

LDWA ELEPHANT, BEAR AND BULL 100 2023

ROUTE INFORMATION & ABBREVIATIONS (February 2023)

GENERAL INFORMATION

EMERGENCY NUMBERS: TBA

CHECKPOINTS: details in separate document. Checkpoint opening/closing times strictly adhered to.

VIRTUAL CLIPS: it is impossible to provide physical self-clips in the urban environment. Your passing of the virtual clips will be checked by the tracker monitors at checkpoints and at HQ. The trackers do not 'ping'! All clips are written into the route description and are listed as route waymarks on a separate document.

HAZARDS: words in **RED** indicate a known hazard, identified in the Risk Assessment.

SIGNS/PLACE NAMES: words in *ITALICS* can be seen on the route.

DIRECTIONS: words in **BOLD** indicate direction or change in direction. All distances are approximate.

OTHER RIGHTS OF WAY: words underlined indicate emphasis, eg before/after, routes to be ignored, not to be followed, either/or where there is an alternative.

PLACES OF INTEREST: historic buildings/remains, sights & tourist attractions are named in the route description. Relevant historical/environmental information can be found in separate document on website.

CAR PARKING & PUBLIC TRANSPORT: information in separate documents on website.

GENERIC ROUTE HAZARDS:

- Slips, trips and falls – uneven surfaces: protruding rocks, stones, bricks, roots, cattle grids, rabbit/badger holes, hoof holes; slippery surfaces: mud, stiles, footbridges, steps, cobbles.
- Canals – open water (no barriers), narrow towpaths, other users (pedestrians, dogs, cyclists, anglers, pushchairs, wheelchairs, scooters), mooring rings/posts, ropes, low bridges, raised bricks under/over bridges, lock 'furniture'. Waterway Code. Some towpaths could be busy.
- Water features – brooks, rivers, ditches, lakes, ponds (keep away from edges). Beware steep banks.
- Urban parks/Cycleways – other users (pedestrians, dogs, cyclists, wheelchairs, pushchairs, scooters, horse riders). Some of these could be busy, depending on the time reached.
- Roads/lanes – Highway Code – vehicles, especially travelling at speed; cyclists; horse riders. Stop, look and listen before crossing. Please use 'official' road crossings (see below). Along roads/lanes: use pavements where they exist; otherwise, face oncoming traffic on RH side, except on blind bends where cross carefully before/after. Be ready to escape onto verge. Use of torches & reflective clothing/rucksacks at night.
- Countryside Code – other users, litter, gates/stiles/bridges in disrepair, fallen trees, fences (fallen, barbed wire, electric), vegetation (brambles, nettles, low branches), crops, livestock, close gates!
- Golf course – flying golf balls. Racecourse – flying horses!!!
- Weather – look at weather forecast and be prepared. Mandatory kit to be carried.
- Navigation errors – detailed route description & GPX supplied. 1:25000 maps & compass to be carried. If in doubt, return to last known location & try again. Do not blunder on!
- Injury/medical issue – try to get to nearest checkpoint or road. Use own first aid kit. Use emergency number. Use 999 if serious/critical.

ABBREVIATIONS

Directions							
L	left	R	right	TL	turn left	TR	turn right
BL	bear left	BR	bear right	FL	fork left	FR	fork right
LH	left-hand	RH	right-hand	LHS	left-hand side	RHS	right-hand side
AH	ahead	X	cross/across	opp	opposite	Immed	immediately
JCN	junction	(???)	magnetic compass bearing (degrees)				
Rights of Way							
RD	tarmac road double-width	LN	tarmac lane single-width	TK	track vehicle-width	Path	Usually narrower than vehicle-width
FP	footpath	PFP	public footpath	BW	bridleway	PBW	public bridleway
CW	cycleway	FB	footbridge (hand rail(s))	PB	plank bridge (no hand rail)	BB	bridle bridge
SP	signpost	PP	permissive path	enc	enclosed	ped	pedestrian
Field boundaries							
LMG	large metal gate vehicle width	LWG	large wooden gate vehicle width	SMG	small metal gate	SWG	small wooden gate
MKG	metal kissing gate	WKG	wooden kissing gate	MBG	metal bridle gate	WBG	wooden bridle gate
ST	stile	Bristol gate	LMG with SMG insert	WM	waymark	WMP	waymark post
thru	through	m	metres	km	kilometres	CG	cattle grid
Fence rails		horizontal bars		Fence railings		vertical bars	
Other							
RLY	railway	VH	village hall	VC	visitor centre	CH	club house
NT	National Trust	CP	checkpoint	mph	miles per hour	NB	noticeboard
LB	litter bin	DPB	dog poo bin	GB	grit bin	info	information
ITEMS ON LEFT OR RIGHT: on left or right means on <u>YOUR</u> left or right. On = immediately on your L or R. To = further away to your L or R.							
Long-distance Trails / Canals							
ACW	A Coventry Way	MW	Millennium Way	CeW	Centenary Way	HoEW	Heart of England Way
AW	Arden Way	MoW	Monarch's Way	NWP	North Worcs Path	RVR	Rea Valley Route
GUC	Grand Union Canal	SC	Stratford-upon-Avon Canal	WBC	Worcester & Birmingham Canal	NCN	National Cycle Network

ROAD CROSSINGS

Ped Xing = traffic light-controlled road crossing.

Island refuge = cross one side of RD at a time

Zebra Xing = black/white stripes across RD – check vehicles stop before crossing.

Central reservation on dual carriageways = cross one carriageway at a time.

Route description includes use of pedestrian crossings, island refuges, central reservations and pinch points to cross roads. Please use these for your safety. Also use pavements where they exist.