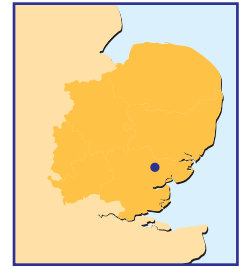


CYCLING DISCOVERY MAP



Starting point: Colchester, Essex

Distance: 17 1/2 miles/28 km

Type of route: Day ride - moderate, circular (with linear stretch to Wivenhoe); on roads and cycle paths

THE VIEW FINDER TRAIL



Sign 7 - High Woods Country Park

This cycle ride starts from Britain's oldest recorded town - Colchester. From here the route heads east following the River Colne towards Wivenhoe, before taking in elements of the town's varied landscape. Colchester is a place with an important past, a vibrant cultural present and an exciting future - and you can discover the town and its gentle landscape for yourself on this 17 1/2 mile/28km cycle route.

The trail is the initiative of artist Michael Goodey, who was inspired by early 20th century landscape painter Lucien Pissarro's painting of a view across Hilly Fields, which is now in the care of Colchester Museums. A further inspiration was Colchester's distinctive skyline featuring the Victorian tower of the Town Hall and the Jumbo water tower. This cycle route weaves history and contemporary culture together through the eyes of the artist.

At ten locations, Michael has placed a sign depicting the view. Initially giving the appearance of a typical road sign, they are in fact meticulously handmade paintings. The trail is in effect, an artwork in itself, which encourages people to discover new viewpoints and vistas.

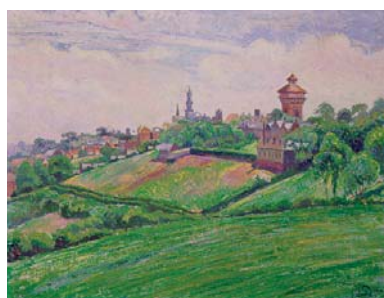
Key to Symbols & Abbreviations

	Cycle Parking
	Places of Interest
	Refreshments
	Children Welcome
	Picnic Site
	Shop
	Toilets
	Tourist Information
	Caution/Take care
L	Left Turn
R	Right Turn
T-j	T-junction
SA	Straight Across/Ahead
X-roads	Cross roads
SP	Sign-posted
NS	Not Sign-posted

Essential information

Starting point:	Colchester - firstsite @ the minorities art gallery (High Street). From 2007, the starting point will be at the new firstsite, just off Queen Street.
Alternative starting point:	Wivenhoe - Railway Station (Station Road). Start from 'direction no. 8'.
Car parking:	Colchester - Britannia car park, nr. Colchester Town Railway Station (charge made); Priory Street (charge made); St. Botolphs, nr. Colchester Town Railway Station (charge made). Wivenhoe - Railway Station (charge made); Clifton Road, just off High Street (free). See latest information box below.
Nearest railway station:	Colchester - Colchester Town (on the Colchester to Clacton; Colchester to Walton-on-the-Naze line). Wivenhoe - as the alternative starting point, you may choose to take the train from Colchester to Wivenhoe. Please note there are no trains on Sundays. With firstsite behind you, turn L and follow the High Street to the Visitor Information Centre. Turn L here into Queen Street/St. Botolph's Street. This will take you to Colchester Town Railway Station. Catch the Clacton or Walton-on-the-Naze train which stops at Wivenhoe. These trains can take up to four cycles. For information on train times and fares - National Rail Enquiries (08457) 484950, www.nationalrail.co.uk ; or one railway (0845) 600 7245, www.onerailway.com
Type of route:	Day ride - moderate, circular (with linear stretch to Wivenhoe); on roads and cycle paths.
Summary of route:	Colchester (firstsite @ the minorities art gallery) - Colchester (Town Centre) - River Colne - Wivenhoe - Wivenhoe Woods - University of Essex - Salary Brook - Colchester Communities (Greenstead, St. Anne's and High Woods) - St. Andrew's Church - High Woods Country Park - Castle Park - Cymbeline Meadows - Lexden Mills at Spring Lane - Colchester (firstsite @ the minorities art gallery).
Distance:	17 1/2 miles/28 km.
Terrain:	Gently rolling. Moderate climb around the University of Essex area. Lowest point - 37 feet (11 metres) at Lexden Mills at Spring Lane. Highest point - 128 feet (39 metres) at Colchester Communities (Greenstead, St. Anne's and High Woods).
Cycle hire:	Colchester - Action Bikes, Norfolk House, 24 Crouch Street (01206) 541744.
Cycle repair:	Colchester - Action Bikes (see cycle hire above); Colchester Cycle Stores, 50 St. Johns Street (01206) 563890; Cycle King, 46a East Street (01206) 867756.
Ordnance Survey map area:	Landranger 168 - Colchester.
National Cycle Network links:	Route 1 and Route 51. This ride follows the NCN between East Bay (Colchester) and Wivenhoe, along Ipswich Road and through a part of High Woods, then again later through Colchester Town Centre.

