

LD3 : 16 Mile Training Route (from Blackshots via Aveley then the Mardyke Way)

TR out of Blackshots and continue past Wm Edwards School eventually to Dog and Partridge at North Stifford.

Carry on downhill to roundabout and cross straight ahead. TR over bridge and uphill to traffic lights (Ford Place).

TL and continue to eventually reach centre of Aveley (mini roundabout).

TL into Ship Lane and ahead to cross bridge over A13. Very soon TL onto Mardyke Way (6 miles). Continue for some distance to narrow footbridge.

TR over Mardyke.

TR for short way then TL onto track (railway bridge on your R) to reach Davy Down Car Park. Go through metal width restriction.

Ahead up lane to Pilgrims Lane. Cross road and continue ahead on cycle track through Ardale Estate.

At Cuckoo Lane TR towards 'Harvester' – cross footbridge and old A13 (8.5 miles).

Ahead on cycle track to Drake Road.

TL later passing Sand Martin and cross Drake Road. TL to junction with Devonshire Road.

TR (initially downhill) to eventually reach traffic lights at London Road.

Cross London Road and TL for short distance. TR into Wouldham Road and over railway bridge to the river.

TL along river path to the Wharf pub. TL through pub car park to Argent Street.

TL and immediately TR down to London Road. Cross London Road at zebra crossing.

TR and follow road round to Hogg Lane. TL up Hogg Lane (past garage) eventually to roundabout. Ahead, crossing road at some point, to Treacle Mine pub.

Cross old A13 and TR. Continue to Daneholes roundabout. (14 miles)

Bear L ahead on old A13 and then cross road. TR into King Edward Drive.

At end of King Edward Drive TL.

Pass Thurrock Tech and turn immediately left onto public footpath (through metal barrier).

At end go through metal barrier and TL onto path past Woodside School.

Eventually reach King Edward Drive. Cross over and TR to old A13.

TL and cross old A13 by road island or footbridge. TL and return to Blackshots via main entrance.

Note: Good places to leave drinks are Ship Lane/Mardyke Way junction, after crossing old A13 by Harvester, river end of Wouldham Road.