

Nomads Routes

28a-A and 28a-Z

And 28a-Summer
and 28a-badlight

A 7 mi

Z 6.5 mi

Chadwell/
Marshfoot/Old Dock
Road

A route shown in
blue except that
non-intrepid runners
omit Biggin and
Sandy Lanes and
follow the red Z
route here

Z runners follow the
red route

In bad light follow
the dotted route.

In the Summer after
Marshfoot Lane both
A's and Zeds should
follow the green
route to return by
the cemetery route

