

**Duration**  
45-55 minutes

**Distance:**  
1.8 miles

**Terrain:**  
Tarmac roads, footpaths  
and wooded earth footpath

**Level:**  
Moderate

**Start and Finish:**  
Nailsworth Library, Old  
Market



# Walking the Way to Health

## DIRECTIONS

- Exit the Library and take a right turn towards the Co-op, cross the road and pass the car park and proceed to the end about 30 metres.
- Take a left up **MARKET STREET**, and after 30 metres take a right up **BREWERY LANE** (slight incline).
- Go straight for approximately 25 metres and then veer off left up a slight hill towards the 'dead end' sign.
- Continue along this lane '**ARNOLDS LANE**' for around 5 minutes.
- Continue up the hill until you reach the end of the lane, cross **OLD BRISTOL ROAD** enter **sign posted footpath**, after 50 metres **veer right at path junction. Follow footpath to Ruskin Mill.**
- Go to the left of the mill and climb the steps, follow the footpath taking the lower branch at the first fork. Follow the path, steadily climbing, and descend down to the fish ponds, cross the bridge and turn left when you reach the main path.
- Follow the path over the humpback footbridge, then leave the main path to cross the first bridge on your left. Follow the path up and then descend down to the top end of the Fisheries.
- Follow the footpath to Ruskin Mill, and exit onto the Old Bristol Road, turn Left.
- Proceed to the junction with the Old Horsley Road, Cross the road and enter Old Horsley Road. Follow this road to Britannia Public House on the Left to enter Cossack Sq.
- Cross Market St. and enter Old Market, cross the road and return to the Library.

The walk does have a few gradual inclines where the pace may need to be slowed down

## HAZARDS:

- Take care crossing main roads; make sure the group crosses together.
- Tree roots and uneven earth surface in the woods

# NAILSWORTH 10: TREES TO FISHERIES