

Distance from start km	8.9km XC Route instructions
START	Entrance to Rowney Wood by big wooden gateposts, 5 bar gate always open (~0.43km from parking area (limited spaces) opposite Carver Barracks airfield)
0.00	Start down gravelled path into woods, bearing right as road spilt
0.36	Where gravelled path bends left TR onto wide mud path. Continue on path through wood.
0.59	Exit woods, continue straight ahead on grass path, with hedge line on right and open field on left
	<a href="#">Landmark - you are heading towards Debden</a>
1.01	TL at bottom of dip onto grass path (white post on right), solitary trees on your left and open field on right
	Follow curve to the right but <b>Do not turn left on next grass path</b>
1.23	<a href="#">Landmark - shrubs and FP post and small white post on your left</a>
1.23	Straight ahead over ploughed field (as at October) towards telegraph pole.
1.33	WELL BEFORE telegraph pole TL - mud path over ploughed field. Slight downhill
	<a href="#">Landmark - the houses of Debden are now on your right</a>
1.44	Continue straight ahead across first ditch /hedge line, continue narrow mud path across field. (Turnips in October)
1.56	At far side of field arrive at grass edged field corner. Bear left on grass path, hedge on left, field on right
	<a href="#">Landmark - keep FP marker post on your right and hedge on your left</a>
1.76	At FP post on left TR on slight downhill grass/mud path with open fields on either side
	<a href="#">Landmark - at bottom of downhill, small shed with farm machinery on your right</a>
2.18	At field corner (FP post in corner) just after small shed, TL and follow field edge keeping field on left and hedge on right
2.45	TR over wooden footbridge (No handrail or visible sign so look downwards to see it)
2.48	After crossing FB TL follow left hand field edge (hedge on left, field on right)
	<a href="#">Landmark - once again the woods are ahead of you</a>
2.86	At woods TR at T jn onto grass path and continue straight ahead, slight uphill
3.30	<a href="#">Landmark - passing telegraph pole on your left</a>
3.35	At field edge TR on grass path keeping pond and small wood on your left, open field on your right
3.45	At end of wood TL following grass path
3.55	TL over footbridge with handrails
	Once over footbridge TL onto tarmac lane
	<a href="#">Landmark - Tendrings Cottage sign on your left (House not visible through trees)</a>
3.75	Tarmac changes to a gravelled tractor path, go straight
	<a href="#">Landmark - barn house with barns on your left</a>
4.06	Where tractor path bears sharp left, TR onto narrow mud path, lined both sides with trees and shrubs
4.23	Continue straight over tarmac lane ( <b>beware vehicles</b> ) onto next mud path
4.32	TL at T jn onto wide gravel/mud path (Pepples Lane) Follow Pepples Lane
5.59	<a href="#">Landmark - Lane turns left - dressage area on right</a>
5.77	Change from gravel to tarmac, continue straight past cottages on right, follow lane as it bends right
6.17	Opposite big black barn house TL over footbridge marked with FP sign go straight following field edge (field on left, hedge on right)
6.35	TL at field corner, next to FP post. Follow field edge around right bend
6.43	Cross over footbridge with handrails (currently (October) has fallen tree across it) TL onto mud path with shrubs and trees either side Follow winding muddy footpath for some distance
6.98	At T jn TR onto gravelled road for very short distance
6.99	After 10m TR into wood follow winding grass / mud path
7.23	Steps down into ditch, cross into field, TL on grass path (field on right, trees on left)
	<a href="#">Landmark - at about 2 o'clock see white painted cottage with terracotta roof</a>
7.54	At end of field TL into woods on mud path
7.77	At gravelled road, continue straight ahead
8.10	Arrive at central junction in woods, continue straight onto mud / grass path <b>Do not follow the gravelled road</b> <a href="#">Landmark - just as you join the new mud / grass path, there is a pond on your left</a>
8.53	Arrive at gravelled road TR onto road, <b>do not go straight over</b> to next mud path
8.94	Finish

