

**Duration**  
40-55 minutes

**Distance:**  
2.19 miles

**Terrain:**  
Tarmac roads, footpaths,  
canal towpaths







**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 left and proceed to the pedestrian crossing at Superstore and cross, turn left for Bath Rd.
-  Turn right and proceed to pedestrian crossing, cross the Bath road (A46), turn left, at Rodborough Hill cross the road and enter the Cycle Track Trail. After 75 metres do not follow Cycle Track, go 30 metres on and take footpath up the bank, at the same time doubling back on yourself to enter the field.
-  Cross the field, keep straight and enter Roborough Avenue, turn right and proceed to the end and turn right onto Rodborough Hill. Proceed down the hill pass through the Clothier's Arms car park to cross the Bath Rd. at the pedestrian crossing, turn right.
-  Proceed to Doughfield on the left, turn left and enter Industrial Est. and proceed along the canal towpath to Lodgemore Lane. Cross the canal and proceed up the lane to Cainscross Road turn left and use pedestrian crossing to cross the road and turn left.
-  Almost immediately turn right into Beards Lane, proceed and pass over the railway lines and continue to Strafford Rd, turn right
-  Cross Strafford Rd. at the pedestrian crossing, turn right, continue on to the entrance to 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.
-  Crossing Fields

# STROUD 5: CYCLE TRACK TRAIL