

Essex and Suffolk Estuaries 100 km audax from Manningtree station on Friday 29/03/2024

Abbreviations

L: Turn left, R: Turn right, SO: Straight ahead, TL: Traffic lights, RB: Roundabout

mrb: Mini-roundabout, IMM: Immediately, \$: Signpost, X: Crossroads

Cont: Continue Thru: Through, opp: opposite, LHB: Left hand bend, RHB: Right hand bend

NCN: National Cycle Network

BOLD places are visited en route.

1) Manningtree > Hare Green 10 km			3) Harwich > Shotley Gate 43 km	
From station approach road R @ T	0.1		Retrace from the pier	
R @ RB (3rd exit) \$ Colchester A137	0.2		L @ mrb \$ West Street	32.9
R @ mrb \$ Colchester	1.4		SO @ TL	34.6
L \$ LT BROMLEY onto Bromley Road	1.5		SO @ mrb \$ Weight Limit 17 tonnes	35.9
R on LHB (war memorial) \$ GT BROMLEY	4.8		SO @ x3 mrb	36.4
L @ T (no sign)	5.5		SO @ RB \$ MANNINGTREE	39.0
L @ T \$ Frating	7.9		R @ T \$ M'TREE	47.2
			R @ RB \$ Ipswich	52.9
HARE GREEN INFO CONTROL			(Cyclepath on RHS)	53.1
AT STAGGERED X	9.4		SO @ RB \$ Ipswich	54.2
			R on LHB \$ STUTTON	57.4
2) Hare Green > Harwich 23 km			R @ T \$ 30 mph	62.7
(Follow NCN 51 for ~20 km)			R \$ Back Hill	64.1
			R @ T \$ HARKSTEAD	64.5
L @ X \$ HARWICH	9.4		R @ T \$ SHOTLEY	72.3
3 E @ RAB \$ LITTLE BENTLEY	11.6		L @ sea front \$ Marina	75.2
R \$ LT BENTLEY	12.0			
R @ T \$ TENDRING	12.8		SHOTLEY GATE INFO CONTROL	75.8
L \$ TENDRING	12.9		AT MARINA CAR PARK ENTRANCE	
R @ T \$ Frinton - on - Sea	14.6			
L \$ Wix	14.7			
R @ T \$ NCN 51 GT OAKLEY	18.0			
L on RHB \$ NCN 51 into Stones Green Rd	18.6			
R @ T \$ GREAT OAKLEY	21.3			
L @ T \$ HARWICH	21.6			
R @ mrb \$ NCN 51 Old Harwich into Low Rd	27.6			
R @ T \$ Marine Parade	30.6			
L \$ Kingsway opp. Queen Victoria statue	31.0			
R @ TL \$ High St	31.2			
Toilets on RHS	31.8			
R @ mrb \$ The Quay	32.7			
HARWICH CONTROL				
Collect stamp for brevet card from Herman	32.8			
who will be at the Cafe on the Pier				

5) Shotley Gate > Suffolk Food Hall 14 km		6) Suffolk Food Hall > Manningtree 13 km	
Retrace from Shotley Marina			
R by The Britsol Arms	76.2	Cont uphill \$ Overflow Car Park	88.2
Cont thru CHELMONDISTON	82.5	Cont uphill \$ Private Road	88.6
Cont thru WOOLVERSTONE	85.0	Cont past St Mary's Church on LHS	88.8
L \$ SUFFOLK FOOD HALL	87.8	L @ X (end of concrete road)	89.3
		R on LHB \$ Bridleway (concrete road)	89.7
		R @ T, no \$ (after 5 bar gate)	90.5
CONTROL ON LHS AT	88.2	L @ X \$ TATTINGSTONE A137	91.1
SUFFOLK FOOD HALL		L \$ TATTINGSTONE	91.7
		L \$ TATTINGSTONE VILLAGE	92.9
		L @ T \$ Church Road	94.2
		L @ T \$ STUTTON	95.9
		R @ T \$ MANNINGTREE	97.3
		L @ T \$ MANNINGTREE (A137)	100.0
		SO @ RB \$ MANNINGTREE	103.2
		(Cyclepath on LHS)	103.4
		R \$ Manningtree Station	104.4
		Finish back at the station.	
		Leave your signed brevet card	
		with at the Station buffet	