

**Duration**  
35-45 minutes

**Distance:**  
1.66 miles

**Terrain:**  
Tarmac roads and footpaths

**Level:**  
Hard

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



# Walking the Way to Health

## DIRECTIONS

- On leaving the library turn right and proceed to BRUTON'S hardware store, prior to entrance turn right and proceed through Hanover gardens.
- Proceed directly up Orchard Mead, at the top enter the footpath and proceed into Fewster road.
- Turn right and proceed to the junction with Nympsfield Road and turn left.
- Proceed up Nympsfield road to the junction with Upper Hayes Road on the right. On the left hand side take the footpath, proceed to footpath junction and turn left into Middle Tynings.
- Proceed to junction with Tynings Road, and turn right.
- Proceed up the hill until reaching West Tynings on the left hand side and turn into it.
- Proceed to the end and take the foot path on the left, leading to the grassed play area, turn right and proceed to junction with Dark Lane and turn right.
- Proceed up the hill to the junction with Burma Road and Severn Acres Road, and then turn left into Severn Acres Road.
- Proceed down hill to the junction with Upper Newmarket Road and turn left.
- Proceed past the George Inn and down the Newmarket Road, to the Britannia Inn, and take the second left into Old Market and return to the library.

The walk takes place on a steady and almost constant climb to the top of Dark Lane.

## HAZARDS:

- Take care crossing roads.
- Single track roads, take care, with a constant lookout for traffic.
- Some steps on the footpaths.

**NAILSWORTH 7: NYMPSFIELD TO NEWMARKET**



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