



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.2

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 2 – Distance 4 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 over 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).

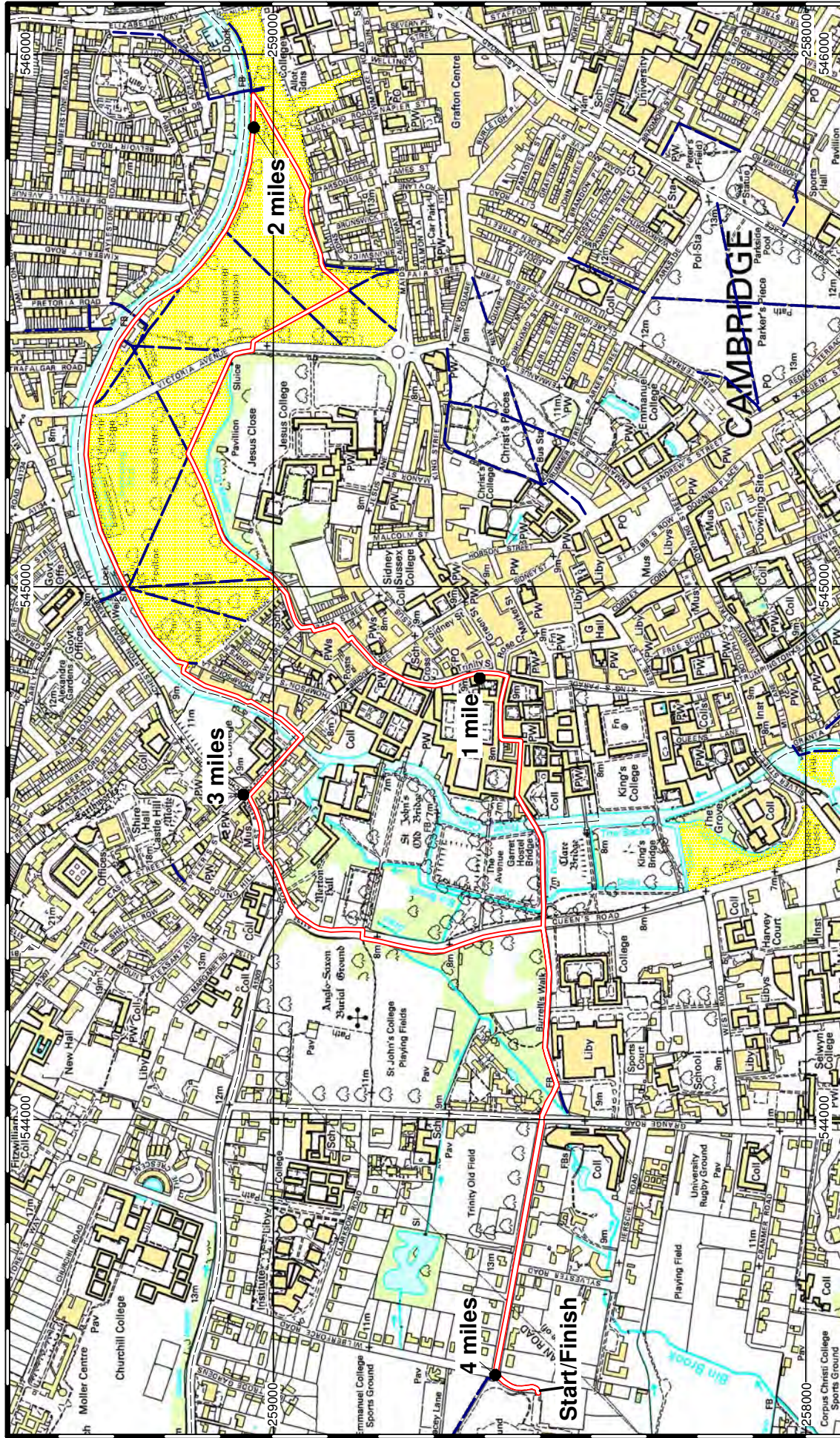
Follow the surfaced public footpath that runs along the edge of Jesus Green adjacent to the Jesus Ditch and take the right hand path where the footpaths meet and follow this path to its exit onto Victoria Avenue. Cross Victoria Avenue at the pedestrian crossing, enter Midsummer Common and follow the surfaced public footpath south past one junction of paths. At the second junction of paths turn left and take the path heading north-east across the common until you reach the river bridge.

At the river bridge turn left and take the footpath heading west alongside the river and follow the path alongside the river past Jesus Green swimming pool and lock. Follow the footpath alongside the river to its exit and continue past a restaurant and over the wooden boardwalk through into Quayside.

Turn right at the end of Quayside and cross the bridge into Magdalene Street; turn left at the end of the road into Northampton Street and follow this road round to the left as become Queen's Road.

Cross Queen's Road at the zebra crossing and proceed down the road until the pedestrian crossing and then turn right into Burrell's Walk back past the University Library taking the right hand fork as the path splits. Cross Grange Road at the pedestrian crossing and proceed straight down Adams Road back to the end of the Coton public footpath.

Route 2 – Distance 4 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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Scale: 1:10000
 Date: 28/09/2009
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