

# **BOXTED RUNNERS**

## **SELF-NAVIGATING TRAIL RUN No. 1**

### **EAST BERGHOLT AND FLATFORD**



The start point is the free car park, The Street, East Bergholt, CO7 6TB. The What 3 words location is POLKA.GOAD.FIGHT

The route is predominantly trail and is 6 miles in length.

It is a lovely route suitable for running or walking. There is a pub and a great bakers (at the start / finish). There is also a coffee shop just over half-way round.

Each paragraph (set of directions) is approximately 1 mile.

#### START

TR out of car park entrance and go past PH. X RD and follow round. At church TR past the war memorial. Go DH and SA. After approximately 0.15 miles TR down track at FPS, (bench opposite turning). At Fenbridge Cottage TR over stile and follow FP. Climb next stile and continue along EFP. X bridge. TR then after a short distance TL and continue to follow FP.

Go past split / fallen tree and continue along EFP which changes to a narrow track along LHFE. At field boundary continue SA passing MG on L (ignore FP on R). Continue SA FSD. After 2<sup>nd</sup> white house immediately TL. Go through MG, X field and go through another MG. At RD TL – BE CAREFUL RD is Fast. After 1/3 mile, before bridge, go through KG on L and down steps. Follow LHS of river.

You will need to pay attention to your surroundings at this point. Look out for split in grass path. Take the LH grass path diagonally away from river. Go through MKG (in middle of hedge / tree line) onto EFP (St. Edmunds Way). Follow EFP. At way marker TL on main path. X bridge. At path junction go through hedge and KG. TR then TL. Go UH (the view is worth it). Through KG at top and X RD. Go over stile and cross field. Go over MG and through wooden fence. Follow path through wood (past water treatment plant on RHS).

Cross concrete bridge and go UH with fence on RHS. At RD TR. Go past Flatford Farmhouse and Ash Tree House. Just after Constable Lodge Farm TL and follow path DH. Go down steps and after a short distance TR at FPS (with National Trust Badge) and follow FP DH along LHFE. At RD TL. Go past The Hay Wain (on RHS). At X paths, go straight ahead on

grass path. Go past Enfield Bird Hide on your L. Follow path bearing to right. Keep to RHS of fence.

Follow path FSD. At T junction TL (follow orange arrow marker). Go along path with fence on RHS. Go into Longhurst Copse and follow path around Copse edge. TR on path. Follow path (orange arrow). Go past bench and follow path round to right. At X paths TR through KG. Follow wide grass path past 6 small threes and then L UH. Go through KG on to EFP. Continue UH along LHFE. Go to top LH field corner past metal fence on to EFP.

At T junction TL through wooden gate onto track. TR. At RD TR, X RD and immediately TL onto EFP. Go over concrete bridge and follow path through wood UH. Go through wooden fence and over MG. X field and over stile. TR – use FP and not RD. Follow FP UH on RHS of RD. When FP runs out follow RD all the way to the war memorial. TL onto main RD and go past church on RHS and into village. After PH TL into car park.

## FINISH

Some abbreviation definitions but the rest you will work out if you do not know them:

EFP (Enclosed Foot Path)

FPS (Foot Path Sign)

FSD (For Some Distance)

LHFE (Left Hand Field Edge)

LHS (Left Hand Side)

RHFE (Right Hand Field Edge)

RHS (Right Hand Side)

I hope you enjoy the route as much as Skye (my dog) and I did putting it together.

Chris.