For the latest information on cycle retailers, repairers and route changes, please visit www.colchester-cycling.org.uk Colchester town centre will be undergoing major regeneration work in 2006-9. For the latest information on car and cycle parking, please contact the Colchester Visitor Information Centre on (01206) 282920.



View from Sheepen
by Lucien Pissarro © Colchester Museums

Points of Interest (listed as you would find them along the route)

Please note: within this map there is only room to list basic details regarding opening times. In this respect, if you are planning to visit any of the places of interest on this route, we advise you to telephone in advance to confirm exact opening days and times. Refreshment establishments listed on this map are just a small selection of those available. For further information, please contact the nearest Tourist Information Centre.

A Colchester (firstsite @ the minorities art gallery) - located at the top of East Hill (near to the Colchester Visitor Information Centre), firstsite is one of the leading contemporary visual arts organisations in the East of England, currently based at the minorities art gallery. It has a continually changing exhibition programme. The gallery is soon to evolve into a new £16.5 million visual arts gallery nearby - and this will be the new starting point of this route when it opens in 2007. Open all year. Admission free. (01206) 577067. www.firstsite.uk.net ✕ A



Colchester Castle Museum

B Colchester (Town Centre) - combines impressive past with a vibrant contemporary culture. Its skyline is distinguished by a fine Victorian Town Hall, and a water tower affectionately named 'Jumbo'. These two landmarks are the focus of *The View Finder Trail*. Significant vantage points on the trail provide excellent views of the town, and are marked by contemporary artworks on signs created by artist Michael Goodey. Market - Fri and Sat. 🗺

🚲 Castle Bailey (near park gates); High Street (several locations).

🏰 **Colchester Castle Museum** (Castle Park) - largest keep ever built by the Normans. Constructed on the foundations of the Roman Temple of Claudius. Spectacular displays of the town's history, from the Romans to the English Civil War. Exciting hands-on displays. Open all year. Admission charge. (01206) 282939. www.colchestermuseums.org.uk ✕

Hollytrees Museum (High Street) - collection of toys, costumes and decorative arts from the 18-20th C. Displayed in an elegant Georgian town house built in 1718. Hands-on activities. Open all year. Admission free. (01206) 282940. www.colchestermuseums.org.uk

Natural History Museum (All Saints Church, High Street) - hands-on displays and events giving the whole family an interesting perspective on the local natural history of Essex. Open all year. Admission free. (01206) 282932. www.colchestermuseums.org.uk

St. Botolph's Priory (Queen Street) - remains of 12th C. priory. Nave has impressive arcaded west end. One of the first Augustinian priories in England. Open all year. Admission free. (01206) 282931. www.english-heritage.org.uk

Tymperleys Clock Museum (Trinity Street) - fine collection of Colchester-made clocks (1640-1840) from the Bernard Mason Collection. Displayed in a 15th C. timber-framed house, once home of William Gilbert, scientist and physician to Elizabeth I. Open Apr-Oct. Admission free. (01206) 282943. www.colchestermuseums.org.uk

✕ Wide selection throughout town.

🚰 Castle Park; Lion Walk/Eld Lane; Sir Isaac's Walk.

🚶 1 Queen Street (01206) 282920. Open all year.

🏰 Castle Park.

C River Colne - this tidal river has carved the valley you are travelling along. It has also deposited the silt and mud making up the grazing marshes alongside the river. It has been associated with navigation since Roman times. Since the port of Colchester closed in 2000, dredging has ceased and the river has taken on a more natural pace of life. Waders such as oyster catchers and curlew, together with many gulls may be seen at low tide.

