

Walking the Way to Health

Start and Finish:	Sainsbury's supermarket, Dursley
Distance:	1.80 miles
Terrain:	Tarmac roads and footpaths
Level:	Moderate
Duration:	35-45 minutes

1. Walk from Sainsbury's towards pelican crossing on CASTLE STREET, cross over and walk towards Barclays bank. Enter PARSONAGE STREET.
2. Turn right on Parsonage Street and head towards roundabout (by pet shop and estate agents). Turn left at the junction onto MAY LANE for approx 75 metres to the footpath sign (THE SLADE), turn left and go up the footpath.
4. Leave footpath and continue along The Slade (now a road). At the roundabout continue straight across and follow UPPER POOLE ROAD to the end.
5. Turn right, then go down short footpath onto FORT LANE, turn left and keep going until road junction with WOODMANCOTE ROAD.
6. Cross Woodmancote Road and turn right. Walk 300 metres then turn left onto paved alley (prior to the junction with CAMBRIDGE AVENUE) proceed to end.
7. Turn left on Cambridge Avenue and then onto ROSEBERRY ROAD, continue along until approx. 30 to 40 metres before junction with ULEY ROAD cross over and enter alleyway just past the Co-op store.
8. At the Carpenters Arms public house turn right and cross ULEY ROAD at pedestrian crossing, turn right, then left and enter FERNEY through large gateway.
9. Keep going down the hill, then turn left and then slightly right (to restricted byway sign on right). Cross road and enter the restricted byway, pass 3 upright posts.
10. Pass over stream and enter BROWNING'S LANE. Keep straight on over LISTER STREET and onto alley.
11. At end of alley turn left (WATER STREET), proceed 40 metres and enter where the area opens up. Head for far corner by stream.
12. Go along alleyway and onto LONG STREET.
13. Cross Long Street, turn left and head up Long Street towards Market House (do not cross road) turn right onto Castle Street and walk back towards Sainsbury's.

Hazards:

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