

Walking the Way to Health

Start and Finish:	Sainsbury's supermarket, Dursley
Distance:	1.9 miles
Terrain:	Tarmac and one unmade footpath.
Level:	Moderate
Duration:	30-55 minutes

- 1) Towards the rear of Sainsbury's car park, go up the ramp or steps to THE KNAPP
- 2) Proceed along the KNAPP (with the playing field on your left) until you reach the junction with REDNOCK DRIVE and turn right.
- 3) Go to the end of the road, pass through a gate and turn left along the path.
- 4) At the end of the path at KINGSHILL LANE cross the road at the crossing and turn right (keeping the Littlecombe estate on your right). You come to a junction at CHURCH ROAD and EVERLANDS. Here you should continue straight on along EVERLANDS for approximately 90 metres
- 5) On your left you will come across a footpath just before house number 52, take this footpath, as you rise up this path there will be a wooden fence which you will keep on your left. On reaching the road turn left along ACACIA DRIVE.
- 6) On ACACIA DRIVE turn left and then go up the steps to OAK DRIVE.
- 7) Turn left on OAK DRIVE. Follow until you reach the alley way at the end of the road between house numbers 66 and 77, go up the steps into the park.
- 8) In the left hand corner of the park there is an alley way, follow this alley way keeping Kingshill House on your right. You will come out onto KINGSDOWN. Continue straight ahead onto KINGSHILL LANE junction and turn right.
- 9) Then you will approach KINGSHILL ROAD junction turn left after approx 90 metres and follow the road past Rednock School. Pass the crossing and then turn left into the recreation ground.
- 10) Head towards the tennis courts and leave the recreation ground through the metal gate onto THE KNAPP. Turn right toward Sainsbury's and go down the ramp or steps.

Hazards:

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