**Saltmarsh 75 Day 1**

**Written Instructions 2023**

**Stage 1 – South Woodham Ferrers to North Fambridge**

**The start is on the sea wall at the end of Clementsgreen Creek**

Head north on wide track. At head of creek turn right and then right again to kissing gate with lifebelt. PLEASE BE PATIENT HERE – YOU WILL HAVE PLENTY OF TIME IN THE NEXT 76 MILES TO MAKE UP ANY SECONDS LOST GETTING THROUGH THE GATE

Cross stile (0.5miles), pass stile (0.8miles), pass fallen stile (1.1miles).

Through gap at next stile – DON’T TRIP OVER THE WIRE!! – and bear left heading inland with sea wall. Cross stile – BEWARE BARBED WIRE.

At fence across sea wall (2.3miles) turn left down slope & turn right over stile or through gate onto farm track. Straight through white kissing gates to cross railway line – **DO NOT USE FIELD GATES**. Straight ahead on farm track, then single track road.

At main road (2.8miles) **cross when directed by marshall** straight ahead into field & straight ahead keeping close to right hand field edge. At hidden marker post (2.95miles) turn right uphill on right hand field edge.

At marker post by garden fence turn left across field following line of small trees. At tall marker post turn left onto right hand field edge and in field corner go straight ahead through wide gap and turn right onto old railway line – DO NOT GO STRAIGHT AHEAD INTO NEXT FIELD.

Stay on this path for about half a mile, ignoring all paths to left and right. BEWARE GOLF BUGGIES CROSSING.

At 3.8miles go straight ahead at marker post & bear right, down slope to road. Turn right and follow to main road. **Cross main road as directed by marshall.** Turn left for 50m, then turn right into Rookery Lane.

Turn left with lane (4.8miles). Straight ahead past weeping willow tree onto track & straight ahead onto grass track as gravel track bears right. At hidden marker post by telegraph pole, turn right onto left hand field edge to kissing gate and cross railway line.

Through white kissing gate & straight ahead on right hand field edge. In field corner straight ahead through trees to road. Turn left on road and turn left again at junction. In 50m turn right into Ferry Road. Turn left into Ferry Boat Inn car park and Checkpoint 1.

**Stage 2 – North Fambridge to Burnham-on-Crouch**

Head out of car park on concrete road passing recycling bins. Straight ahead on gravel track with steel security fence on left. Straight ahead across open gravel area to ramp on left of Yacht Station Reception (hut on stilts). Up ramp & turn left onto sea wall.

Keep following sea wall to eventually (4miles) reach chalet plots and Bridgemarsh Marina. BEWARE OF STEPS AT TWO FLOOD GATES.

At 4.8miles (top of creek, lakes on left) turn right at marker post to kissing gate. **DO NOT MISS THIS TURNING!!!!!!**

At 5.6miles pass Stokes Hall Sluice No.1 and straight ahead UPHILLon right hand field edge to the top of Creeksea Cliff – the highest point of the Saltmarsh 75!!

Down the other side past the black metal sign & straight ahead to gap in bushes – SLOW DOWN AS THE NEXT 15 METRES ARE A BIT DODGY – MIND THE DROP DOWN TO BEACH ON RIGHT, ROOTS AND BRANCHES. Follow the path through the bushes back onto the sea wall.

Through kissing gate – MIND BARBED WIRE.

At timber fence, turn left down steps, through gate and turn right onto right hand field edge. In field corner go through gate and turn right onto road.

**THIS ROAD MAY BE FLOODED FOR SOME TIME BEFORE & AFTER HIGH TIDE WHICH IS AT 1050 – THE WATER WON’T HURT YOU BUT MIND THE VERY SLIPPERY SEAWEED!!!!!!**

At end of lane go straight ahead between fences onto sea wall.

On reaching Burnham Marina turn sharp left with sea wall. Through bollards to CHECKPOINT 2 at the RNLI station.

**Stage 3 – Burnham on Crouch to Bradwell Othona Community**

This is the most exposed stage of the Saltmarsh75. However, navigation is very straightforward and the going is pretty good underfoot for most of the way. Please make sure you have all you need when leaving Checkpoints 2/3.

 -------------------------------------------------------------------------------------------

Head through boat yard and bear right between boats to pass in front of large pale blue workshop building – BEWARE STEEL RAILS IN GROUND.

Straight ahead to steep grass bank and bear right along base of bank. Straight ahead across rough stone area to pass between concrete bollards back onto sea wall – now a wide track with benches on the left.

Continue on this path which becomes Burnham Quay. Through Burnham following Quay round tight bends and through narrow section, then wide section past pubs – BEWARE WALKERS, DOGS etc.

Head east from the Corinthian sailing club back onto the sea wall. BEWARE PEOPLE & BOATS CROSSING THE PATH.

Cross stile/metal barrier (1.6miles). At 2.45miles pass grass air strip on left & on the opposite side of the river, the unloading facilities for material from Cross Rail project being used at Wallasea Island on Europe’s largest wildlife habitat creation project.

At 4.3 miles pass WWII bunker set into sea wall – one of more than 20 similar structures between Burnham and Bradwell Waterside.

At 4.9 miles pass steps down to track.

At 5.5 miles pass mine control tower in field. At 6.7 miles meet concrete wall & wave goodbye to the River Crouch as the wall starts to head north east, then north towards the Blackwater Estuary.

Pass metal field gate (6.4miles) & pass beach made entirely from dead cockle shells. At end of concrete section straight ahead back onto grass sea wall.

Reach Aid station checkpoint 3 on the seawall near Deal Hall Farm at 8mi.

