

The Capitals of East Anglia 300

1 Girton to Ipswich 91km

Turn Left from Girton Pavilion towards Cambridge

SO @ mrbt (no \$) to L @ T \$ CAMBRIDGE

i Good, wide cycle path on LHS

SO @ 3× TL, descend Castle Hill (castle behind car park on LHS)

SO @ TL, over Magdalene Br., then SO @ mrbt

L @ T by Round Church opp Hardy's, to R @ T then L @ TL no \$

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

SO @ RBT after P+R and runway approach 9.9

SO @ RBT **CARE!** and keep in RH lane \$ NEWMARKET A1303 11.8

1st R \$ SIX MILE BOTTOM, The Wilbrahams 13.6

SO @ X in Six Mile Bottom \$ BRINKLEY 19.5

1

▼

2

R @ T eff SO then imm L eff SO in Brinkley \$ GT BRADLEY 25.0

In 1km L \$ GT BRADLEY

R @ T \$ GT BRADLEY and into Suffolk 27.9

In Gt Bradley, L by GT \$ COWLINGE [Hall Rd] 30.0

In 3.5km, 1st R @ [x] \$ Hobbles Gn. and soon 1st L no \$ [Trotting Horse Ln] 33.5

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

In 1km L on RHB (GT) \$ Wickhambrook 36.7

R @ T (GT) \$ STRADISHALL

L @ T no \$ to A143, soon 2nd R before Suffolk Trade Centre \$ Unsuitable for HGVs 39.1

R @ T \$ Hawkedon, Long Melford 40.9

In 2km, L on RHB \$ HAWKEDON and thru 43.1

L @ T \$ HARTEST

In Hartest, turn R by monument and green \$ SHIMPLING and climb ... 49.9

L @ T \$ Lawshall and into Shimpling 51.5

in 1.5km, 1st R by GT with PB \$ Long Melford, cycle route [Aveley Ln] 53.1

L @ T then R @ T imm L \$ cycle route, no HGVs 56.4

L @ T in Lavenham and descend to R \$ HADLEIGH [Water St] A1141 60.7

i Nice cafés in Lavenham, although most will be closed at this time of day!

i Harry Potter grew up in a house on the RHS on Water St!

In 4km, just after Café Como on LHS, turn R \$ MILDEN, Boxford 64.7

Soon SO @ X \$ MILDEN, Boxford

L @ T (GT) \$ KERSEY, Hadleigh 68.6

L @ T in Kersey \$ Hadleigh 73.0

SO @ X \$ ALDHAM, cycle route 74.1

R @ T (GT) eff SO then imm L on RHB eff SO \$ ALDHAM 75.5

L @ T (GT) \$ ALDHAM and thru 76.6

3

▼

4

R @ T (GT) \$ Hintelsham, Burstall 79.6

In 5km L \$ SPROUGHTON, 7.5T 84.7

In Sproughton SO @ STGX no \$ [Lower St] 86.8

SO @ 2× RBT \$ IPSWICH

SO @ RBT then R @ TL 89.3

SO @ 2× TL

SO @ TL by Lloyds Bank — early control 89.8

R @ TL then SO @ RBT \$ Woodbridge

EITHER: soon R @ TL \$ Parking then L @ TL into pedestrian zone to control in town centre **Walk!**

i Ipswich Town Hall and market on RHS; ATMs, shops, cafés, pubs

CONTROL Ipswich 91km

OR: SO @ TL then bear L imm after Bethesda Baptist Church, by Tudor-style building to one-way no \$ [Soane St]

L @ T no \$ [Bolton Ln]

i In 200m, Bolton Stores Premier Express on RHS — control here

2 Ipswich to Dunwich 52km

Cont from market to L @ TL opp Costa
[Northgate St] and IMM L into Gt Colman St

Cont to L @ TL and IMM R @ TL no \$ [Bolton Ln]

ROUTES REJOIN

i In 300m, Bolton Stores Premier Express on RHS

Soon 2nd/3rd R on LHB eff SO up hill, just after
Premier Express

SO @ RBT \$ TUDDENHAM 3.7

Thru Tuddenham then ...

R on LHB before NSL \$ GT BEALINGS 8.0

Thru Gt Bealings and over brick bridge then ...

L opp church by monument no \$ [Hasketon Rd]

SO @ STGX \$ **missing** [Mill Ln] 12.6

Soon 1st R \$ no HGVs

1st L \$ Hasketon Church 13.8

L @ T and bear R into [Boulge Rd]

R @ T IMM L by handpump \$ BREDFIELD 17.0

1

3

▼

▼

2

4

In 2.2km R on LHB \$ WICKHAM MARKET by
Ballinhoo Hall 19.2

In Wickham Mkt, L @ T and bear R around
square to L @ T no \$ 23.0

i Shops, cafés in Wickham Market

R @ RBT \$ ORFORD B1078 24.6

Cross bridge over A12 then turn L to lane IMM
after slip-road exit **CARE!** \$ no HGVs

EITHER: SO @ X \$ All cycle routes 26.5

DISMOUNT and cross railway line **CARE STOP**
LOOK LISTEN!

