

Thurrock Nomads Route Descriptions

Mardyke/Sainsburys/Warren (Light evenings):

Down TRFC drive, X Long Ln. Cont XC to A13 & TL. Cont to Blackshots Ln. TR & follow Rd past Willy Eds, then pavement to pass end of Crammavill St. Bear L round bend & immediately X Rd & up embankment. TL along top of embankment to A13 slip Rd. X slip Rd, X bridge, X roundabout. Cont SA for 300m toward North Stifford. TR at FPS just past cottage. Downhill to FB. TL & Cont (river on R) to emerge by Mardyke bridge. X Rd. Cont SA (river on R) for 400m to FB. Bear L & follow path round to car park. X car park, up embankment (or narrow Rd) to Pilgrims Ln. X Rd & TR. Cont to roundabout. SA X Rd & SA on cycle TK. Almost immediately TL THRU narrow gap. SA short distance & bear left & shortly reach cycle TK. X cycle TK & go down ramp to Warren Gorge. At bottom pass between lakes & TR. Follow paths on longest possible route to eventually ascend ramp at opposite side of the gorge. At top TR along cycle TK to reach Drake Rd. TL & follow Drake Rd to pass 'Sand Martin'. At junct TL up pavement to roundabout. SA X Rd keeping L of roundabout. SA for short distance & TL at junct. Cont past fire station, TR into Lenthal Ave. At corner X Rd & SA on path to Lodge Ln. X Lodge Ln & TR. Follow back to TRFC.

Mardyke/Sainsbury's/Warren (Dark evenings):

Down TRFC drive & TL. CONT to mini-roundabout. X RD SA & CONT down Long Lane. At Windsor Avenue TR, X RD & TL for short distance to Crawford Avenue. TR & follow to end of RD. TL, X RD & CONT SA down Crammavill Road to the end. TL & bear L round bend shortly after. TR, X RD & TL. CONT to roundabout. TL, X roundabout & RD to pass Moathouse Hotel (now Park Inn). CONT to pass Dog and Partridge and SA downhill to just before roundabout. TL & X RD. Bear L uphill on pavement to traffic lights by Sainsbury's. X RD. SA short distance & fork L short distance on cycle track before TL on first path. At junct TR & follow to cycle track. TR & follow to junct with next cycle track. TL & follow uphill to RD. TL and follow pavement SA til main RD bears L. follow downhill to shops & bear R along Drake Road to Sand Martin, X RD & TR. Bear L with pavement up to roundabout. X RD SA & CONT to junct. TL to pass fire station & TR into Lenthal Avenue. At bend SA to alley & follow to A13. X A13, TR & CONT back to TRFC.

Orsett Heath/XC to Orsett/Fen Ln (Leggings in summer)

Across field to footbridge, Hangman's Wood, footpath to Orsett Heath, Greyhound Pub, XC footpath to Rectory Rd, past Orsett Hospital, Fen Ln, past William Edwards', XC footpath to Rugby Club.

Grangewaters:

Down TRFC drive & TL into Long Ln. TR into Blackshots Ln. CONT past Willy Eds & end of Crammavill St. Bear L round bend & immediately X Rd & up bank. TL along top of bank to A13 slip Rd. X slip Rd, X bridge & X roundabout. CONT SA for 300 metres towards North Stifford. TR at FPS just past cottage. Downhill to FB. X FB & CONT SA uphill. SA (golf course on R) to X small stream. SA over 2 fields & bear L to Buckles Lane. TR & pass Grangewaters entrance. Bear diagonally L to pick up TK parallel to side of Grangewaters Lake. SA to Rd. TR & Cont as Rd ends & TK bears L. Shortly TL on obvious TK to emerge on dump RD. TR & follow to the Park Inn (formerly Stifford/Lakeside Moathouse). TL back to roundabout & retrace outward route.

Note: there are variations to this route involving going out on the dump Rd & down to the left of the bridge then TL along Mardyke way to the FB - or same in reverse.

