

The Capitals of East Anglia 300

1 Girton to Ipswich 91km

Turn Left from Girton Pavilion towards Cambridge, Capital of Learning

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

i Good, wide cycle path on LHS

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

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

To see the centre of Cambridge: R @ T by Round Churd opp *Hardy's* into St John's St, becomes Trinity St

Turn L by Gt St Mary's Church and past Cambridge Market

R on sharp LHB thru no-entry — bikes are allowed! — then R @ T opp Christ's College

Soon L by NatWest Bank [*Emmanuel St*], bear R then L @ mrbt; *Christ's Pieces park* on LHS

Thru restriction then R @ RBT

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To avoid the centre of Cambridge: L @ T by Round Church opp *Hardy's*, to R @ T CARE! then L @ TL no \$

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

SO @ RBT after P+R and runway approach

SO @ RBT over A14 CARE! and keep in RH lane \$ NEWMARKET A1303

1st R \$ SIX MILE BOTTOM, LT WILBRAHAM

SO @ X in Six Mile Bottom \$ BRINKLEY

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

In 1km L \$ GT BRADLEY

R @ T \$ GT BRADLEY and into Suffolk

In Gt Bradley, L by GT \$ COWLINGE [*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) \$ Clare, Stradishall

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

R @ T \$ HAWKEDON, Long Melford

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

L @ T \$ HARTEST

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

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

i Lavenham church visible in the distance

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

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

Soon SO @ X \$ MILDEN, Boxford

L @ T (GT) \$ KERSEY, Hadleigh

L @ T in Kersey \$ Hadleigh

SO @ X CARE! \$ ALDHAM, cycle route

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

L @ T (GT) \$ ALDHAM and thru

In 8km, at the far end of Burstall, L \$ SPROUGHTON, 7.5T

In Sprooughton **SO @ STGX** no \$ [Lower St]

SO @ 2× RBT \$ IPSWICH

i Morrisons on RHS — early control

SO @ RBT then R @ TL

SO @ 2× TL

SO @ TL by Lloyds Bank — early ATM control

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, Capital of the South Folk 91km

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

Then L @ T no \$ [Bolton Ln]

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

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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.

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

\$ Newmarket—Sign to Newmarket

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

[*Hall Rd*]—Signed street name

NCN46—National Cycle Network route 46 (blue signs)

PH—Public house pedx—Pedestrian crossing

i — information or note

More here: www.camaudax.uk/audax/routesheet **ca**

2 Ipswich to Dunwich 52km

Cont from market to **L @ TL** opp Costa
[Northgate St] and **IMM R** 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
\$ TUDDENHAM, by *The Woolpack* PH just after
Premier Express

SO @ RBT \$ TUDDENHAM

Thru Tuddenham then ...

R on LHB before NSL \$ GT BEALINGS, NCN48

Thru Gt Bealings and over brick bridge then ...

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

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

Soon 1st **R** \$ no HGVs

1st **L** \$ Hasketon Church

L @ T \$ BREDFIELD and **bear R** into [Boulge Rd]

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R @ T IMM L by handpump \$ BREDFIELD

In 2.2km **R on LHB** \$ WICKHAM MARKET by
Dallinghoo Hall

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

i Shops, cafés in Wickham Market

R @ RBT \$ ORFORD B1078

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

R @ X \$ Low Bridge

L @ T \$ Orford

Soon **L on sharp RHB** eff **SO** \$ BLAXHALL opp
metal fence

i The Blaxhall Stone thru fence on LHS in 2km

L @ X in Blaxhall \$ Saxmundham

L @ T (GT) \$ SNAPE B1069

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

R @ T no \$ (A1094)

In 1.7km **L** \$ LEISTON, KNODISHALL B1069

i Sizewell nuclear power station visible on horizon

SO @ TL in Leiston, \$ Yoxford B1122

i Leiston Abbey visible on ridge to L before turn

In 2km **R on LHB** \$ EASTBRIDGE

Bear R \$ Bridleway towards RSPB Minsmere

i Ignore track ahead — it's quite boggy!

SO into RSPB Minsmere **then 1st L** no \$

R @ T \$ DUNWICH

R @ T \$ DUNWICH VILLAGE

i Greyfriars Medieval Friary on RHS in village

R on LHB \$ Beach Parking; *Flora Tearooms* here

CONTROL Dunwich, Capital of East Anglia
143km

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

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3 Dunwich to Norwich 55km*Cont thru village in a NW direction***SO @ X** then **IMM R** \$ WENHASTON**SO @ X** over A12 **CARE BUSY!** \$ WENHASTON**L @ T** \$ WENHASTON**R @ T** (GT) opp *Queens Head Inn* then **IMM L**
\$ BRAMPTON, Beccles**L @ T soon 1st R** \$ Westhall Church**L @ T** (GT) \$ WESTHALL, BUNGAY**In 1km, 1st R** \$ WESTHALL and thru**R @ T** (GT) \$ Redisham**L @ T** (GT) \$ NCN 1**Soon 1st R** \$ NCN 1 [*Becks Gn Ln*]**L @ T** (GT) \$ METTINGHAM**Soon R on LHB** and **IMM L** – all **eff SO** – by
village \$, \$ Mettingham, cycle route [*Gt*
Common Ln]

