

SEVENTH WEST SUFFOLK TRUNDLE






Sunday 12th July 2009

Start and finish: Great Ashfield Village Hall (1) on the map.

Lunch stop: Flying Fortress PH, Mount Road, Bury St Edmunds (18) on the map.

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-  Recommended outward route – 13 miles
-  Recommended return route – 10 miles
-  Optional extension to outward route – 5 miles
-  Optional shortcut to return route - 1½ mile less
-  Cycle path

PLEASE READ THE MAP FOR YOUR DIRECTIONS and note the routes are suggestions only. The directions below do not cover every road junction and are given only where we think there may be doubt. Numbers refer to numbers on the map, which is at a scale of 1¼ inches to 1 mile.

TL = turn left, **TR** = turn right, **Tjunct** = T junction, **SP** = signpost

OUTWARD ROUTE – Yellow

- (1) Start and finish
- (2) Beware sunken drain covers in Warren Lane, Elmswell
- (3) **TL** at **Tjunct**, then **TR**, **SP** Buxhall 3½
- (4) **TR**, **SP** Woolpit 1½, Bury 9

Blue route only, straight on here and see (10), (11) and (12).

- (5) **TL**, **SP** Rattlesden 2
- (6) Straight on, large sign Bury St Edmunds A14, Woolpit
- (7) **TL**, **SP** Drinkstone 1½
- (8) Straight on for Drinkstone
- (9) Bear **R**, **SP** Beyton

Blue route only

- (10) **TR** Rattlesden
- (11) **TR**, **SP** Drinkstone, Woolpit
- (12) **TL**, **SP** Beyton, Hessett, to join

Yellow route

- (13) **TL**, **SP** Hessett
- (14) **TR**, **SP** Rougham 1½ and follow signs to Rougham
- (15) **TR**, **SP** Bury St Edmunds
- (16) **TR**, large sign Bury St Edmunds A14, etc: pass under A14 as for Great Barton
- (17) **TL** onto cycle path on **S** side of public road, **SP** Bury St Edmunds 2
- (18) Flying Fortress PH is set back **S** of cycle path – by post for cycle route 51

Return Route – Green

Retrace along cycle path

- (17)** Continue on cycle path now on **N** side of public road and cross straight over Heath Road in Thurston to Old Norton Road and cross Ixworth Road
- (19)** **TR** into Sandpit Lane, **SP** Byroad
- (20)** **TL** into School Road after humped section of road
- (21)** **TR** into Church Road, **SP** Beyton 1½

Red route only

Straight over at this junction into Stoney Lane, **SP** Norton 2½ and see **(24)** and **(25)**

- (22)** **TL** into Hollow Lane
- (23)** **TL** at **Tjunct** in Tostock and follow green route to junction with yellow route, where **TL** and follow back to **(1)**

Red route only

Follow **SP** Tostock 1¾, then signs for Great Green

- (24)** **TR, SP** Norton 1, Elmswell 4 – great care here, poor visibility
- (25)** **TR** into narrow un-named but metalled lane immediately after bridge over watercourse and **TL** to join green route in Norton