

Grange Farm and Dunmow Runners

Left or Right Trail

From The Black Lion, The Street, High Roding, CM6 1NT
(approximately 7.5 miles)

Legend

BL bear left, BR Bear R, BWS by-way/bridleway sign, CONT continue, EP enclosed path, FB foot bridge, FC field corner, FPS footpath sign, HG hedge gap, IMM immediately, JUNC junction, L left, LHFE left hand field edge, R right, RD road, RHFE right hand field edge, SA straight ahead, ST stile, THRU through, TK track, TL turn left, TR turn right, WM way marker, X cross

- 1. Leave from back of pub to WM, THRU gate & X grass to HG (WM). SA X field to WM & TR onto LHFE to FC (WM), THRU HG & X FB to WM onto LHFE. At WM TL X FB onto RHFE to WM, TR X FB & TL onto LHFE. At WM CONT SA on LHFE to FC & SA to WM. X FB, SA on RHFE to WM & TL to WM. TR onto LHFE to FC, TR on LHFE to FC & TL X FB onto RHFE.**
- 2. At WM BR onto RHFE (green sheds to R) to WM & TR onto RHFE to EP to WM. TL along drive, THRU metal gate, CONT along RD (church to R) & at RD JUNC BL along RD. As RD turns L, TR to FPS & TR onto RHFE. FC TL on RHFE to FC & TL on RHFE. CONT on RHFE SA on wide grass TK to drive. X drive & SA on wide TK (hedge to R) to FC. SA X FB, TL onto wide TK (LHFE) & X ST (FPS) to RD**
- 3. TL along RD & at RD JUNC TR (Marsh Farm Lane). At WM (as RD turns L at yellow fencing) SA onto EP to WM & CONT SA on EP, becoming RHFE.**

4. In FC SA onto EP to WM & BR onto LHFE to FC (WM). TR on LHFE, X TK to WM, SA on enclosed TK to hidden WM (by shed with brown pipe) & TL onto EP.
5. At WM CONT SA on EP, becoming enclosed TK & CONT SA on RHFE to gate to RD (BWS). TL along RD & at RD JUNC (FPS on R) TL along RD (New Hall Farm)
6. SA at metal gate, CONT SA between buildings, pass with green garage doors to R & TR, SA between bushes onto X field path. X FB, TR onto RHFE to FC, THRU HG to WM & SA on RHFE. FC THRU HG, TL onto LHFE & at WM CONT SA on LHFE to WM. TL onto RHFE to FC (WM) & TR THRU HG to WM.
7. TL onto LHFE to FC, TR on LHFE to WM & TL THRU HG to FPS. TR along RD to FPS & TL (with barn to R) to WM. TL onto TK & IMM TR along TK to WM. BR X field to WM (to R of wood) & TL onto RHFE to FC (WM). THRU HG & TL onto LHFE to WM, TR X field to WM (to L of pole) & THRU HG back to pub.