D Wivenhoe - set on the wooded slopes of the River Colne, this is a former fishing and boat building community situated between Colchester and the North Sea coast. Attractive old inns and pretty quayside. Since the advent of the University of Essex (on the outskirts of the town), Wivenhoe has become a popular place to live, and has a thriving cultural community. It has grown considerably in the last few decades, whilst still retaining much of the charm of an Essex coastal village. www.wivenhoe.gov.uk 🗺

🚲 Railway Station; outside St. Mary's Church; Town Council offices (High Street).

🏰 **St. Mary's Church** - much restored in 1860, but contains some fine large 16th C. brasses. Carved heads in nave roof and wooden cupola (with bell). The church was damaged by the Essex earthquake in 1884.

✕ Wide selection throughout town (including snacks at Railway Station).

🚰 High Street (car park); Railway Station.



Wivenhoe

E Wivenhoe Woods - an ancient 16 hectare sweet chestnut woodland, part of the Colne Local Nature Reserve. It also contains old grazing marsh and grassland. The woodland has been managed to produce timber for hundreds of years, perhaps for the local boat building industry. Today sections of the sweet chestnuts are still coppiced to encourage new growth - providing dense habitats for birds such as the nightingale and turtle dove. A



Colchester High Street



Sign 2 -
University
of Essex

F University of Essex - an architectural landmark, originally designed by Kenneth Capon, and established in 1964 on the old parkland of Wivenhoe Park. Britain's greatest landscape artist John Constable (1776-1837) painted his famous view of 'Wivenhoe Park, Essex' on this site in 1816. The University of Essex is one of the most international universities in the country, attracting students from more than 100 countries. www.essex.ac.uk 🚗 🚶 🚸 🗺

🏞 **Sculpture Trail** - set in the University grounds, and containing works by artists including John Maine, Nigel Hall and Ana Maria Pacheco. Leaflet from the University Gallery; the University Information Office; the Colchester Visitor Information Centre; or the University Reception Office (Square 5). Open all year. Admission free.



Sign 3 -
University of Essex

G Salary Brook - runs down the east side of Colchester, from Ardleigh Reservoir to enter the River Colne at Colchester Harbour. At the southern end of the brook, there is a nature reserve of unspoilt countryside. Covering 15 hectares it was formerly grazing land for the neighbouring farms. It has never been developed, and so contains diverse grassland and marshland with old hedgerows. A network of paths criss-cross the site, from where songbirds such as nightingales, turtle doves and bullfinches can be seen.



Sign 5 -
Colchester Communities
(Greenstead)

H Colchester Communities: Art and Architecture - The View Finder Trail is a journey of contrasts, no more so than in this section between the University of Essex and High Woods Country Park, where the trail passes through three significantly different communities. Greenstead is a council estate constructed in the 1960/70's - and one of the largest of its kind in the UK at the time. St. Anne's is an example of post-war council housing, and contrasts markedly with High Woods, an example of aspirational home ownership from the 1980/90's. 🚗 🚶 🚸 🗺 (at High Woods).

I St. Andrew's Church (Forest Road) - an operational Anglican church. This was the site of a Parliamentary fort during the Civil War siege of Colchester in 1648, used to bombard Royalist forces inside the town.

J High Woods Country Park - 150 hectare park opened in 1990. It contains more than 50 hectares of ancient woodland, as well as grazing land, marshland and a lake. The park was formerly land belonging to three different farms. There is evidence of the woods being used for fuel in Roman times. Explore on the network of paths. Visitor Centre with displays on the area's natural history. Open all year. Admission free. (01206) 853588. 🚗 🗺



Sign 6 - High Woods Country Park

K Castle Park - a traditional Victorian Park, where some of the most important events in British history have taken place. It sits in an area that was once part of the Roman town of Colchester - Colonia Vitricensis, and contains a section of the Roman town wall. It also has a Norman Castle dating back to 1076, which dominates Upper Castle Park and is now an award-winning visitor attraction. The park was also the location for action during the English Civil War. Today Castle Park wins awards for its beautiful flower displays and mature trees, in a varied landscape of formal gardens and informal open spaces. 🚗 🗺