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L @ T (GT) \$ METTINGHAM, BUNGAY**SOON R on LHB** \$ METTINGHAM*Thru Mettingham — castle + college ruin on LHS***R @ T** (GT) \$ BUNGAY (missing), Cycle Route**In Bungay, L @ T IMM R** into [*Annis Hill Ln*] **then**
L @ T no \$**R @ T** \$ NORWICH A144*i Shops, cafés, etc***SO @ RBT** into 20 zone \$ 7.5T [*Bridge St*] — cross
R Waveney into Norfolk**L @ T eff SO** no \$**SO @ RBT** \$ NORWICH B1332**In 5km L @ [x]** \$ WOODTON [*Hempnall Rd*]**R @ T** \$ NORWICH**Soon L on sharp RHB** [*Shotesham Rd*]**In 2.5km, 1st L soon 1st R** \$ SHOTESHAM**L @ T** (GT) \$ SHOTESHAM and thru**R @ T** (GT) \$ CAISTOR, NORWICH \$ MISSING**Thru Stoke Holy Cross, Caistor St Edmund***i Venta Icenorum Roman town on LHS — two
capitals in one: Icenii and Roman***Over A47, R. Tas, railway and Mill Stream to ...****L @ mrbt** [*Mansfields Ln*] **then R @ T** no \$**SO @ TL** over A146 into 20 zone [*Mansfield Ln*]**In 300m L on RHB** to path before Controlled
Zone sign, thru park, **then R** along old railway**Cont SO** along Brazen Gate under brick bridge
and climb past Sainsbury's*i Sainsbury's early control on RHS***SO @ TL then SO @ X then bear L** into
ped+cycle zone **DISMOUNT thru works!****R** to road towards Norwich's magnificent 12th-
century keep**CONTROL Norwich, Capital of the North Folk**
198km*i Shops, cafés, ATMs, pubs abound close to here
— you must control near the centre of Norwich*

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4 Norwich to Watton 38km

Cont to TL where **bear L** \$ Cromer, Swaffham
[Bank Plain]

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

i BP services on RHS; soon Tesco Express on RHS

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

SO @ TL no \$

2nd L into 2nd Gipsy Lane after zebra xing
\$ humps [Gipsy Ln 111-159]

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

SO @ 3x TL \$ WATTON

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

In 1.5km L on LHB! opp *The Old Rectory* no
\$ [Rectory Ln]

R @ T \$ WYMONDHAM

L @ T (GT) no \$ by memorial

R @ T \$ Kimberley B1135

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

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

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

IMM bear R by GT \$ Wymondham [The Green]

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

R @ X \$ DEOPHAM

Thru Deopham and then ...

In 1km L on sharp RHB no \$ [Money Hill Ln]

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

Thru Little Ellingham

L @ T no \$ (B1108)

SO @ RBT \$ WATTON

i SPAR and Subway on LHS early control

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

CONTROL Watton 236km

i ATMs, shops, cafés, takeaways

5 Watton to Ely 57km

Cont thru Watton to ...

SO @ RBT \$ Swaffham B1108

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

SO @ X no \$

L @ T \$ Didlington

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

SO @ X \$ Weeting, Brandon

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

L @ T IMM R \$ Hockwold, FELTWELL B1112

In Feltwell, **L @ T** \$ LAKENHEATH

*i Welcome to Fenlandia — drained from the 13th
century onwards, this once-marshland is now rich
farmland. With few hedges, beware the headwind,
but enjoy the tailwind!*

Thru Hockwold then over level-xing CARE!

In Lakenheath, **R** \$ Sedge Fen [Highbridge Gravel
Drove]

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R @ T \$ SHIPPEA HILL and thru

3km after Shippea Hill, **L** \$ ELY B1382

*i Below sea level by a few metres along this
stretch — don't get wet feet!*

In 7km CARE 4x LEVEL XINGS! *two of which are
oblique*

L @ RBT \$ ELY B1382

SO @ mrbt \$ City centre

L @ TL then bear R to ...

CONTROL Ely, Capital of Religion 293km

i ATMs, Shops, cafés, pubs, etc.

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

6 Ely to Girton 29km

Continue 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

L @ STOP \$ (A10) **IMM R** \$ WITCHFORD

SO @ RBT \$ WITCHFORD A142 **CARE!**

i BP services and Burger King (not 24h) on RHS

SO (2nd exit) @ **RBT** \$ WITCHFORD

In Witchford, **L** \$ WILBURTON [*Grunty Fen Rd*]

Soon 1st R \$ WILBURTON

In 2.3km, 1st L \$ WILBURTON — \$ missing

In Wilburton, **R @ T** soon **L** \$ COTTENHAM B1049 [*Twenty Pence Rd*]

In Cottenham **bear R @ mrtb** then **SO @ mrbt**

Bear L @ mrbt by green then **SO @ mrbt** \$ HISTON

i Wide shared-use path on LHS after town

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In Histon, **1st R** into [*Cottenham Rd*]

After church, **R** opp *The King Bill* PH [*Beck Hill*]

Then R @ T no \$ [*Park Ln*]

L @ T \$ GIRTON

L into Pavilion car park after church

ARRIVÉE GIRTON 322km

i Fill in and sign your brevet before handing it in with your receipts

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