SO @ T \$ BLAXHALL, SNAPE 28.2

OR to avoid railway xing: R @ X \$ station then
L on sharp RHB eff SO \$ BLAXHALL by metal
fence

ROUTES REJOIN: L @ X in Blaxhall \$ **Sax???**
30.8

L @ T \$ SNAPE B1069 33.0

Cross R Alde into Snape then soon 1st R after
The Crown Inn \$ By Road 34.1

R @ T no \$ (A1094) 35.9

In 1.7km L \$ LEISTON, KNODISHALL B1069 37.6

SO @ TL in Leiston, \$ Yoxford B1122 41.8

i Note: turn right for shops, cafés

In 2km L on RHB \$ EASTBRIDGE 43.8

Bear R \$ Bridleway towards RSPB Minsmere 46.3

In 1.2km L no \$ 47.6

R @ T \$ DUNWICH 49.0

R @ T \$ DUNWICH VILLAGE 50.4

CONTROL DUNWICH 143km 53.7

i Flora Tearooms on the beach, The Ship PH,
Dunwich Museum, or Dingle Hill Tearooms at the
nursery as you leave the village.



Organised by Nick Wilkinson, 07500 787785.

This Audax UK event takes place on Saturday
27 April 2019, starting at 6:00am.

Control opening and closing times are shown
on the brevet.

If you decide to abandon the ride, please let us
know by text or phone on 07500 787785, so that
we don't have to wait for you to 'not arrive'!

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.**

3 Dunwich to Norwich 55km*Cont thru village in a NW direction***SO @ X** then **IMM R** \$ WENHASTON **3.7****SO @ X** over A12 **CARE BUSY!** \$ WENHASTON **5.7****L @ T** \$ WENHASTON**R @ T** (GT) opp *Queens Head Inn* then **IMM L**
\$ BRAMPTON, Beccles **9.0****L @ T soon 1st R** \$ WESTHALL MILL COMMON
12.0**L @ T** (GT) by phone box **12.9****In 1km, 1st R** \$ WESTHALL and thru **13.8****R @ T** \$ Redisham **16.7****L @ T** (GT) \$ NCN 1**Soon 1st R** \$ NCN 1 [*Becks Gn Ln*] **18.5****L @ T** (GT) **\$???** **21.4****Soon R on LHB** and **IMM L** – all eff **SO** – by
village \$, \$ Mettingham, cycle route [*Gt
Common Ln*]

1

▼

2

L @ T (GT) \$ Mettingham, Bungay **23.2****SOON R on LHB** \$ METTINGHAM*Thru Mettingham — castle ruin on LHS***R @ T** (GT) \$ Bungay **26.2****In Bungay, L @ T IMM R** into [*Annis Hill Ln*] then
L @ T no \$ **27.2****R @ T** \$ NORWICH A144*i Shops, cafés, etc***SO @ RBT** into 20 zone \$ 7.5T [*Bridge St*] and
over **R** Waveney**SO @ RBT** \$ NORWICH B1332 **29.7****In 5km L @ [x]** \$ WOODTON **CARE!** [*Hempnall
Rd*] **32.2****R @ T** \$ NORWICH **39.6****Soon L on sharp RHB** [*Shotesham Rd*]**In 2.5km, 1st L soon 1st R** \$ SHOTESHAM **42.8****L @ T** (GT) \$ SHOTESHAM and thru**R @ T** (GT) \$ CAISTOR, NORWICH **48.6***Thru Stoke Holy Cross, Caistor St Edmund**i Venta Icenorum Roman town on LHS**Over A47, R. Tas, railway and Mill Stream to ...***L @ mrbt** [*Mansfields Ln*] then **R @ T** no \$ **54.6****SO @ TL** to cross A146 no \$ into 20 zone
[*Mansfield Ln*] **55.1****In 300m L on RHB** to path \$ Lakenham Way,
thru park, then **R** along old railway **55.4****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**
56.7*i **May 2016: priority changing, you may have
to dismount*****L on RHB** towards Norwich's magnificent 12th-
century keep **57.3****CONTROL Norwich, Castle Meadow 198km***i Shops, cafés, ATMs, pubs abound close to here
— you must control in the centre of Norwich*

3

▼

4

Key to symbols and abbreviations

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 **JCN**—Junction

\$ Stow-cum-Quy—Sign to Stow-cum-Quy

\$ MOULTON—Sign to and go to/through Moulton

[*Hall Rd*]—Signed street nameNCN51—National Cycle Network route 51 (blue
signs)

