Duration

40-50 minutes

**Distance:** 1.6 miles



Terrain:

Tarmac roads and footpaths

**Level:** Moderate

Start and Finish: Nailsworth Library, Old Market

## Walking the Way to Health

## **DIRECTIONS**

- Exiting Library take a left and proceed to the pedestrian crossing, cross and proceed through the parking area and Mortimer Gardens to the A46 and turn left.
- Proceed to the pedestrian crossing, cross A46, turn right and bear left to enter Tabrams Pitch and proceed to junction with Church St.,(1<sup>st</sup> on the right) cross the road and enter Wood Lane.
- Proceed to the playing field entrance and turn right and immediate right to enter Park Rd. Proceed towards town and take the footpath on the left into an ally way known as Gun Barrel Ally, proceed to enter Church St.
- Bear left, proceed to pedestrian crossing and cross A46 (Fountain St.), bear left to Market St. and proceed to Cossack Square
- Cross road and enter the Newmarket road to the right of the Britannia Inn, proceed to The Rollers the 1<sup>st</sup> turning on the right. Proceed up the hill continue past the entrance to Chestnut Hill and enter Fewster Rd.
- After some 40 metres turn right onto the footpath and enter Orchard Mead, continue to Hanover Gardens complex, pass through the complex to Old Market and return to the Library

The walk has one steep climb and a stop may be required for recovery. The walk is on tarmac roads, country lanes and pavements.

## **HAZARDS**:

- No Footpaths on parts of The Rollers and Fewster Rd, Beware of traffic
- Take care crossing roads, especially from Tabrams Pitch to Wood Lane



