



The route is circular, all on cycle tracks that are shared with walkers and runners. These are light grey cinder tracks in the Discovery Centre park and asphalt tracks in Great Notley Village. It should take just over an hour to either walk the 3 miles, jog the 6 miles (2 laps) or cycle the 9 miles (3 laps). The route does cross minor roads on Great Notley Village. **TAKE CARE AT THESE JUNCTIONS AND STOP AND LOOK BEFORE CROSSING! ELECTRIC CARS GOING SLOW ARE VERY QUIET! ALSO TAKE CARE AT THE UNDERPASS INTO THE PARK - THERE IS A PEDESTRIAN CROSSING HERE.**

The **START / FINISH** is opposite the Tesco overflow Car Park in the corner of the Great Notley Green by the seat with a sheet metal roof. It is marked on Google Maps. **Please register before starting and collect your free bottled water (provided by TESCO).** We'd like to start at 2pm and hopefully we'll all finish about the same time! **IT'S NOT A RACE!** Afterwards (if you bring a picnic and a seat) we can all relax in the park! Maybe bring a ukulele if you have one? The route will be signed with RED arrows going towards the park and GREEN arrows coming back. If the sign has been interfered with, you will be able to tell this by the orientation of the number! The colour of the route changes at the yellow frog in the park! If you don't see him you've gone the wrong way!