

see *England and Suffolk*

London Docklands and Lea Valley Cycle Map (NCN 1) download from
www.sustrans.org.uk/assets/files/leaflets/London%20Docklands%20leaflet.pdf
 A mainly traffic-free route with safe crossings for cyclists and walkers 13 mls (7/11)

Get Active in the Lee Valley Regional Park FREE BOOKLET includes cycle routes
River Lee Country Park Map FREE or download from www.leevalleypark.org.uk/EN/Default.aspx?n1=127
 Walking & Cycling Broxbourne to Waltham Abbey

Getting to and around Lee Valley Regional Park FREE LEAFLET (2011)
 Lee Valley Park Information Centre, Waltham Abbey.) 08456 770600 press 1. Email: info@leevalleypark.org.uk (12/11)

Cycling along the River Lee
British Waterways. www.waterscape.com/canals-and-rivers/river-lee/cycling (7/11)

Our Guide your Countryside, Discover your Essex countryside (June 2011) download a list of publications from
www.essex.gov.uk/Travel-Highways/Public-Rights-Way/Documents/Contents_of_OGYC2011.pdf

Colchester Circular Route download from
www.essex.gov.uk/Travel-Highways/Public-Rights-Way/Documents/COLCHESTER_RIDE468.pdf

Country Rides: Basildon, The Belchamps, Clavering, Stapleford Tawney, Pleshey, Thorndon
 download from www.essex.gov.uk/Travel-Highways/Public-Rights-Way/Documents/COUNTY_RIDES_PARK.pdf (7/11)

Countryside Rides in Brentwood: (OS 167,177) FREE LEAFLETS

- 1: Curtismill Green, Kelvedon Hatch, & South Weald
- 2: Warley & South Brentwood Woodlands
- 3: Herongate, Ingrave, Hutton & Mountnessing
- 4: Mill Green & Blackmore

download all from www.brentwood.gov.uk/index.php?cid=352
 Brentwood Borough Council.) 01277 312651 ask for Parks & Countryside (3/11)

Flich Way download only
 includes Hatfield Forest, Bishop's Stortford/Canfield End (OS 167, GR 519 213/592 213) 5 mls
 Great Dunmow/Braintree (OS 167, GR 638 207/760 227) 8 mls

Blackwater Rail Trail download only
 Maldon to Witham, indicates sections available to cyclists (OS 168)

Colne Valley Cycle Trails £1.75
 4 on-road routes following mainly quiet lanes in the scenic countryside of the River Colne Valley
 download all & order the Colne Valley Cycle Trails from
www.braintree.gov.uk/Braintree/planning/Planning+Policy/Cycling+in+Braintree+District+-+NEW.htm (7/11)

Blackwater Rail Trail 30p **or see Braintree DC above**
 Maldon to Witham, indicates sections available to cyclists (OS 168)
www.maldon.gov.uk/Leisure/ParksAndOpenSpaces/Parks/Blackwater+Rail+Trail.htm

Maldon District Cycle Route 1: Far & Wide 30p (January 2000)
 (OS 168) 14 mls

Maldon District Cycle Route 3: The Byrhtnoth Tour 30p (March 1994)
 (OS 168) 22 mls

Maldon District Cycle Route 4: The Blackwater Ride 30p (March 2000)
 (OS 168) 34 mls

Cycling Discovery Map: Two Rivers' Way 25 mls from Burnham-on-Crouch £1.50 or download from the website link below
 Tourist Information Centre, Maldon.) 01621 856503. Email: tic@maldon.gov.uk (8/11)

Belhus Woods Country Park (OS 177, GR 57 82)

Cudmore Grove Country Park (OS 168, GR 06 14)

Hadleigh Castle Country Park (OS 178, GR 80 85)

Great Notley Country Park and the Flich Way

Marsh Farm Country Park

Thorndon Country Park and Hartwood (OS 177, GR 61 91)

Weald Country Park (OS 167,177, GR 56 94)

download details of cycle routes in the Country Parks from <http://www.visitparks.co.uk/getactive/#Cycling> (7/11)

Langdon Hills Country Park download map from www.thurrock.gov.uk/countryside/langdonhills/content.php?page=maps
 includes horse and cycle ride (OS 177,178, GR 67 87)
www.thurrock.gov.uk/countryside/langdonhills/ (7/11)

Thurrock Cycle Map FREE

Lakeside and West Thurrock Cycle Map FREE

download both from www.thurrock.gov.uk/travel/transport/content.php?page=cycling
 Strategic Transport Team, Thurrock Council.) 01375 652014. Email: transport@thurrock.gov.uk (7/11)

Cycle Essex, 5 leaflets *FREE PACK or order on-line and download leaflets from www.visitessex.com/what-to-do/Cycle_Essex.aspx?*

1. **Medieval markets, mazes and morris dancing**, Saffron Walden and Thaxted
2. **Designer shopping and country living**, Braintree and Great Dunmow
3. **Picture-perfect villages**, Coggeshall, Finchingfield and the Heddinghams
4. **Cultural sites and Constable Country**, Colchester and Dedham
5. **Chelmsford treats and riverside retreats**, Chelmsford and Maldon

Visit Essex.) 0845 600 7373 (7/11)

Basildon, Billericay & Wickford Cycling Map *FREE (June 2010)*

Braintree Cycling Map *FREE (June 2010)*

Chelmsford Cycling Map *FREE (June 2010)*

Cycle Colchester: 4 maps

Town Map *FREE (January 2010)*

Greenstead and Salary Brook Routes *FREE (February 2010)*

Garrison and Boadicea Routes *FREE (April 2010)*

High Woods Route *FREE*

Cycle Tracks in Harlow & the Sculpture Heritage Trail *FREE*

Maldon Cycling Map *FREE (June 2010)*

Witham Cycling Map *FREE (June 2010)*

Writtle to Chelmsford Cycling Map *FREE*

download all from www.essex.gov.uk/Travel-Highways/Cycling-Walking/Pages/Cycling-Routes-maps.aspx

Contact Essex, Essex County Council.) 08457 430430 (9/11)

Active Harlow Map *download from www.harlow.gov.uk/pdf/activeharlowmap%20final%20low%20res3.pdf*

Where to walk, cycle and have fun outdoors in Harlow (7/11)

Southend-on-Sea Cycle Map *FREE (October 2010) or download from*

www.southend.gov.uk/downloads/download/346/cycle_routes

Road Safety, Southend-on-Sea Borough Council.) 01702 215338 (11/11)

Cycling Discovery Maps *download from*

www.visiteastofengland.com/visitor-information/thedms.aspx?dms=11&groupid=5&catid=71&itemtype=55&mstat=1&lst=1&msg=Cycling%20Routes (7/11)

On Your Bike: Essex, Tessa West £8.99 (*Countryside Books*)