

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.6

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 6 – Distance 16 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. Turn left into Queen's Road and continue down this road (crossing over at the zebra crossing). Follow the road right as it becomes Northampton Street and proceed down this road, then cross the road at the junction with Castle Street and Magdalene Street and proceed straight down Chesterton Road.

Continue down Chesterton Road as far as the zebra crossing and cross the river at Jesus Green Lock bridge. At the bottom of the bridge turn left 180 degrees and follow the riverside footpath all the way to its exit at Elizabeth Way Bridge.

Proceed under Elizabeth Way Bridge and continue east alongside Riverside, continue over the cattle grid and follow the riverside footpath through Stourbridge Common and 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.

At the end of the path turn right and follow the public footpath east to its exit onto Horningsea Road. Turn left onto Horningsea Road and follow this road through the village of Horningsea. Proceed along the main road out of the village crossing the road where the path ends. Continue along the road for approximately 200m, there is no footpath on this section of the road so run facing the oncoming traffic and take care.

Turn right into the lay-by and then right onto the gravel track and proceed along the public bridleway for

approximately 1 km and then turn right down a grass track (public bridleway) opposite a small wooden area.

Follow the public bridleway as it turns left, left and then right for just over a mile and half (2.5km) to its exit onto Station Road in the parish of Stow cum Quy, turn left and then follow this road to a cross roads.

Turn right at the cross roads and then follow the main road out of the village. Just before the road joins the A14 interchange turn right and follow the footpath/cycle way (National cycle route 51) along the track to Quy Mill Hotel and then under the underpass. Follow the cycle path to where it joins Newmarket Road and turn right. Follow the cycle path back towards Cambridge as far as the park and ride. Just after the entrance to the park and ride turn right and follow the public footpath until it exits at a surfaced cycle path (alternatively follow the cycle route through the park and ride site onto the surfaced cycle route). Turn left onto the cycle path and follow the cycle path to its exit into Tiptree Close, turn right at the end of Tiptree Close and proceed along Fison Road.

At the end of Fison Road cross the main road at the pedestrian crossing and turn right following the cycle path/ footpath along the back of the houses and alongside Ditton Meadows. Follow the surfaced path over Ditton Meadow towards the railway viaduct and river and then follow the surfaced footpath back alongside the river, through Stourbridge Common towards Riverside. Continue through Riverside and then continue back along the riverside footpath back through Midsummer Common and Jesus Green.

Cross the river at Jesus Green Lock Bridge and turn left and proceed along Chesterton Road and Northampton Street. Follow Northampton Street as it turns left and then proceed down Queen's Road. Cross Queen's Road and the turn right into Burrell's Walk and proceed to its exit onto Grange Road.

Cross Grange Road and turn left into Adams Road and proceed back to the end of the Coton public footpath.'

Route 6 - Distance 16 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

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