

## Walking the Way to Health

<b>Start and Finish:</b>	Sainsbury's supermarket, Dursley
<b>Distance:</b>	1.50 miles
<b>Terrain:</b>	Tarmac, grass and gravel paths
<b>Level:</b>	Moderate
<b>Duration:</b>	30-40 minutes

1. Towards the rear of Sainsbury's car park, go up the ramp or steps to the KNAPP, use either of these to get onto the KNAPP.
2. Proceed along the KNAPP (with the playing field on your left) until you reach REDNOCK DRIVE and turn right.
3. Go to the end of the road and pass through the gate onto the path overlooking Littlecombe business park.
4. At the end of the path (just before KINGSHILL LANE) turn left and go up the stepped footpath alongside the road. Proceed up the hill.
5. Once you reach the junction at KINGSHILL ROAD turn left onto the pathway. Walk down towards the recreation ground (keeping the school on your left).
6. Turn left into REDNOCK DRIVE, after approximately 25 metres enter the recreation ground through the yellow gate.
7. Walk through the park at a slight angle to the left until you reach the silver gate near the tennis courts.
8. Go through the gate onto the KNAPP.
9. Turn right and go down the steps or ramp back into Sainsbury's car park.

### Hazards:

- Take care when crossing roads.
- Single track road (The Knapp) take care with constant lookout for traffic.
- Take care negotiating the steps or ramps on the walk.
- Take care whilst walking on grass in damp conditions.
- Not a suitable walk if wet.

