

STROUD 4: MILL LAKE

Duration

35-45 minutes

Distance:

1.6 miles

Terrain:

Tarmac roads and footpaths

Level:

Moderate

Start and Finish:

Tesco Supermarket,
Stratford Road, Stroud



Walking the Way to Health

DIRECTIONS

- Leave store and turn right to pass to the rear and head for the footpath which passes under the Railway Viaduct, follow the path to Cainscross Rd., turn right and proceed to the pedestrian crossing and cross, Cainscross Rd.
- Turn left and immediately bear right into Lodgemore Lane, proceed and pass over the canal bridge, take the first right to pass between the buildings and on past the Mill Lake on the left. Proceed to the mill and turn right to pass over the river bridge.
- Follow the road around (passing workshops to left and right). At the 'T' junction turn right and follow the road, pass straight over the canal and proceed up Chestnut Lane to the Cainscross Rd.
- Turn right and proceed to the pedestrian crossing, cross the road and turn right. Proceed along the road to the second left turn, Gannicox, enter and climb the incline. At the edge of the playing field on the left, take the footpath, Passover the railway lines and continue to Strafford Rd.
- Cross Strafford Rd. and turn right to the entrance for Strafford Park, enter and immediately take the footpath on the right. Follow the path down to the Park Lake and exit to the right. Turn left for the pedestrian Crossing, cross the road turn right and return to the Tesco Car Park.

HAZARDS:

- Crossing roads.
- Crossing railway.