Duration

30-40 minutes

Distance: 1.7 miles



Terrain:

Tarmac roads and footpaths

Level:

Moderate

Start and Finish: Nailsworth Library, Old Market

Walking the Way to Health

DIRECTIONS

- Exit the library and turn left and proceed along OLD MARKET to the junction with Springhill.
- Turn left and proceed up the hill approximately 80 metres to SPRINGHILL CRESENT on the right. Cross the road and proceed to the end of Springhill Crescent.
- Turn left onto the short footpath which connects with a road running through a relatively new development called WHITECROFT. Proceed along this road to NORTHFIELDS ROAD, turn right into Northfields road and proceed to the first turning on your left, HAYES ROAD.
- Turn left and follow the road round to NYMPSFIELD ROAD, cross the road and turn right and proceed up the hill 100 metres to the second turning on the right MOFFATT ROAD and cross the road and enter.
- Proceed until reaching the Green, bare right and enter JUBILEE
- ROAD, proceed downhill to the junction with Northfields road and turn right.
- Proceed to the end of NORTHFIELDS ROAD and cross the NYMPSFIELD ROAD and enter FEWSTER ROAD.
- Proceed to the footpath on the left, just prior to the start of DARK LANE.

Proceed down the footpath, pass through HANOVER GARDEN HOMES at the bottom of the hill and proceed to the library.

The walk has several moderate climbs where the pace may need to be slowed or rest stops taken. The entire walk is on tarmac roads, pavements and footpaths.

HAZARDS:

- Extreme care to be taken when crossing main busy roads.
- Some minor roads have no footpaths.



