

## Walking the Way to Health

<b>Start and Finish:</b>	Sainsbury's supermarket, Dursley
<b>Distance:</b>	1.70 miles
<b>Terrain:</b>	Tarmac and footpaths
<b>Level:</b>	Moderate
<b>Duration:</b>	30-45 minutes

1. At Sainsbury's turn left at CASTLE STREET then keep walking along Castle Street (keeping Sainsbury's on your left).
2. As you enter LONG STREET cross road and enter churchyard. Proceed to the right of the church and leave churchyard using the steps on the right.
3. At the bottom of the steps turn left along SILVER STREET and then turn left to WATER STREET, proceed along Water Street until it narrows to a footpath. Take the footpath to the right into PHELPS MILL CLOSE, continue through the housing estate, cross road and enter BROWNINGS LANE.
4. Continue straight. Enter restricted byway (river on left) pass over bridge and continue to the end.
5. Pass through the two fixed posts, turn left onto FERNEY and proceed up the hill, pass through gateway and enter ULEY MAIN ROAD.
6. Turn right, cross the Uley main road at the pedestrian crossing, turn right and then left onto footpath down the side of The Carpenters Arms public house, follow footpath to ROSEBERRY ROAD and turn left.
7. Proceed along Roseberry Road and keep straight on into CAMBRIDGE AVENUE. Turn right onto footpath leading to WOODMANCOTE ROAD. Turn right and proceed along footpath to mini roundabout at the junction with Uley road.
8. Cross Uley road and turn right and then left into LISTER STREET, go down hill and turn left onto pathway and then PHELPS MILL CLOSE and then alleyway.
9. At end of alleyway turn left into Water street. Proceed up Water Street and exit onto SILVER STREET then walk back through the churchyard towards Long Street.
10. Cross Long Street and follow footpath along Castle Street and back towards Sainsbury's.

### Hazards:

- Take care when crossing roads.
- On single track roads take care and constantly look out for traffic.
- Where construction is taking place, take care.
- Take care negotiating the steps or ramps on the walk.