

SAWBO DAILY MILE - FUNDRAISING FOR LOCAL CHARITIES



Walk 7

THE ROUTE:

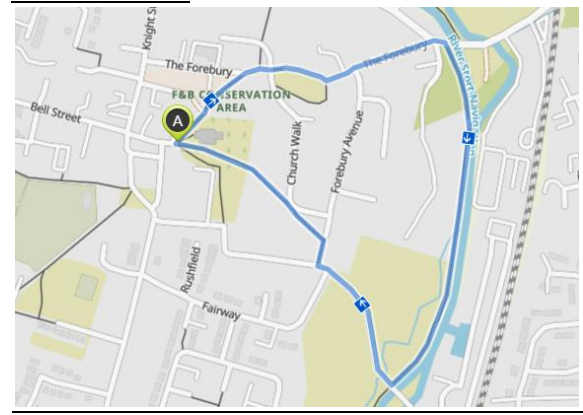


Starting at **Great St Mary's Church**, take the footpath leading round the back of Fawbert & Barnard school and to **The Forebury**. Walk down The Forebury until it joins with **Station Road**. Then take the footpath on your right along the **River Stort**. You will see the buildings at the Maltings and Lawrence Moorings on your left. Continue until you come to **Sheering Mill Lock** and then turn right onto **Sheering Mill Lane**. Continue up until you see a footpath on your right which takes you up and back into Great St Marys Churchyard.

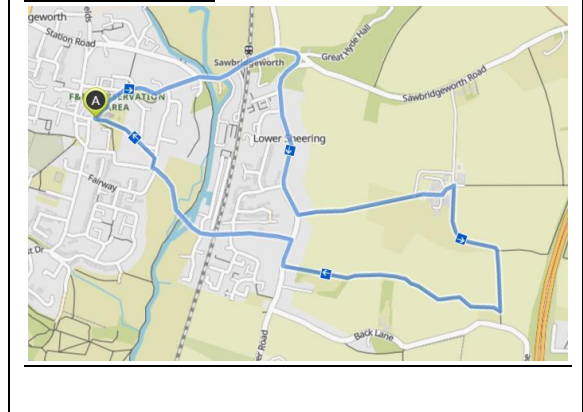
Extend the walk to **3 miles** by continuing through to **Lower Sheering Road** and then picking up the footpath to **Quickbury Farm** and round back to Lower Sheering road. Back to the town on Sheering Mill Lane and the footpath back to the start.



1 Mile Route



3 Mile Route:



Follow routes on the Komoot App - [Sawbo Daily Mile \(komoot.com\)](https://www.komoot.com)



Please donate to this year's Sawbridgeworth Mayor's Charities at

<https://www.justgiving.com/crowdfunding/sawbomayorcharities>

Download other walks from:

<http://www.sawbridgeworth-tc.gov.uk/town-information/other-town-services/walks/>

The initiative is NOT exempt from the current Covid-19 rules and the expectation is that all participants continue to adhere to guidelines.