START (GR 555969) in Tanhouse Lane opposite TP3. Proceed to Shonks Mill Road where turn left and proceed to A113 (2.74 miles). Turn left to Passingford Bridge RAB where turn and retrace on A113 to Little End where turn left opposite UBS factory into Church Road (7.29 miles). Continue to Toot Hill where left at the green and immediately left into Epping Road (9.38 miles). Continue to Mount End where left through Mount End hamlet to the bottom of Theydon Mount (11.91 miles). Turn left over Theydon Mount to reach Epping Lane where turn left to join the A113 (14.32 miles). Turn left and repeat the Toot Hill circuit again to the junction with the A113 (24.20 miles). Turn left again to the junction with Shonks Mill Road where turn right (25.45 miles). Continue to the black barn at Princes Gate where turn left to FINISH at the far end of the green at Navestock Side (GR 563973) just short of Alec’s restaurant (28.74 miles).