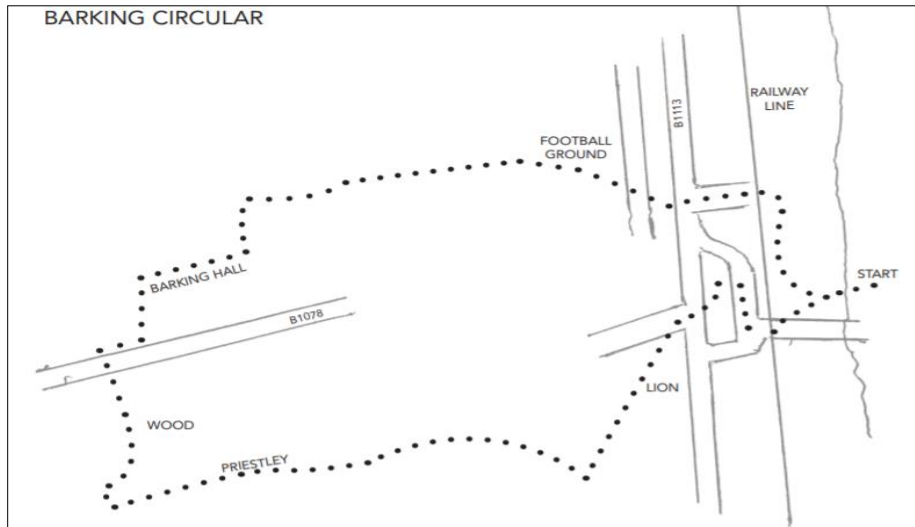


Barking Circular – 5 Miles by Derek Magnall



From Needham Lake information Centre, cross over the footbridge towards the lake and turn left. Keep the lake on your right and the railway line on your left. Continue along side of the Railway Line. Turn left through the Cattle Tunnel (bow your head) and turn left again to reach Station yard.

Leave Station Yard heading towards High Street and cross the road to the Swan. Go through the entrance to the car park, following footpath sign. Head to far left hand corner through narrow passage walled both sides. Straight across minor road and up to School Street with buildings on your left, cross road. Continue straight up passing Needham Market Football Ground on your right. Continue along wide track until you meet hedges on your right, pass through hedge and over footbridge. Turn left along enclosed path. Continue along path crossing wide track (ignore any paths leading off to the right). Path eventually swings round to the left, continue ~ 200m along path then turn right over stile, through hedge/fence. Follow path across field keeping hedge on your left. Continue along the path crossing to the far-right corner of the field. Over another stile. Path now continues through a coppice, pond on your left. Follow the hedge around to the left and then continue straight across the field on footpath. At field edge turn left and continue to the road. Turn right along footpath.

Continue ~180m to footpath sign on opposite side of the road. Carefully cross road (B1078). Footpath passes between hedges into field. Climb steadily with ditch and hedges on your left walking under pylons. Continue past the wood on your left, over footbridge through the hedge. Turn right, hedges on your right. On reaching the wood turn left along path just inside the trees. Crossing two footbridges, continue straight along path around field edge with trees on your left. At T junction turn left.

Follow path, with hedges on your right, winding round to the right. Continue straight ahead through wooden gate. Pass Priestley on your left. Continue along path through kissing gate onto enclosed path and then into field with hedge on right. Pass through hedge and continue with hedge on left. Continue through gap in hedges, hedge now on right. Meet wide track and continue.

When wide track turns right continue straight ahead along wide grassy track, fields both sides. On reaching hedges turn right along grass track, hedges on your left. Track now bearing left. Ignore track on the right. Continue along wide track fields both sides. On reaching narrow path, continue with trees and bushes each side, mesh fencing on your right, dropping down for 500 meters to road, Grinstead Hill.

Cross road, turn right continue down to main road B1113. Passing Lion Pub on your right. Cross main road B1113. Continue straight ahead the path goes between two bungalows. Bear left along Limetree Close. At the T junction turn right along Pinetree Way. Bear left through passage way fenced both sides leading onto Coddendam Road, B1078.

Cross the road. Turn Right continue along footpath under railway bridge. Turn left into Needham Lake carpark, keeping the lake on your left. Continue over footbridge to the Information Centre.