

## **Revised LD7 : 18 Mile Training Route (from Horndon Rec)**

**TL out of Horndon Rec up to the village & TR downhill to the footbridge. Cross footbridge, cross road and straight ahead & over railway crossing. Almost immediately TR into Chantry Crescent & take 2nd L up to Wharf Road.**

**TR and take 2nd L (Grove Road) to recreation ground. Cross slightly leftish past pavilion to road opposite. TR to end of road and TR into Rainbow Lane. Take 1st L (High Road) and follow to the Manorway (4 miles).**

**TR and follow Manorway for 1.6 miles to the 'Depot' (on your L). Double back parallel to Manorway for short distance and TR through metal kissing gate. Follow public footpath until it finally goes uphill into Fobbing. Continue through Fobbing on Fobbing High Road and follow all the way to the Five Bells roundabout (8 miles).**

**Cross over to the OLD A13 and TR towards Vange. Continue 1 mile to Clay Hill Road. TL uphill and presently keep on Clay Hill Road as it bears L. Another mile and TL into Sparrows Herne. Follow to Nether Mayne (just below hospital roundabout). Cross road & TL to Dry Street (10.7 miles).**

**Up Dry Street & TL into One Tree Hill Road. Past Visitor Centre, SA down the hill, over the A13 bridge and SA at the roundabout into Southend Road. Continue over railway bridge and TR at the mini roundabout (still Southend Rd) past Gable Hall School (13 miles).**

**Follow Southend Road, straight over over 3 mini roundabouts and 1 large roundabout. Past Hassengate Medical Centre and under bridge. Cross diagonally R to enter Victoria Road.**

**Follow to London Road & TR over railway crossing to reach old A13 (15.2 miles). TL and 75 metres after dump road (Buckingham Hill Road) TR, cross road & go over footbridge to public footpath (Saffron Gardens). Continue to farm.**

**TR along next public footpath to Pump Street. TL and continue (uphill) into Horndon Village (16.8 miles).**

**Continue through village and presently TL into Hillcrest Road. Take 3rd road on L (Gordon Road) and follow to the end. TR back to Horndon Rec. 300 metres round perimeter of recreation ground to complete the distance.**

**Note: Good places to leave drinks are by the Manorway, just before the 'Five Bells', start of Dry Street, old A13 after London Road Stanford on way back. Also One Tree Hill Visitor Centre has a tap.**