Duration

30-40 minutes:

Distance: 1.54 miles

walking for health

Terrain:

Tarmac and gravel paths

Level:

Moderate

Start and Finish:

Dursley Swimming Pool

KNAPP OURSLEY

Walking the Way to Health

DIRECTIONS

- Turn right and head towards the ramp leading to the sports ground, enter and walk the playing field perimeter on the grass in a clockwise direction until reaching the gate on your left, (just prior to the tennis courts) leave playing field and turn left into THE KNAPP.
- Proceed along THE KNAPP, with the playing field on your left, to the junction with REDNOCK DRIVE and turn right.
- Go to the end of the road, pass through the gate and proceed left along the path.
- At the end of the path (just before the junction with KINGSHILL LANE) turn left, and proceed up, and along the stepped footpath to KINGSHILL RD.
- Turn left onto the KINGSHILL RD., proceed to the main entrance to the playing field by the side of the building, turn left, proceed at a slight angle to the right, to the far hedge and pass through the gate into THE KNAPP and turn right. Return via THE KNAPP and proceed to the end of THE KNAPP, go down either the ramp or steps to the car park and Sainsbury's, and the Swimming Pool car park is to the right.

This is a gentle walk with one medium climb.

HAZARDS:

- Crossing main roads, cross as a group
- Single track road THE KNAPP, take care, with a 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.