Grays Beach/Meesons Lane: 7.1 miles

From TRFC X fields to FB & X over. TR towards garage & go THRU underpass. TL & almost immediately TR THRU small metal gate. SA to reach Hillside. SA to RD. X Rd & TL uphill. After cemetery TR into Malvern Rd. At end CONT SA down narrow alley to field (detour THRU cemetery is an alternative). CONT SA on LHFE & over small banks. Bear L up steep hill & TR downhill. CONT SA on pavement past 'The Bull' & X Rd at some point. CONT (same direction) to pass church & TL into Clarkebourne Rd. At Rd T junct TR & CONT to garages at the end. TL THRU narrow alley. CONT SA for 100M & TR into field. X field to metal gate opposite. THRU gate & SA to eventually reach Bridge Rd. TL downhill & enter Park. Find way THRU park (Grays Beach) to river path! TR & follow as far as possible then TR to reach Argent St. TL (Theobalds Arms on other side) & CONT SA then TL down Lewes Close to River. Follow river 'til just before 'The Wharf'. TR into Wharf Road & follow to London Rd. X Rd, TL then immediately L into Meesons Lane. CONT uphill to the very top. TL (ish) on narrow TK (cliff face on R!) to TR & down steep TK to bottom of cliffs. TR & follow main TK to metal railings ahead in the path - TR here THRU gate & X Rd (near 'The Sandmartin'). TR to junct & TL up to roundabout. X roundabout into Hogg Lane. At junct TL to pass fire station & TR into Lenthal Avenue. At corner X straight over & CONT SA on narrow path to Lodge Lane. X Rd & TR. Follow back to TRFC.

Biggin Hill/West Tilbury/Chadwell:

From TRFC X FB & THRU woods to King Edward Drive. X Rd & CONT SA to X FB. Bear half R to field edge & follow R field edge to just after swings. TR & follow narrow TK (cemetery initially on L) to Rd (Riverview). X Rd & TR for short distance. TL down narrow TK Xing 2 RDs to field. TL along field edge & eventually bear half R downhill to roundabout. X Rd & enter Biggin Ln. Follow for some distance then TR over ST into field. Then CONT half L uphill. At top TL & follow between concrete posts to X ST at RD. X Rd & CONT SA to 'King's Head' pub. TL into Blue Anchor Ln & follow to main RD. X Rd into Horford Ln. SA for about 500-600M & TL onto wide FP. Follow to next Ln (just after house) & TR. Follow Ln for about 600M & TL along another wide TK. CONT to houses & immediately TR into Courtney Rd. Follow to Brentwood Rd & X over. SA towards Chadwell Flats & bear L with the Rd for short distance. TR into narrow alley, THRU gate & SA THRU wood to FPS. SA on (L) field edge FP which eventually bears L & THRU gate into Greyhound Lane. TR along Greyhound Ln & X Rd to Orsett Heath. Bear half R & X Heath diagonally & then under subway. Follow TK by Torell's School fence to go THRU gate then half R THRU woods to FP by Woodside School. TR & CONT to X King Edward Drive. Ahead THRU barriers & TR along TK to FB over old A13. X FB & return to TRFC.

Chafford Hundred/Lion Gorge/River

From TRFC X fields to Civic Hall & out main Blackshots entrance. X Rd & TL for short distance. TR down narrow alley to Rd & TL to Lodge Ln. TR & follow to Mead Close. TL & X Rd. TR for short distance & then TL by green recreational area. Follow narrow path to Lenthall Ave. SA to reach junct with Hogg Ln. TL & follow pavement to just after Grays End Close. TR & X Rd - SA on short Rd to roundabout. X roundabout & CONT SA on Devonshire Rd. X Rd on hatchings before Sandmartin pub, X barrier & TL THRU tall gate. Immediately TR & follow main TK all the way to meet Devonshire Rd again. X Rd & TL. After 9th lamppost (on this side) TR THRU green gate onto TK. Shortly BEAR L with TK & follow to Rd. X Rd & CONT SA with TK on other side & follow to bridge at London Rd. Come up R side of bridge to the Rd. X Rd & TL. Follow to Woodham Rd & TR. Up over railway bridge & SA to river. TL & follow river to pass Wharf pub. After pub BEAR R with path & follow round & back to Argent St. TR & follow to just past Theobalds Arms. TR down narrow path to river. TL & follow river to gate in park fence. TL THRU gate down into park & bear R 'til field is reached. Follow L edge of field to exit by gate. SA up Hill past width restriction & TR into Grove Rd. Almost immediately TR into Elm Rd. Follow as bears L then enter recreation ground by metal gate. X field X R to exit near far corner. TL & follow TK & eventually THRU narrow path by garages to Silverlock Rd. TR for short distance then TL into Clarkebourne Rd & up to Dock Rd (by church). TR & follow past Bull pub & X RD. TR & follow Rd bearing L round corner. SA up grassy hill & TL at top. Downhill & TR. CONT to recreation ground & follow R edge to enter narrow path by cemetery. Uphill to reach Malvern Rd & SA (cemetery on L) to RD. X Rd into Ridgeway. SA &, just before the end, TL into narrow path. Pass THRU metal width restriction & SA on R field edge. Eventually down steps & TR up to metal gate. THRU gate, under subway & return to TRFC.