Sign 9 -
Castle Park

L Cymbeline Meadows - situated in the flood plain of the River Colne, this countryside site contains grazing and arable land, as well as old hedgerows and new woodland. Look out for kingfishers and yellow hammers. The old manorial seat of Lexden Lodge (*not open to the public*) was the home of the Papillon family - who farmed much of the valley in the 18th C. The bank close to the car park is a remnant of the Lexden Dyke, part of the Iron Age and Roman defence system of Colchester. 🗺



Sign 10 -
Cymbeline
Meadows

M Lexden Mills at Spring Lane - in Victorian times two watermills stood on the banks of the River Colne at Lexden bridge. One ground corn and the other crushed seeds for oil. From 1906, water from Lexden springs was pumped to the Jumbo water tower to supply Colchester.

ROUTE DIRECTIONS

STARTING POINT: Colchester (firstsite @ the minorities art gallery).

A Colchester (firstsite @ the minorities art gallery) - gallery with continually changing exhibition programme. 🏠

B Colchester (Town Centre) - combines impressive past with a vibrant contemporary culture. 🚲 🏠 ✂️ 🚶 🚸 🚰 🚰 🚰 🚰 🚰

1 With firstsite behind you, turn R and go down East Hill. ⚠️

2 Go SA at the traffic lights (with Guildford Rd and Rosebery Avenue), then SA again at the mini-roundabout (with Brook Street) into East Street. ⚠️

3 Turn R over the road at this point, using the pedestrian/cycle crossing - then turn L onto the cycle path. Almost immediately this bears R away from the road, SP '51 Wivenhoe Trail'.

4 Pass through the wooden gateway, and take the right hand path. This brings you to the road at Haddon Park. Turn L here, SP '51 Wivenhoe Trail, Wivenhoe, Harwich'.

5 Turn L over the old river bridge, SP '51 Wivenhoe Trail, Wivenhoe, Harwich'. Take the next R into Hawkins Road, SP '51 Wivenhoe Trail, Wivenhoe, Harwich'. ⚠️

6 Just before the roundabout with Colne Causeway, cross to the right hand side of the road to join the cycle path, SP '51 Wivenhoe Trail, Wivenhoe, Harwich'. Almost immediately you come to a pedestrian/cycle crossing. Go over to the other side, and continue SA along the cycle path, SP 'Wivenhoe Trail'. *Please note: if the entrance to the trail is closed at this point, then turn L to follow the cycle path beside Colne Causeway. Back at the roundabout, bear R into Lightship Way. Follow this to the end - and the University Quays. Pass directly between the two red brick buildings, then turn immediately R back towards the river. Please note, there are a few steps here. Turn L (with the river in front of you) to rejoin the Wivenhoe Trail.*

C River Colne - tidal river associated with navigation since Roman times. Grazing marshes home to oyster catchers, gulls and curlews.

7 Shortly you pass the University Quays (student accommodation). *If you don't want to follow the linear stretch to Wivenhoe, then turn L here to pass directly between the two red brick buildings. Please note, there are a few steps here. Cross over the railway line using the bridge - please note you must dismount and walk across with your cycle. Please continue now from 'direction no. 13'.*

8 The Wivenhoe Trail (51) ends at the Railway Station car park in Wivenhoe. At the mini roundabout, go SA into West Street.

D Wivenhoe - former fishing and boat building community. Attractive old inns and pretty quayside. 🚲 🏠 ✂️ 🚶 🚸 🚰 🚰

9 To reach the first sign, turn L into the High Street (in front of the church). The road (B1028) goes uphill.

10 At the top of the hill, turn L into De Vere Lane, then R into Woodland Way.

11 Turn L into Parkwood Avenue, then L again into Rosabelle Avenue. This brings you to the car park for Wivenhoe Woods (location of Sign 1). For the actual view, dismount and take the left hand path from the car park towards the picnic area for 200 metres. There is access for people with disabilities. Please note, you cannot cycle in the woods.

