

Walking the Way to Health

Start and Finish:	Sainsbury's supermarket, Dursley
Distance:	1.7 miles
Terrain:	Tarmac roads, gravel paths and grass.
Level:	Moderate
Duration:	30-40 minutes

1. Towards the rear of Sainsbury's car park, go up the ramp or steps to THE KNAPP enter the recreational ground on your left through the gate.
2. Cross through the recreational ground and head between the play areas near the road, go through the gate onto KINGSHILL ROAD.
3. Turn right and head to the pedestrian crossing and cross the road.
4. After this, continue past Rednock School along KINGSHILL ROAD for about 300m.
5. Turn left into the signposted bridleway before the bus shelter.
6. Continue up the bridle way until you reach a left turning and turn left up steps onto WOODLAND AVENUE.
7. Continue along WOODLAND AVENUE until you reach KINGSHILL ROAD and turn right.
8. Continue until you reach the crossing, cross and turn left.
9. Once you reach REDNOCK DRIVE cross to opposite pavement and turn right and follow the road.
10. Follow this road until the right turning down the KNAPP.
11. Continue along the KNAPP until reaching the ramp and steps and you have returned to Sainsbury's.

Hazards:

- Take care when crossing roads.
- Single track road (The Knapp) take care and look out for traffic.
- Take care negotiating the bridle path.
- Not a suitable walk if wet.