

## Dunmow Tri Run Route.

- On exiting school, turn left onto grass verge (becomes footpath) toward Little Easton and follow to roundabout.
- 1Km
- Continue straight over roundabout via path to left off.
- Take left turn toward Little Easton (Duck Street) continuing on path.
- Turn left at next left turn (Park Road).
- Continue up hill.
- 2Km
- At next left marked Private Road and Public footpath turn left.
- Follow until road forks, taking left turning.
- Continue until you pass house on right.
- 3Km
- Keep left alongside house following footpath.
- Continue following footpath until you reach disused road.
- Cross straight over following public footpath signs.
- 4Km
- Continue following obvious footpath until you come to gap in hedge.
- Go through taking care while crossing private road.
- Follow signs to finish. 5Km