PH—Public house pedx—Pedestrian crossing

i — information or note

4 Norwich to Watton 38km

Cont to TL where **bear L** \$ CRAMER, SWAFFHAM
[Bank Plain] **0.4**

R on LHB eff SO into short cycle lane to cross
dual carriageway **1.4**

i BP services on RHS; soon Tesco Express on RHS

In 1km bear L @ 2nd TL [Bowthorpe Rd] **2.5**

SO @ TL no \$ **3.3**

2nd L into 2nd [Gipsy Ln] after zebra xing
\$ humps

Bear R (3rd exit) @ **RBT** by Tesco Express
\$ WATTON B1108 **4.2**

SO @ 2x TL \$ WATTON

SO @ 2x RBT \$ WATTON B1108 (to cross A47) **7.7**

In 1.5km L opp *The Old Rectory* no \$ **9.2**

R @ T \$ WYMONDHAM **10.2**

L @ T (GT) no \$ by memorial **12.1**

R @ T \$ Kimberley B1135 **16.3**

1

▼

2

R @ T \$ E. Dereham B1135 and imm over railway
17.7

Soon L eff SO on RHB \$ WATTON (B1108) **18.1**

In 1.5km, 2nd L \$ THE GREEN [Hospital Rd] **19.6**

IMM bear R on LHB by GT no \$ [The Green]

R @ T then **IMM L** opp *Green Self Storage* no
\$ [Top Rd] **20.3**

R @ X \$ DEOPHAM **21.3**

In 4km L on sharp RHB no \$ [Money Hill Ln] **25.1**

1st L then SO @ X both \$ LT. ELLINGHAM

Thru Little Ellingham

L @ T no \$ (B1108)

SO @ RBT \$ WATTON???

i SPAR and Subway on LHS — not controls? **26.2**

SO @ mrbt then **SO @ TL** to town centre (or
L @ TL to Tesco)

CONTROL Watton 236km **38.4**

i ATMs, shops, cafés, takeaways

5 Watton to Ely 55km

Cont thru Watton to ...

SO @ RBT \$ Swaffham B1108 **0.9**

SO @ STGX \$ Foul登 to cross A1065
CARE BUSY! **10.9**

SO @ X no \$ **then bear L** \$ Didlington **14.3**

L @ T \$ Didlington **15.7**

SO @ X no \$ **CARE BUSY!** [Brandon Rd] **17.7**

SO @ X \$ Weeting, Brandon **19.4**

In 1.7km 1st R @ [x] no \$ **21.1**

L @ T IMM R \$ Hockwold, FELTWELL B1112

In Feltwell, **R @ T** \$ Village centre

L on RHB eff SO by garage in village, no \$ **27.1**

In 5km L \$ FELTWELL ANCHOR, BRANDON BANK
32.4

Over Lt Ouse River at Brandon Bank

L @ T no \$ **43.2**

3

▼

4

In 7km CARE 3x LEVEL XINGS! *one of which is
oblique*

L @ RBT \$ ELY B1382

SO @ mrbt \$ City centre

L @ TL then **bear R** to ...

CONTROL Ely 291km **54.9**

i ATMs, Shops, cafés, pubs, etc.

i 24-hour garage (controllable) and not-24-hour
Burger King in next stage

6 Ely to Girton 28kmContinue to **L @ STOP** by *The Lamb* PH**SO @ TL** and **keep R** to pass front of the magnificent Ely Cathedral – *The Ship of the Fens***SO @ mrbt then R @ mrbt** \$ Toilets **0.7****L @ STOP** \$ (A10) **IMM R** \$ WITCHFORD**SO @ RBT** \$ WITCHFORD A142 **CARE!** **2.3***i BP services and Burger King (not 24h) on RHS***SO** (2nd exit) @ **RBT** \$ WITCHFORD **3.4**In Witchford, **L** \$ WILBURTON [*Grunty Fen Rd*] **4.7****Soon 1st R** \$ WILBURTON **5.5****In 2.3km, 1st L** \$ WILBURTON **7.8**In Wilburton, **R @ T soon L** \$ COTTENHAM B1049 [*Twenty Pence Rd*] **10.9**In Cottenham, **Bear L @ mrbt then SO @ mrbt** \$ HISTON **20.9***i Wide shared-use path on LHS after town*In Histon, **R into** [*Cottenham Rd*] **23.5**

| | |
|---|---|
| 1 | 3 |
| ▼ | ▼ |
| 2 | 4 |

After church, **R opp** *The King Bill* PH [*Beck Hill*] **24.5****Then R @ T no** \$ [*Park Ln*]**L @ T** \$ GIRTON **26.4****L into** Pavilion car park after church **27.8****ARRIVÉE GIRTON 319km***i Fill in and sign your brevet before handing it in with your receipts*

Intentionally left blank.

Intentionally left blank.

Intentionally left blank.

Intentionally left blank.

1
▼
2

3
▼
4

Intentionally left blank.

Intentionally left blank.