



Running Routes

Thank you for picking up this leaflet, we hope you enjoy using the suggested route and the public rights of ways.

Stay safe

Running is a great way to keep fit and enjoy the outdoors; it should also be a safe way to stay fit so take a few seconds to read these basic safety tips.

- Tell someone where you are planning on going. It is a good idea to carry some kind of identification and maybe some change for a phone call or emergency snacks!
- Dress appropriately; wear light and/or reflective clothing in the dark. If it is cold wear layers and gloves, hats. In hot weather sweat wicking technical running clothing is best and wear sunblock.
- If you are running for long distances take a drink with you.
- Be aware when crossing roads, don't assume traffic has seen you and will give way.

- If running on the road run facing on traffic so you can see it coming and it can see you.
- Always be aware of your personal safety, running with a partner or in a group is safer and can make long runs seem much easier!

Length of routes

These routes have been graded by difficulty (easy, medium and hard). If you are new to running you may wish to shorten the routes and/or walk/run (run for 30 seconds, walk for 90 seconds).



No.5

On public footpaths you have a right to use the path on foot, bridleways can be used by walkers, horse riders and cyclists and byways open to all traffic can be used by walkers, horse riders, cyclists and motorised vehicles.

Some of the featured routes cross registered common land. The public have a right to access common land on foot. Many commons have grazing rights so please exercise caution around the animals.

All these routes start at the end of the public footpath to Coton on the corner of Adams/Wilberforce Road. Please do not park in the Cambridge University Athletics Track car park or use the track facilities without Cambridge University's permission

If you would like more information on public rights of way please visit

www.cambridgeshire.gov.uk/environment/countryside/access/rightsofway.htm



Route 5 – Distance 10.5 miles

Start at the end of the Coton public footpath on the corner of Adams/Wilberforce Road and proceed along Adams Road and over the pedestrian crossing at the end of the road into Burrell's Walk.

Continue along Burrell's Walk (passing the University Library) to the pedestrian crossing at Queen's Road. Proceed over the pedestrian crossing Queen's Road and continue straight along Garret Hostel Lane crossing Garret Hostel Bridge. At the end of Garret Hostel Lane turn left into Trinity Lane passing Trinity College on your left. Turn left into Trinity Street (watching out for oncoming cyclists and traffic).

Continue along Trinity Street and cross the road at the zebra crossing and turn right into Round Church Street, passing the Round Church (officially known as the Church of the Holy Sepulchre built in about 1130 this is one of the oldest buildings in Cambridge and one of only four medieval round churches in England). Turn left at the end of Round Church Street into Park Street and then turn right and follow the road to Jesus Green (Common Land).

Follow the surfaced public footpath that runs along the edge of Jesus Green adjacent to the Jesus Ditch and take the right hand path where the footpaths meet and follow this path up to where it exits onto Victoria Avenue. Just before the exit turn left and run along the perimeter of the green towards the river, turn right and follow the riverside path under the bridge and alongside the river all the way until you reach the end of Midsummer Common at Elizabeth Way Bridge.

Proceed under Elizabeth Way Bridge and follow the river along Riverside, passing the new pedestrian and cycle bridge enter Stourbridge Common at the end of Riverside and follow the riverside path through the common passing under the railway bridge. Follow the footpath

alongside the river across Ditton Meadow exiting the meadow in the north eastern corner via a wooden kissing gate.

