## Route 7 - Scraptoft

## Route Information:



8.5K



1 hour 45 minutes



Moderate





Begin at the white house Scrapfoft

LE7 9SE. Head along Scraptoft lane and then turn Left down ocean road left down ocean road, onto ocean walk.

Then turn left onto Uppingham road. Turn right down

spencer felid lane.

Next, turn right up Goodwood road until you reach Colchester road which you follow until you are back on Scraptoft lane and back to the White House.

