



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.1

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 1 – Distance 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 onto Burrell's Walk (public footpath).

Follow Burrell's Walk past the University Library to its exit onto Queens Road. Cross Queens Road at the pedestrian crossing and turn right onto Queens Road, proceed along the road until the entrance to Queens Green near the pedestrian crossing at the junction of Queens Road and West Road.

Follow the path across Queens Green (common land) to its exit onto Silver Street, turn left into Silver Street crossing over the zebra crossing and proceed over the bridge.

Turn right down Laundress Lane (just past the Anchor pub) and continue (crossing Mill Lane) onto Granta Place past Granta House Hotel onto Coe Fen (common land). Proceed along the public footpath over Coe Fen (crossing over Fen Causeway at the pedestrian crossing) follow the public footpath over Coe Fen as it turns south east toward Trumpington Road.

Follow the surfaced footpath adjacent to Vicar's Brook across the common land (New Bit) to its exit onto Trumpington Road. Cross Trumpington Road at the pedestrian crossing onto Brooklands Avenue and then cross Brooklands Avenue and proceed through the gap in the iron fence down some steps to the path that runs between the brook and the allotments, follow the public footpath adjacent to Hobson's Brook. Turn right where the footpath meets the road and follow this road (Bentley Road) until it meets Trumpington Road.

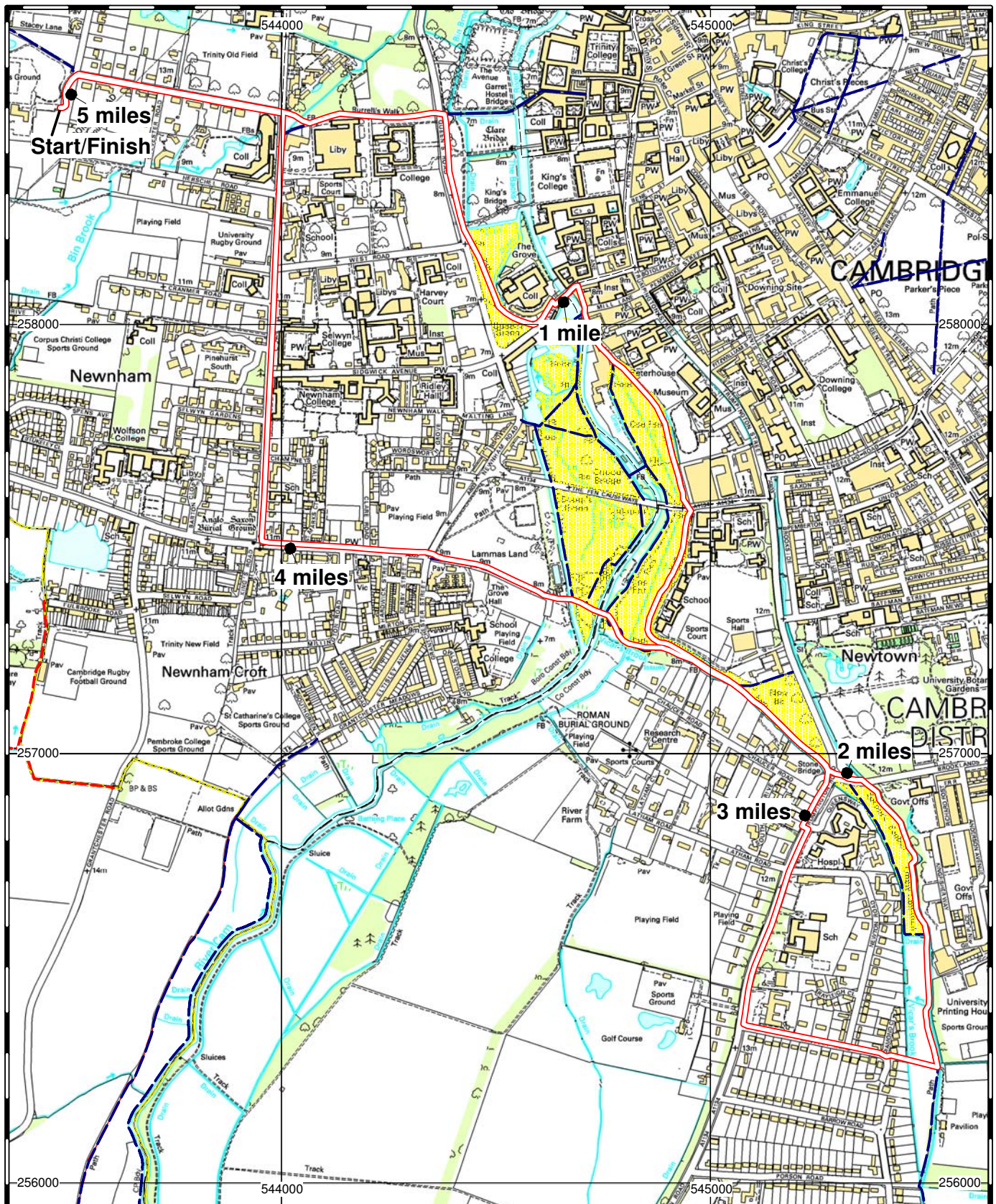
Turn right onto Trumpington Road and cross the road when safe and turn left back over the footpath over New Bit Common. Follow the footpath across the common heading west, cross over two footbridges and carry on straight over Lammas Land (adjacent to the road from the car park).

Cross Newnham Road at the pedestrian crossing and head west along Barton Road and follow Barton Road to its junction with Grange Road.

Turn right into Grange Road and follow Grange Road for just over half a mile and then cross Grange Road and turn left into Adams Road and proceed back to the end of the Coton public footpath.'

Route 1 – Distance 5 miles

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Scale: 1:12000
 Date: 28/09/2009
 By: Steven Thoday

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