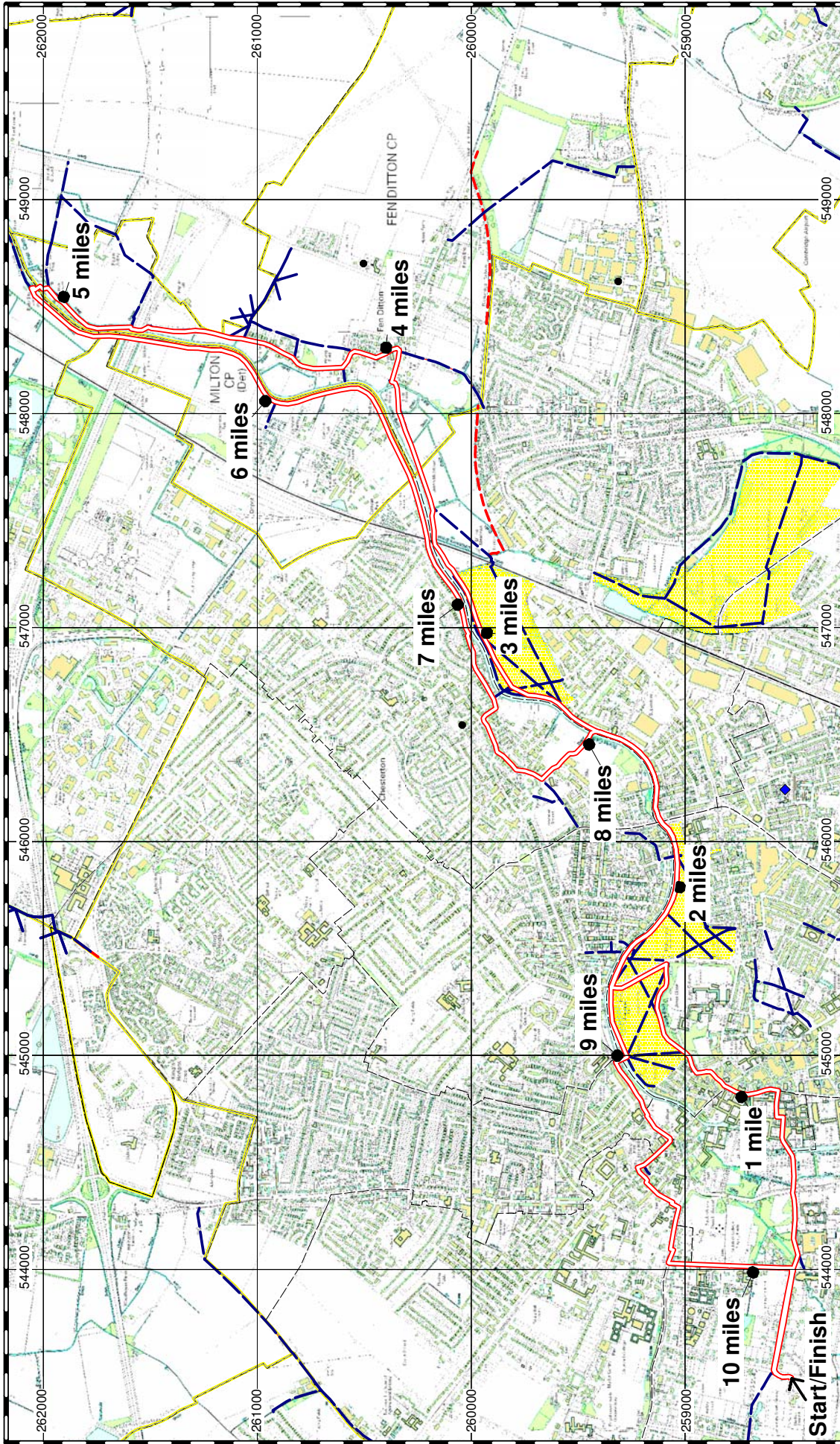
Proceed along the road turning left at the war memorial into Church Street, Fen Ditton. Follow Church Street as it turns left passing the recreation ground where the road becomes Green End following this road to its exit at a kissing gate. Proceed through the kissing gate and follow the footpath north under the A14, then through a small wooded area and then between a wooden fence and a drain. Turn left at the end of the fence and cross the river at Baits Bite Lock.

From Baits Bite Lock follow the tow path south west all the way back to Cambridge. Continue west at the end of the tow path passing the Penny Ferry pub and carry on straight ahead down Water Street. Follow Water Street past the Green Dragon exiting onto High Street Chesterton, turn left onto High Street and follow the road as it becomes Church Street.

Turn left at the end of Church Street into St Andrews Street, continue for approximately 100 meters and then turn right onto the pedestrian/cycle path crossing the river over the new bridge. Exit the bridge and follow river back through Midsummer Common and Jesus Green. Cross the river at Jesus Green Lock Bridge then turn left proceeding along Chesterton Road, follow Chesterton Road to the junction with Castle Street.

Turn right into Castle Street taking care when crossing the road, proceed up Castle Hill, cross the road just before the entrance of Shire Hall and proceed down Castle Row and then turn left then right down Albion Row and Lady Margaret Road (passing Lucy Cavendish College). Turn right into Madingley Road, cross the road and then turn left down Grange Road. Proceed down Grange Road for approximately 500m and then turn right into Adam Road and proceed back to the end of the Coton public footpath.

Route 5 – Distance 10.5 miles



Key -

- Permissive Footpath (red)
- Permissive Bridleway (red)
- Permissive Access (red)
- Open Access Land
- Public Footpath
- Public Bridleway
- Byway Open to All Traffic
- Restricted Byway

Based upon Ordnance Survey material with the permission of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes copyright and may lead to prosecution. 100023205 2009

Scale: 1:25000
 Date: 29/09/2009
 By: Steven Thoday