Mardyke Way/Ockendon

TRFC drive, straight ahead X RD & along LHFE to A13. TL & CONT to Blackshots Lane. TR to pass William Edwards & CONT to round L bend after Cramaville St. Immediately X RD & TR up bank. CONT to roundabout. X roundabout & RD to pass Moathouse Hotel (now Park Inn). TR at FPS after cottages and go to FB at Mardyke. TL immediately before FB & continue by river to emerge at RD & roundabout. SA over RD & SA to run by L side of river. Near viaduct TR to X river on FB. TL and continue for some distance (river on your L (ish) now) to near bridge. TR THRU wide gap & CONT uphill THRU woods to emerge at play area. SA to RD & TR. CONT on pavement to RD junct (traffic lights) & TR downhill back to roundabout by Mardyke bridge. TL, X Rd & select return route from here (many possibilities!!).

Mardyke/Sainsbury's:

TRFC drive, straight ahead X RD & along LHFE to A13. TL & CONT to Blackshots Lane. TR to pass William Edwards & CONT to round L bend after Cramavill St. Immediately X RD & TR up bank. CONT to roundabout. X roundabout & RD to pass Moathouse Hotel (now Park Inn). TR at FPS after cottages and go to FB at Mardyke. TL immediately before FB & continue by river to emerge at RD & roundabout. X RD and SA uphill on Pavement to traffic lights by Sainsbury's. X RD. SA short distance & fork L short distance on cycle track before TL on first path. At junct TR & follow to cycle track. TR & follow to junct with next cycle track. TL & follow uphill to RD. TL and follow pavement SA til main RD bears L. follow downhill to shops & bear R along Drake Road to Sand Martin, X RD & TR. Bear L with pavement up to roundabout. X RD SA & CONT to junct. TL to pass fire station & TR into Lenthall Avenue. At bend SA to alley & follow to A13. X A13, TR & CONT back to TRFC.

Meesons Lane/Grays:

THRU alley past Harriers Track (on your L) to field. X field half L to car park & out main gates. X RD & TL for short distance. TR down narrow alley to Premier Avenue. TL to A13. TR & follow pavement past Windsor Avenue & X RD. TR & shortly, just before field, TL down path to Lenthall Avenue. TR to Hogg Lane & TL. SA to RD junct & TR to reach roundabout. SA to Devonshire Road & X RD at hatchings. TL THRU gate & TR. Follow TK about 400 metres before sharp left turn & up steep hill to top of cliff. TL & follow cliff edge to Meesons Lane. TR & follow Meesons Lane down to London RD. X RD, TL & immediately TR to reach river by Wharf. TL & CONT to Argent Street. Down Argent Street past Theobalds Arms (optional loops on R) to junct & X RD. TL uphill past width restriction & TR into Grove Road. At end X RD, TL & immediately R into Church Sreet. Soon becomes narrow alley & follow SA to emerge near church. SA down Dock Road past the BULL. **From here route depends on light conditions:** if poor, up old Dock Road & King Edward Drive to TRFC. If good X Dock Road & TL just after bend - CONT to follow LHFE & SA into narrow path uphill past cemetery to Chadwell Road. SA to Ridgeway & return to TRFC.

Grays/River/Western Bypass:

Down TRFC drive & TL. CONT to mini-roundabout. SA and continue to traffic lights opposite Treacle Mine. X RD & SA down Hogg Lane past fire station & CONT SA 'til past Rate's Garage. After roundabout TR & X RD. Ahead THRU (or round) Morrison's Car Park to London Road X RD & TR. TL into Wharf Road to pass Wharf pub. TR & follow river to end of main path. TR over railway bridge back to London Road. X RD & TL. At traffic lights X RD & TR on cycle track beside Western Bypass (Devonshire Road). Follow all the way up to T junct & TL to reach roundabout by Elizabeth Road. X RD SA to next RD junct. TL to pass fire station and TR into Lenthall Avenue. SA at bend into alley to A13. X A13, TR & return to TRFC.

