

## Walking the Way to Health

<b>Start and Finish:</b>	Sainsbury's supermarket, Dursley
<b>Distance:</b>	1.6 miles
<b>Terrain:</b>	Tarmac roads, footpaths and restricted byway
<b>Level:</b>	Moderate
<b>Duration:</b>	30-45 minutes

1. At Sainsbury's head to Castle Street, turn left and proceed along CASTLE STREET to LONG STREET, cross road and enter churchyard.
2. Walk through churchyard towards the steps at the rear, pass over stream and immediately turn left, straight ahead is WATER STREET, enter.
3. Go down Water Street until you reach the footpaths and take the one on the right, into PHELPS MILL CLOSE, follow the road to the right continue through housing estate, cross road and enter BROWNINGS LANE.
4. Continue straight on, just before the bridge and entrance to the restricted byway take the footpath on the right past the last house, continue to end and turn left (you are in YELLOW HUNDRED CLOSE) follow the road to ULEY ROAD.
5. Turn right, cross Uley Road at pedestrian crossing, turn right, then left onto footpath down the side of the Carpenters Arms public house, follow footpath to ROSEBERRY ROAD and turn left.
6. Walk about 40 metres to ROSEBERRY MOUNT on the left and take footpath up the hill to enter HIGHFIELD APPROACH on the bend.
7. Turn left and follow the road to the Uley road junction. Cross the road at the pedestrian crossing and enter FERNEY. Follow road round corner and enter restricted byway on your left. Follow restricted byway.
8. Pass over stream and enter BROWNINGS LANE. Keep straight on over LISTER STREET and onto alley.
9. At end of alley turn left (WATER STREET), proceed 25 metres and enter where the area opens up. Head for signposted footpath to the right of the buildings by a stream.
10. Go along alleyway and onto LONG STREET.
11. 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 to 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.