

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.3

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 3 – Distance 6 miles

Start at the end of the Coton public footpath on the corner of Adams/Wilberforce Road and proceed along Adams Road. Turn right onto Grange Road and follow Grange Road to its junction with Barton Road, turn left into Barton Road and follow this road (passing the Red Bull pub on your right) until you reach the traffic lights at the end of the road.

At the traffic lights at the end of Barton Road cross the road and turn right into Grantchester Street, follow this road and then turn right into Eltisley Avenue. Proceed down Eltisley Avenue onto the road called Grantchester Meadow and follow this road where it will become a gravel track and then a public footpath onto Grantchester Meadows.

Follow the surfaced footpath through Grantchester Meadows where the footpath will become a narrow alley path to its exit onto Mill Way. Turn left onto Mill Way and follow the road for about 50 metres where straight ahead you will see a track, follow this track until you reach a stile, go over the stile back onto Grantchester Meadows. Turn left at Grantchester Meadows and follow the path along the edge of the meadows and follow the path as it heads back north along side the river.

Follow the path which runs alongside the river all the way through Grantchester Meadows until it rejoins the surfaced footpath at the exit of the meadows and follow this path back onto the road called Grantchester Meadows. Proceed down Grantchester Road until the end of the road and then turn right and proceed straight ahead to the entrance to Paradise Nature Reserve.

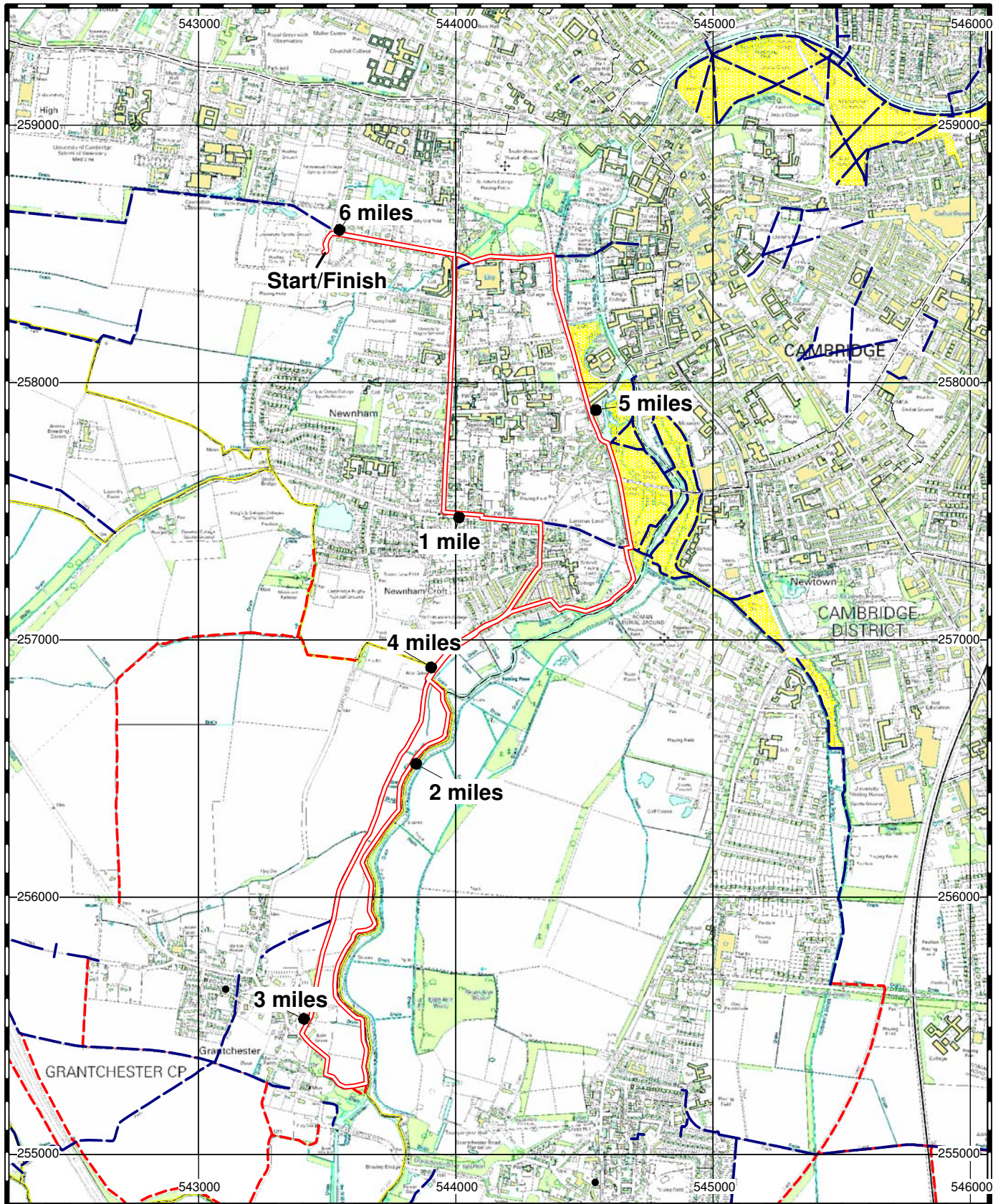
Follow the track through Paradise Nature Reserve alongside the river to its exit into a car park, exit the car park onto the public footpath turn right continue over the pedestrian bridge and then turn left onto the footpath. Follow the footpath to Fen Causeway, cross the road at the pedestrian crossing. After crossing the road follow the surfaced footpath over Sheep's Green (common land) until you come to the Mill Pond and then turn left. Proceed straight towards Newnham Road.

Turn right at Newnham road and then continue along this road, then over the pedestrian crossing and continue heading north along Queen's Road to the pedestrian crossing where the road meets Garret Hostel Lane and Burrell's Walk. Cross the roads at the pedestrian crossing and proceed along Burrell's Walk taking the right hand fork to the pedestrian crossing at Grange Road.

Cross Grange Road at the pedestrian crossing and then proceed straight ahead along Adams Road back to the end of the Coton public footpath.

Route 3 – Distance 6 miles

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Key - Drawn from the Definitive Map

- Permissive Footpath (red) - - - - -
- Permissive Bridleway (red) - - - - -
- Permissive Access (red) ▨
- Open Access Land ▨

- Public Footpath - - - - -
- Public Bridleway - | - |
- Byway Open to All Traffic < >
- Restricted Byway < >