**Stage 4 – Deal Hall Farm to Bradwell Othona Community**

Pass Bridgewick Pumping Station (2miles) – BEWARE PIPE ACROSS PATH.

Pass Grange Outfall (3miles). At Howe Outfall follow sea wall path right & right again round head of creek.

Reach short section of concrete (5miles). Pass Marsh House Pumping Station and radio transmitters.

Turn right at marker post now passing wind turbines. At next marker post (5.7miles) go down bank & straight ahead onto grass track **behind** old sea wall to pass derelict brick building to right.

Just before small wood (7.4miles) bear right up bank back onto sea wall, pass marker post & bench. Down steps through garden of Essex Birdwatching Society observatory. **This bit could be flooded.** Straight ahead past bird feeders & up slope through trees. Turn right onto right hand field edge passing St Peters Chapel.

Straight ahead past old bird hide on stilts & at steps turn left & follow path through trees to Othona Community and Checkpoint 4 at 7.75miles.

**Stage 4 – Othona Community to Bradwell Marina**

This is a short and straight-forward section. If you can’t find your way on this section then you’re going to really struggle on the next two stages!!!!

You just need to be careful to follow the instructions when you get to Bradwell Waterside. Don’t miss the hidden finger post!!

 -----------------------------------------------------------------------------------------------------------

Straight ahead on track past wind turbine, following footpath diversion signs. Up steps & turn left onto sea wall.

As you pass the old barges the sea wall starts to turn west as you enter the Blackwater Estuary. If visibility is good you should be able to see across the river to the beach huts and houses of Mersea Island.

At 2.4miles pass Bradwell Nuclear Power Station, which is currently being decommissioned.

On reaching Bradwell village pass the small caravan park & in 15m bear left down slope at rusty post along garden fences to road.

Cross road and turn left for 20m. Turn right at hidden finger post (before Shoemenders Lane) across parking area for Quay House. **BEWARE PLANTING TUBS AS YOU TURN THE CORNER.**

Straight ahead past bollard and up ramp between hand rails.

At Marina follow paving-slab path to Chandlery & turn right to pass Bradwell Marina Control Tower.

Turn left by notice boards and at road turn right to Marina Bar & Checkpoint 4 at 3.5miles.

**Stage 5 – Bradwell Marina to Steeple Village Hall**

**CAUTION – much of this section is along an indistinct path with long vegetation & uneven ground.**

From the Checkpoint head towards the boatyard, passing the temporary building on the right. Bear right across concrete pad passing large brick workshop on left. At end of marina/boat moorings turn right across rough crushed stone area towards sea wall. At sea wall (Westwick Sluice sign) turn left onto sea wall path.

Pass Orplands saltmarsh re-creation site sign and in 40m turn right to go through gap next to stile onto low bank with ditch/hedge on left & saltmarsh on right. **START OF ROUGH SECTION**. At tall marker post turn left with bank & in 20m turn right still following low bank between salt marsh & arable land. **TAKE CARE ON THIS SECTION – LONG GRASS, FAINT PATH & STEEP BANK ON LEFT**.

Pass metal field gate on right & straight ahead now with trees & bramble etc on right. Eventually meet hedge/marker post/oak tree ahead. Turn right here & in 30m turn left just after marker post to cross stile. Straight ahead to join sea wall. Eventually cross tarmac slipway & reach caravan park on left. Follow path round to left hand side of lake ahead. At far end of lake bear left to kissing gate & join gravel sea wall path. IGNORE FOOTPATH DIVERSION SIGN.

Through gap between barriers across sea wall & straight ahead – DO NOT GO DOWN STEPS. At end of sea wall turn left onto wide grass strip & straight ahead onto gravel road – **BEWARE BARRIERS & BLOCKS**.

At road turn right onto pavement.

At end of road, turn left pass barriers onto sea wall for 160m to reach Stone Sailing Club.

**As you leave St. Lawrence beware of the electric fence on the left.**

At 5.6 miles reach Marconi Sailing Club & continue over concrete slab (**BEWARE OF STEP & FLAG POLE**), past black hut & back onto grass sea wall.

Pass white hut on right and at end of timber building on left bear left down slope & straight ahead onto concrete road, heading away from sea wall.

**DO NOT MISS THIS TURN AS THERE IS AN UNFENCED DROP ON THE SEA WALL JUST AFTER THE END OF TIMBER BUILDING**

Exit sailing club grounds via kissing gate to right of vehicle gate & straight ahead on road.

**Stage 5 – Bradwell Marina to Steeple Village Hall (cont.)**

At 6.6 miles as road starts turning to left, turn right over hidden stile in hedge. **VERY EASY TO MISS THIS!!**

Follow cut path through rough ground & bear right to metal field gate. Through gate – string loop on right hand side. – DO NOT ATTEMPT TO GO THROUGH GAP TO LEFT OF GATE – OLD BARBED WIRE.

Straight ahead for 30m & turn left down slope onto grass track **behind** sea wall. Just before gate turn left to cross concrete footbridge – BEWARE METAL BARRIER ACROSS BRIDGE.

Cross stile into field & straight ahead, keeping close to right hand field edge. In field corner cross kissing gate & straight ahead past marker post onto wide grass strip. Cross footbridge, through kissing gate & straight ahead on grass path between fields.

Through kissing gate into wood – **BEWARE TELEGRAPH POLE CABLE ANCHORS**. Follow path straight ahead through wood – do not take any of the turnings to left. Through metal gate on left into Steeple Village Hall car park.

**RELAX!!!!!!!!!!**