

Colchester 40Km ride		
	0.0	R from Playgolf Colchester
1.1	1.1	L @ MRB
		Into West Bergholt
1.3	2.4	SO @ MRB
0.8	3.2	R @ ▲ \$ Gt. Horkesley (Nayland Rd)
1.4	4.6	L @ X \$ Wormingford
1.1	5.7	2 nd L
1.1	6.8	R @ T
1.0	7.8	L @ ▲
1.2	9.0	R @ T ▲ \$ Bures (B1508)
0.8	9.8	R \$ Wormingford Church (Church Rd)
1.3	11.1	<i>CARE descending (road bears L not SO)</i>
1.3	12.4	SO @ X \$ Assington
1.2	13.6	<i>CARE ford (use footbridge to avoid)</i>
1.1	14.7	R @ T
1.2	15.9	Refreshments at Farm Shop Assington
0.2	16.1	R @ T \$ Colchester (A134)
1.4	17.5	2 nd L \$ Hagmore Green
1.9	19.4	R @ T \$ Stoke

0.6	20.9	L @ T \$ Stoke
5.0	24.9	Continue through Stoke by Nayland
2.3	27.2	Downhill then R \$ Boxted on Wick Rd
0.5	27.7	Over bridge then \$ Boxted
3.1	30.8	R @ T on Church Road
2.8	33.6	Cross A134 into Tog Lane
1.4	35.0	L at T
3.1	38.1	L @ T on West Bergholt Road
0.5	38.6	SO @ MRB
1.4	40.0	R @ MRB (Bakers Ln)
		FINISH @ Playgolf Colchester on L

Key

R	Right	\$	Signposted	RH	Right hand
L	Left	@	At	LH	Left hand
SO	Straight on	▲	Green triangle	MRB	Mini-roundabout
T	T-junction	X	Crossroad	RB	Roundabout

Places in **Bold** are passed through or into before next instruction; road names are in brackets.