E Wivenhoe Woods - an ancient 16 hectare sweet chestnut woodland. 🏠



Sign 1

12 You now need to retrace the route to the Wivenhoe Railway Station, and back along The Wivenhoe Trail (51) to the University Quays (student accommodation). Turn R here to pass directly between the two red brick buildings. Please note, there are a few steps here. Cross over the railway line using the bridge - please note you must dismount and walk across with your cycle.

13 Remain on the cycle path to the junction with Boundary Road.

F University of Essex - architectural landmark established in 1964. Today this international university attracts students from more than 100 countries. 🚲 🏠 ✂️ 🚶 🚸 🚰 🚰

14 Turn R onto Boundary Road, and go past the barrier and bus stop. Sign 2 can be found 400 metres ahead on your L, located beneath the South Courts. To view, please park your cycle and climb the grass slope.



Sign 2

15 Retrace your route back along Boundary Road. Go SA past the bus stop and barrier, then take the next R towards the student accommodation, North Towers and car park (location of Sign 3). At this point, cyclists may wish to turn R along the walkway between the towers. There is parking here for cycles, alongside the main University centre with snacks, meals, shopping and toilets. Please note you must dismount and walk with your cycle in this area.



Sign 3

16 The location of Sign 4 is just a short distance away - but is not accessible on cycle. You must dismount and walk with your cycle. From Sign 3, continue SA along the path, passing between the two and three storey red brick (student accommodation) buildings. After a short distance the path bears to your L, and then in front of you is the white gatehouse of West Lodge (where Sign 4 is located). This refers to the view on the other side of the A133 (St. Andrews Avenue). *This is private land, and is not accessible to the public.* The site is significant as it was featured in 'Pryor's Prospects of Colchester from the North', a 18th C. engraving in the Colchester Museums collection.



Sign 4

17 You now need to retrace your route, along the path, through the North Towers car park, and down the hill to Boundary Road, where you turn R.

18 At the zebra crossing, turn R onto the cycle path. This brings you to St. Andrew's Avenue (A133). Turn L here, SP 'Greenstead 1' - following the cycle path beside the road. After a short distance, turn L again to follow the cycle path through the underpass, SP 'Greenstead 3/4'.

G Salary Brook - runs down the east side of Colchester, from Ardleigh Reservoir to enter the River Colne at Colchester Harbour.

19 Turn L (opposite the children's play area) to climb uphill, via the slope/steps to the mini roundabout on Avon Way. Go SA onto Hawthorn Avenue. ⚠️

H Colchester Communities: Art and Architecture - trail passes through three different communities, dating from the 1960's to the 1990's. 🚲 ✂️ 🚶 🚸

20 Turn L into Forest Road.

I St. Andrew's Church - built on the site of a Parliamentary fort during the Civil War siege of Colchester in 1648.

21 Just before the road bears to the R, turn L into Clarkia Walk (opposite the bus stop). The route then bears around to the R (on Aylssum Walk) to reach Sign 5.



Sign 5


22 At the end of Aylssum Walk, turn L onto Hickory Avenue, then immediately L again onto Cooper Walk.

23 Just before reaching Juniper Way, turn L (beside the lamp post) to follow the grass path downhill towards the allotments. You may wish to dismount and walk this section. ⚠️

24 Turn L into the narrow passageway (passing the allotments on your R) to reach Booth Avenue.

25 Turn R into Wesley Avenue.

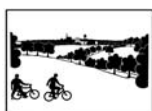
26 Turn R into Longcroft Road.


27 Turn R onto Harwich Road, then almost immediately turn L into Dilbridge Road South. 

28 The road bears around the corner into Fairhead Road East. At the corner with Alderton Road, follow the passageway through to Goring Road, where you turn L.

29 Cross over Ipswich Road using the pedestrian/cycle crossing (just to the L of this junction) - then turn R onto the cycle path (National Cycle Network Route 1) beside the road. Follow this for about $\frac{3}{4}$ mile.

30 Turn L into Myland Hall Chase (situated between the police station and petrol station), SP 'Highwoods'. Follow this for $\frac{3}{4}$ mile to the entrance of High Woods Country Park (Myland Chase gate). Sign 6 is located here.




J High Woods Country Park - 150 hectare park with ancient woodland, grazing land, marshland, lake and Visitor Centre. 

