, Shotley St, Shotley; watch as the port cranes get closer!

CONTROL Shotley Gate 101km 101.0

i Pub and café at bottom of hill. Museum and pub in Marina. If all closed, selfie in front of pub and receipt from Shotley Stores. Don't forget to admire the views of two ports across the bay: Felixstowe on the left and Harwich on the right



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.

For more audax events around Cambridge, visit our website at www.camaudax.uk.

fold first

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*

\$ Newmarket—*Sign to Newmarket*

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

[Blacksmiths Hill]—*Signed street name*

NCN64—*National Cycle Network route 64*

LC—*Level crossing*

xing—*Crossing* pedx—*Pedestrian crossing*

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

NSL—*National Speed Limit sign*

i — *information or note*

2 Shotley Gate to Sudbury 50km

Climb hill back along B1456 and cont to Shotley

400m after Shotley Stores (on LHS),
L \$ ERWARTON 2.7

In 7.5km L \$ BRANTHAM [Back Hill] 10.4

L @ T \$ BRANTHAM

In Brantham, L @ T \$ Manningtree A137 16.3

In 1.4km R on LHB **CARE!** \$ E BERGHOLT
[Slough Rd] 17.7

L @ T \$ E BERHOLT [Straight Rd] 19.5

R @ X \$ Hadleigh and thru E Berholt 20.6

Over A12 THEN in 1.5km L on RHB \$ Bacons
Green 24.9

R @ T \$ SHELLEY 27.2

Soon 1st L \$ SHELLEY

Cross river in Shelley and bear sharp R THEN
IMM L \$ POLSTEAD, Stoke by Nayland 28.2

fold second

L @ T \$ POLSTEAD, STOKE 29.8

In 1km R by GT \$ POLSTEAD 30.8

1st L \$ POLSTEAD

R @ T in Polstead by pond, \$ BOXFORD 33.0

In 800m L \$ BOXFORD, SUDBURY 33.8

L @ T eff SO \$ SUDBURY, BOXFORD 35.7

Then L @ T \$ SUDBURY A1071 36.0

Soon 1st R \$ BOXFORD

In Boxford, L @ T eff SO

i Cafés, shops in Boxford

R on LHB by PO before bridge and church
\$ Groton [Swan St] 37.2

In 500m L \$ GT WALDINGFIELD
[Sherbourne St]

L @ T (GT) \$ SUDBURY 41.6

In Gt Waldingfield, L @ T \$ SUDBURY 45.8

Soon bear R @ mrbt \$ SUDBURY B1115

SO @ 2x RBT 48.3

*i i McDonald's on LHS, BP Garage opposite, THEN
cont. to town centre*

L @ TL into one-way

Take far RH lane and bear R \$ Town Centre

CONTROL Sudbury 151km 50.0

i Shops, cafés, pubs, ATMs

fold first

3 Sudbury to Girton 58km*From Sudbury town centre*Cont along one-way THEN SO on RHB
\$ Chelmsford A131Cross river THEN R @ TL \$ THE BELCHAMPS
[Bulmer Rd] 1.3In 1.4km R \$ BORLEY, THE BELCHAMPS
[Finch Hill] 2.7In 2.5km, 3rd R \$ BELCHAMPS (yellow sand
bunker)

L @ T \$ BELCHAMP ST PAUL and into 10.5

Soon R on gn by GT, TB \$ OVIINGTON
[Bakers Rd] 10.8

In 3km, 2nd R \$ ASHEN 13.7

L @ T (GT) \$ RIDGEWELL 15.6

In 1km, R (by GT) \$ STOKE *[Ashen Hill]* 16.6

fold second

L @ T in Stoke by Clare 17.8

In 400m R no \$ *[Blacksmiths Hill]* 18.2*Keep L at top of hill! (faint roadmarkings)*

R @ T (GT) THEN IMM bear L \$ KEDINGTON 20.8

In Kedington, L @ T (GT) 23.7

R @ T \$ Haverhill 24.2

SO @ STGX (R+L) to cross A143 \$ GT
WRATTING, THURLOW B1061 25.5*Thru Gt Wrattling and Gt Thurlow**After The Cock Inn PH in Lt Thurlow, L before
narrow bridge \$ Carlton [Temple End Rd]* 29.7

L @ T no \$

SO @ STGX (R + L) \$ WEST WICKHAM 35.5

In W Wickham, R @ T \$ BALSHAM 37.9

In Balsham, L @ T \$ Linton B1052 40.9

*Thru Balsham and enjoy long descent to
Fulbourn where ...*SO @ double-mrbt no \$ *[Cambridge Rd]* 50.0*i Shared-use path on RHS*

L @ RBT eff SO \$ CAMBRIDGE 52.5

SO @ TL \$ CITY CENTRE

SO @ RBT no \$ *[Cherry Hinton Rd]* into 20
zone

SO @ 2x TL to ...

R @ TL no \$ *[Hills Rd]* and over bridge 55.9SO @ 3x TLs, thru traffic restriction to city
centreSO @ TL by *John Lewis* to ...**ARRIVÉE CAMBRIDGE 209km 57.8***i ATMs, shops, cafés. Lock your bike if you leave it.
NatWest or Santander opp Grand Arcade are
ideal; TSB, Lloyds, Barclays all nearby.*

fold first