Heath/Sandy Lane/Chadwell:

X rugby field & over FB. SA THRU wood to King Edward Drive. X RD & CONT SA to FB. Cross Heath half L to the Greyhound. SA down Greyhound Lane & TL at FPS THRU hedge. THRU short narrow TK and THRU metal gate. SA on TK & TR with it (towards flats) to FPS. Half R THRU woods to metal gate & SA down alley. At RD TL & follow to A128. X A128 at island & TL. Follow street as it bears R to field. TR & X field to St Francis Way. SA & TR at 4th on R (Saints Way). At RD junct TL (along Waterson Road) for short distance & TL into Sabina Road. On corner go SA down alley to Cole Avenue. TR & follow to roundabout. SA into Sandy Lane & follow downhill to Biggin Lane. TR & CONT to roundabout. TR 'til just past roundabout, TL & X RD. TR THRU gap & bear half L on field uphill to top. TL on grass (parallel to RD) and follow as far as possible before bearing R to reach RD. SA up alleys to top & Riverview. X RD & TL. CONT to just before roundabout & TR into alley. CONT to field. X barrier & CONT SA to FB. TL, X FB, & return to TRFC.

The 3 Peaks!

Warm-up: Jog from TRFCA cross field to footbridge, King Edward Dr, Woodview, to opposite Cross Keys at Chadwell

Training session: steady jog down old Chadwell Hill & X RD at bottom. Run up cycle track on new Chadwell Hill to top putting in a bit of effort. X RD & regroup on grass opposite. Recovery slow jog to opposite Cross Keys & repeat. Do one more circuit (that's 3 altogether).

If possible run the circuits with a partner/partners of similar ability to push each other going up the hill.

Warm -down: Jog slowly back to TRFC.

Heath Road/Chadwell Hills etc.

X A13 & TL. Up cycle track & X bridge bearing R into Heath Road. CONT past the Fox & the Greyhound to eventually reach A128 (Brentwood Road). TR & CONT to Cross Keys. X RD. Down old Chadwell Hill then bear R up cycle track on new Chadwell Hill. CONT past Palmers to just after Garden Centre. Bear L down ramp to Boscombe Avenue & bear R with that RD up to Rectory Road. X RD, TL & immediately TR into Overcliff Road. Follow it bearing L in a crescent to reach Rectory Road again. TR & CONT past new houses then TR towards industrial estate. Near end of straight RD TL to reach the Broadway. TR & CONT to corner & bear R up Whitehall Lane. At top, just before roundabout, TR into alley. SA to Rectory Road. X RD, TL & immediately TR into Boscombe Avenue. Bear L with RD & up to Chadwell Road. X RD & TR. CONT up hill & immediately after Xing bridge TL into 'Buses Only' RD. SA to King Edward Drive and return to TRFC.

Tilbury - X (old) A13 & down King Edward Drive. TL at end & CONT past college to Cross Keys. TR down (old) Chadwell Hill & CONT to outskirts of Tilbury. Fork L into Feenan Highway & SA to double roundabout. X SA into Parkside Avenue for approx 50 metres & TR into Hume Avenue. CONT to just past church & TL to X hairpin bridge. At RD TR & CONT to ASDA roundabout. X roundabout SA & CONT on cycle path to RD. X RD & TR. Follow RD (old Docks Approach Road) as it bears L & go uphill & under bridge. Shortly after bridge TR to X RD & up path on grassy slope to 'Buses Only' RD. TI then X RD to King Edward Drive & return to TRFC.

Orsett via Hornsby Lane - X (old) A13 & down King Edward Drive to just before shops. X RD & TL into Grangewood Avenue. At end (just before school gates) TR into alley & TL at TK junction. CONT to X FB. SA to pavilion & TL. Follow edge of grass & eventually TR up to Heath Road (near Greyhound). TL & CONT to Heath shop. TR into Hornsby Lane & follow all the way to (old) A13. TR & follow cycle track to top of hill. X RD & TL into Rectory Road. X bridge & CONT to pass Whitmore Arms and shortly after TL into Malting Lane. Follow to corner & TL into Pound Lane. Uphill to Orsett High Road. TR & follow to Kings Arms. TL into Baker Street & CONT to near end. TR & X Baker Street then TR over bridge & return to TRFC.

