



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.4

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 4 – Distance 7.5 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, cross Barton Road at the pedestrian crossing and turn left and proceed along Barton Road for approximately 200 metres and then turn right into Millington Road.

Where Millington Road curves round to the right continue straight ahead down the pedestrian path leading to Marlowe Road. Continue along Marlowe Road to its exit onto Grantchester Meadows and turn left 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 right into High Street and follow the road round to the left as it becomes Coton Road and then turn left into Bridle Way. Follow the surfaced road to the public bridleway and follow the bridleway over the M11 west towards Coton.

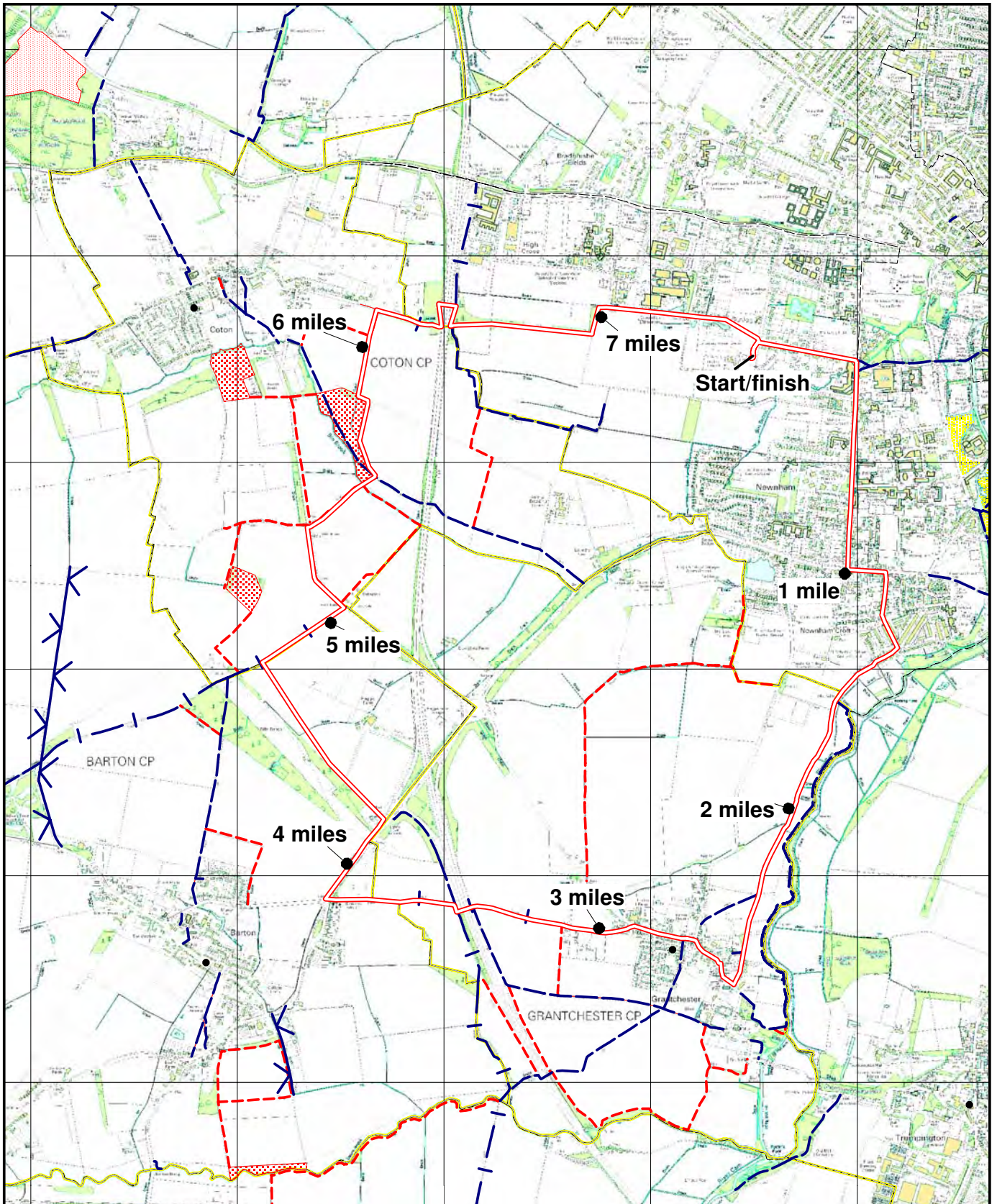
Cross the A603 (taking care of fast moving traffic) turn right and head back towards Cambridge on the pedestrian/cycle path. Pass the entrance to the rifle range and then turn left down the public footpath just before the roundabout. Proceed down the footpath adjacent to the rifle range and then turn right where the footpath joins a public bridleway.

Proceed along the bridleway and then turn left and follow the permissive bridleway along the edge of the field until you come to a gate opposite Coton Nature Reserve. Cross the road and proceed through the gate and follow the surfaced track alongside the nature reserve. Follow the track as it turns left, left and then right and exit the track through the gate onto surfaced bridleway.

Turn right onto the bridleway and proceed on the bridleway over the M11 turning right where the bridleway joins the footpath leading back into Cambridge. Follow the surfaced footpath all the way back into Cambridge to its exit onto the corner of Wilberforce Road and Adams Road and proceed back to the end of the Coton public footpath.

Route 4 – Distance 7.5 miles

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Scale: 1:25000
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 By: Steven Thoday

Key - Drawn from the Definitive Map

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