31 At the park entrance, turn L along the cycle path. Continue SA going down hill past Farthing Bottom. Go past Boat Field, then take the cycle path towards Turner Rise and Colchester Railway Station. At the top of the hill, you can turn R if you wish, to Brinkley Grove and the Visitor Centre. If you prefer to continue along the route, turn L at Old Ley Field, and continue SA to the gateway at the end of the field.



32 At the end of the cycle path, where the field starts, bear R down hill, and exit the High Woods Country Park by the Turner Rise South gate. Please note, there is no surfaced path across the field and you may prefer to dismount.

33 Outside the park gate, turn L, and follow the cycle route through the underpass (beneath railway line).


34 Turn L through the gap in the metal railed fence to the Cowdray Business Park. When you reach Mason Road, go SA, then next L to reach the traffic lights at Cowdray Avenue (A133). 

35 Cross over Cowdray Avenue (A133) using the pedestrian/cycle crossing - then turn R onto the cycle path, SP 'Town Centre'. After a short distance, turn L (remaining on the cycle path), SP 'Town Centre' (National Cycle Network Route 1).

36 Turn R into Sports Way, SP 'National Cycle Network Route 1'. This is 200 metres before the footbridge to the Castle Park entrance.

37 Turn L into Lower Castle Park, SP 'Town Centre'. Sign 8 is located here.




K Castle Park - traditional Victorian park, with remains of the Roman town wall, beautiful flower displays and mature trees. 

38 The Castle Park Sports Ground car park is the location of Sign 9 (see below). From the car park, take the right hand path, then almost immediately turn L to cross over the Middle Mill Weir using the bridge.



39 On the other side of the bridge, turn R (just before the bollards) onto the River Colne path.

40 Use the pedestrian/cycle crossing to go over to Middleborough North. Please note, you must dismount and walk with your cycle along this stretch of the route - until you reach Sheepen Place. 

41 Turn R in Sheepen Place.

42 Go through the underpass (The Subway) - you need to dismount, then turn immediately R, remaining on the cycle path beside Westway.

43 At the large roundabout, use the pedestrian/cycle crossing to go over Colne Bank Avenue (A133) - then turn L to follow the cycle path beside the road.

44 Turn R onto the Cymbeline Meadows Farm Trail.

L Cymbeline Meadows - countryside site with grazing and arable land, old hedgerows and new woodland. 

45 Cross the foot bridge, and follow the route into The Chase Way (trail signs).


46 At the top of the hill (post 15), turn L along the concrete path. Continue SA, past the entrance to Lexden Lodge.

47 Continue SA down the hill. The view is to the L here, with Sign 10 located at the car park.





48 Turn L at the corner of Baker's Lane and Spring Lane.

M Lexden Mills at Spring Lane - in Victorian times two watermills stood here.

49 At the large roundabout, with the A133 Cymbeline Way - bear L and use the crossings (continuing along the cycle path). Then turn L into a continuation of Spring Lane (going uphill). 


50 Turn L into Lexden Road. 


51 At the brow of the hill, join the cycle path (National Cycle Network Route 1) which runs beside the road. 

52 Opposite Essex County Hospital, the cycle path bears L away from the road (just before the pedestrian crossing) - and heads towards a X-roads, where you turn L into Rawstorn Road. Then take the second R into Papillon Road. 

53 Turn L into Crowhurst Road, then R into Popes Lane. 

54 Cross the footbridge at Balkerne Gate (you will need to dismount) - following the National Cycle Network Route 1. This takes you past 'Jumbo' the Victorian water tower on your R.

55 Turn R onto North Hill. Then at the traffic lights, turn L onto the High Street. 

56 Go SA along the High Street, passing firstly the Victorian Town Hall, then the castle, both on your L. Shortly you return to firstsite on your right hand side. 



The Map shown in this route provides just a general outline - In this respect, we recommend that you purchase the Ordnance Survey Landranger Map which covers the area. Ordnance Survey map area: Landranger 168 - Colchester. 'Reproduced by permission of Ordnance Survey on behalf of HMSO ©Crown copyright (2006). All rights reserved. Ordnance Survey Licence number 100017282'.

To obtain information on other Cycling Discovery Maps throughout the East of England, please contact:-
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