Orsett

Down TRFC drive & TL at end. CONT to mini roundabout & TL. CONT to Daneholes roundabout. Bear L alongside (old) A13 & CONT SA on grass verge when pavement ends. Just before hill bear L onto tarmaced side road (The 'Salt Mines') &, just before corner, TR up ramp to bridge. SA X bridge & bear L into Baker Street. Down Baker Street to end & TR. Shortly TL & X RD. TR & CONT uphill towards Orsett, past mini roundabout & bear L into Pound Lane. At end bear R into Malting Lane. At end TR & CONT up hill past Whitmore Arms to mini roundabout. TR into School Lane. CONT to end and TR into Mill Lane. At end X RD & TL At bottom of hill TL & X RD. TR & CONT to just before Kings Arms. TL into Baker Street and CONT (under two bridges) 'til just before end. TR to X RD & TL. Bear R & CONT to X bridge. Fork R down ramp & TR at bottom. Bear L round bend & 100 metres on TL into Long Lane. CONT to beginning of TRFC approach road & TL. Back to TRFC & finish.

The Three Weeks

(i) The Warm Up - X Blackshots field diagonally to Daneholes roundabout. X Blackshots Lane & CONT beside (old) A13 for about a mile. TL, X Rd, TR & CONT to Treacle Mine. SA X RD & CONT 100 metres on cycle track to where another cycle track starts on your L.

(ii) 3-Mile Run - Down cycle track & fork L to reach metal barriers. TR & follow pavement to Drake Road. TR & CONT. Soon TL to X Drake Road & TR. CONT 'til just after cycle track (on your L) & TL into Merlin Close. At end SA X RD & TL. CONT uphill & bear R round corner into The Warren (**1 mile**). SA to end & TR down cycle track. At **4th** turning TR towards quarry/lake & TL. Follow cycle track to end & bear R with it (now following by end of lake). (**2 miles is soon by lamppost opposite house No. 31 if you have good eyesight!**). At end bear L with cycle track to Drake Road. TL, soon X Edmund Road & shortly after TL onto cycle track. At (old A13), opposite 'Harvester', TR (**800 metres to go**) CONT on cycle track 'til 100 metres past start opposite Treacle Mine - lamppost on corner with green metal box to lean over whilst being sick. (**3 miles**).

(iii) The Warm Down - Crawl back to TRFC.

Grays/River/Warren:

Down TRFC drive & TL. CONT to mini-roundabout. SA and continue to traffic lights opposite Treacle Mine. X RD & SA down Hogg Lane past fire station & CONT SA 'til past Rate's Garage. After roundabout TR & X RD. Ahead THRU (or round) Morrison's Car Park to London Road X RD & TR. TL into Wharf Road to pass Wharf pub. TR & follow river to end of main path. TR over railway bridge back to London Road. TL along pavement & eventually TR to X RD. TL & CONT to Mill Lane. TR along Mill Lane & go THRU metal barriers. TR & X RD (Lancaster Road) TL & CONT uphill to reach junction with The Warren. X RD & TR. Follow pavement 'til main RD bears L. follow downhill to shops & bear R along Drake Road to Sand Martin, X RD & TR. Bear L with pavement up to roundabout. X RD SA & CONT to junct. TL to pass fire station & TR into Lenthall Avenue. At bend SA to alley & follow to A13. X A13, TR & CONT back to TRFC.

Chafford Hundred Station/Lancaster Road:

X Blackshots field diagonally to Daneholes roundabout. X Blackshots Lane & CONT beside (old) A13 for about a mile. TL, X RD, TR & CONT to Treacle Mine. SA X RD. SA on cycle track to Sainsbury's roundabout. Bear L and CONT SA to mini roundabout. X SA & CONT on cycle track. At next roundabout bear L with cycle track. CONT 200 metres and fork L onto cycle track. Follow uphill and then R(ish) over top of RD. At junction with Fleming Road TL. CONT to roundabout & X SA. CONT to next mini roundabout & TL into Mayflower Road. SA to pass Chafford Hundred School (on your R). CONT SA over several junctions to Lancaster Road. X Lancaster Road & TL. CONT uphill to reach junction with The Warren. X RD & TR. Follow pavement 'til main RD bears L. follow downhill to shops & bear R along Drake Road to Sand Martin, X RD & TR. Bear L with pavement up to roundabout. X RD SA & CONT to junct. TL to pass fire station & TR into Lenthall Avenue. At bend SA to alley & follow to A13. X A13, TR & CONT back to TRFC.

Reverse Tilbury

X TRFC field to FB & X (old) A13. TL for short distance & TR into King Edward Drive. At end SA into 'Buses Only' RD & almost immediately fork R to X grass downhill on feint TK. X RD & TL downhill. At end X RD SA to cycle track by Docks Approach Road. CONT SA to ASDA roundabout. X roundabout & SA (St Andrew's Road) to X bridge and pass docks gate (on your R). SA past station (on your L) and eventually TL to X hairpin bridge on cycle track to junction with RD (Dock Road). TR & follow to crossroads. X RD & TL. CONT to double roundabout. X RD to Feenan Highway. SA to junction with St Chads Road. Bear R and CONT to roundabout at bottom of Chadwell Hill. TL, X RD, & TR. Up (old) Chadwell Hill to traffic lights. TL & CONT along Riverview to shops. TR, X RD, & TL. CONT to roundabout & bear R to X bridge. CONT past Thurrock College (on your R) to King Edward Drive. TR & return to TRFC.

Chafford Hundred/Western Bypass/River:

Down TRFC drive & TL. CONT to mini-roundabout. SA and continue to traffic lights opposite Treacle Mine. X RD & SA down Hogg Lane past fire station to junct with RD on R. TR & CONT to roundabout. X Rd & CONT SA down Devonshire Road (Western Bypass) past 'Sand Martin'. Follow RD all the way down to traffic lights. X London Road SA & TL. CONT for very short distance then TR into Wouldham Road & X railway bridge to river. TL & follow river path to pass Wharf pub (on your L). CONT ahead to Argent Street. TR & CONT past Theobalds Arms (on your L) to end. X RD & TL uphill past width restriction & TR into Grove Road. SA to end of RD, TL & almost immediately TR & X RD into Church Street. SA & CONT into alley. At other end of alley TL to RD junct & TR. CONT to pass Bull pub. CONT 100 metres & where cycle path goes off to your R TL, X RD, TR & follow old Dock Road uphill & eventually under bridge. Shortly TR & X RD(s) & go half L on grass up to 'buses' only RD. TL to end & X SA into King Edward Drive. Return to TRFC.

Chadwell Hills/Heath Road:

X field & X (old) A13 by FB. TL for short distance & TR into King Edward Drive. At end X RD & CONT SA down 'Buses Only' RD to bridge. X RD & TR. CONT to just after garden centre. Fork L down ramp & TL. Shortly TR up Boscombe Avenue to Rectory Road. X RD into Overcliff Road. CONT SA into alley & follow to end. TL down Whitehall Lane to shop at corner. TL into Broadway & CONT for short distance then TL into industrial estate RD (Tower Road?). SA to RD junction & TR. CONT to Rectory Road. TL uphill & TL into Overcliff Road. Follow in crescent back to Rectory Road. X RD SA into Boscombe Avenue. SA & follow RD L at corner up to Chadwell Road. TR & CONT uphill to pass Palmers College & bear R. X Bridge & CONT down (new) Chadwell Hill on cycle track to the roundabout). TL, X RD, & CONT SA up (old) Chadwell Hill to traffic lights. X RD to Cross Keys & CONT SA down Brentwood Road (A 128). After cemetery TL into Heath Road and follow all the way to (old) A13. TL, X bridge, and CONT to FB. Return to TRFC.

Grays/River Loop/ Little Thurrock:

Down TRFC drive & TL. CONT to mini-roundabout. SA and continue to traffic lights opposite Treacle Mine. X RD & SA down Hogg Lane past fire station & CONT SA 'til past Rate's Garage. After roundabout TR & X RD. Ahead THRU (or round) Morrison's Car Park to London Road X RD & TR. TL into Wharf Road. At end TR into Argent Street & CONT to end. TL to river path & TL. SA to pass Wharf pub. CONT ahead to Argent Street. TR & CONT past Theobalds Arms (on your L) to end. X RD & TL uphill past width restriction & TR into Grove Road. SA to end of RD, TL & almost immediately TR & X RD into Church Street. SA & CONT into alley. At other end of alley TL to RD junct & TR. CONT to pass Bull pub. CONT 100 metres & where cycle path goes off to your R TL, X RD, TR & follow old Dock Road uphill & eventually under bridge. Shortly TR & X RD(s) & go half L on grass up to 'buses' only RD. TL to end & X SA into King Edward Drive. Return to TRFC.

Thanks to Robert T and Dave D for these, more to follow...