

Walking4Health

Dursley Health Walks

A selection of 6
Health Walks from
Dursley Town Centre



**Walks devised by
health walk leaders
in Dursley
with the assistance of
students from
Rednock School, Dursley.**



Walking the Way to Health

Start and Finish:	Sainsbury's supermarket, Dursley
Distance:	1.50 miles
Terrain:	Tarmac, grass and gravel paths
Level:	Moderate
Duration:	30-40 minutes

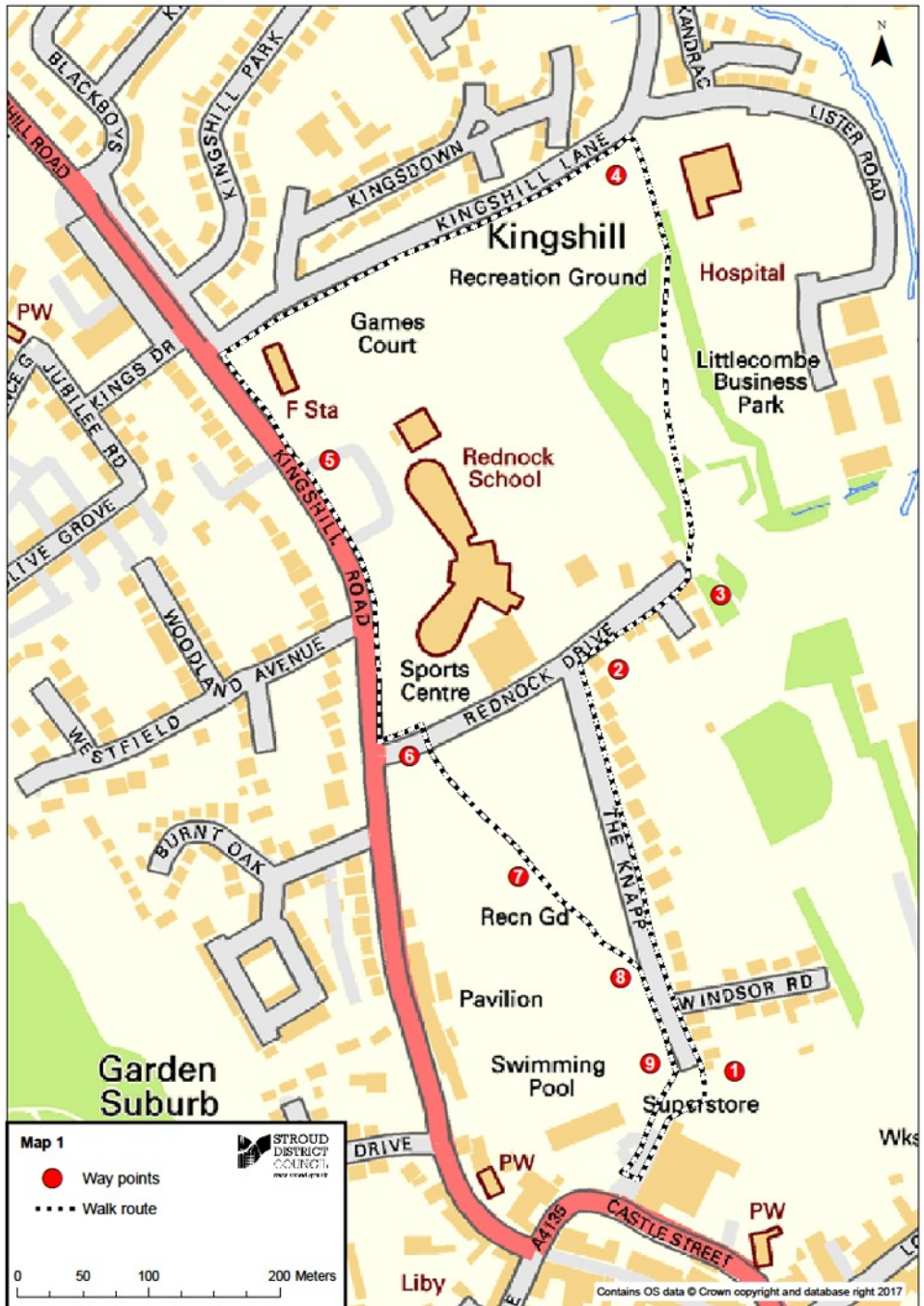
1. Towards the rear of Sainsbury's car park, go up the ramp or steps to the KNAPP, use either of these to get onto the KNAPP.
2. Proceed along the KNAPP (with the playing field on your left) until you reach REDNOCK DRIVE and turn right.
3. Go to the end of the road and pass through the gate onto the path overlooking Littlecombe business park.
4. At the end of the path (just before KINGSHILL LANE) turn left and go up the stepped footpath alongside the road. Proceed up the hill.
5. Once you reach the junction at KINGSHILL ROAD turn left onto the pathway. Walk down towards the recreation ground (keeping the school on your left).
6. Turn left into REDNOCK DRIVE, after approximately 25 metres enter the recreation ground through the yellow gate.
7. Walk through the park at a slight angle to the left until you reach the silver gate near the tennis courts.
8. Go through the gate onto the KNAPP.
9. Turn right and go down the steps or ramp back into Sainsbury's car park.

Hazards:

- Take care when crossing roads.
- Single track road (The Knapp) take care with constant lookout for traffic.
- Take care negotiating the steps or ramps on the walk.
- Take care whilst walking on grass in damp conditions.
- Not a suitable walk if wet.

Walking the Way to Health

Walk 1 - The Knapp



Walking the Way to Health

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

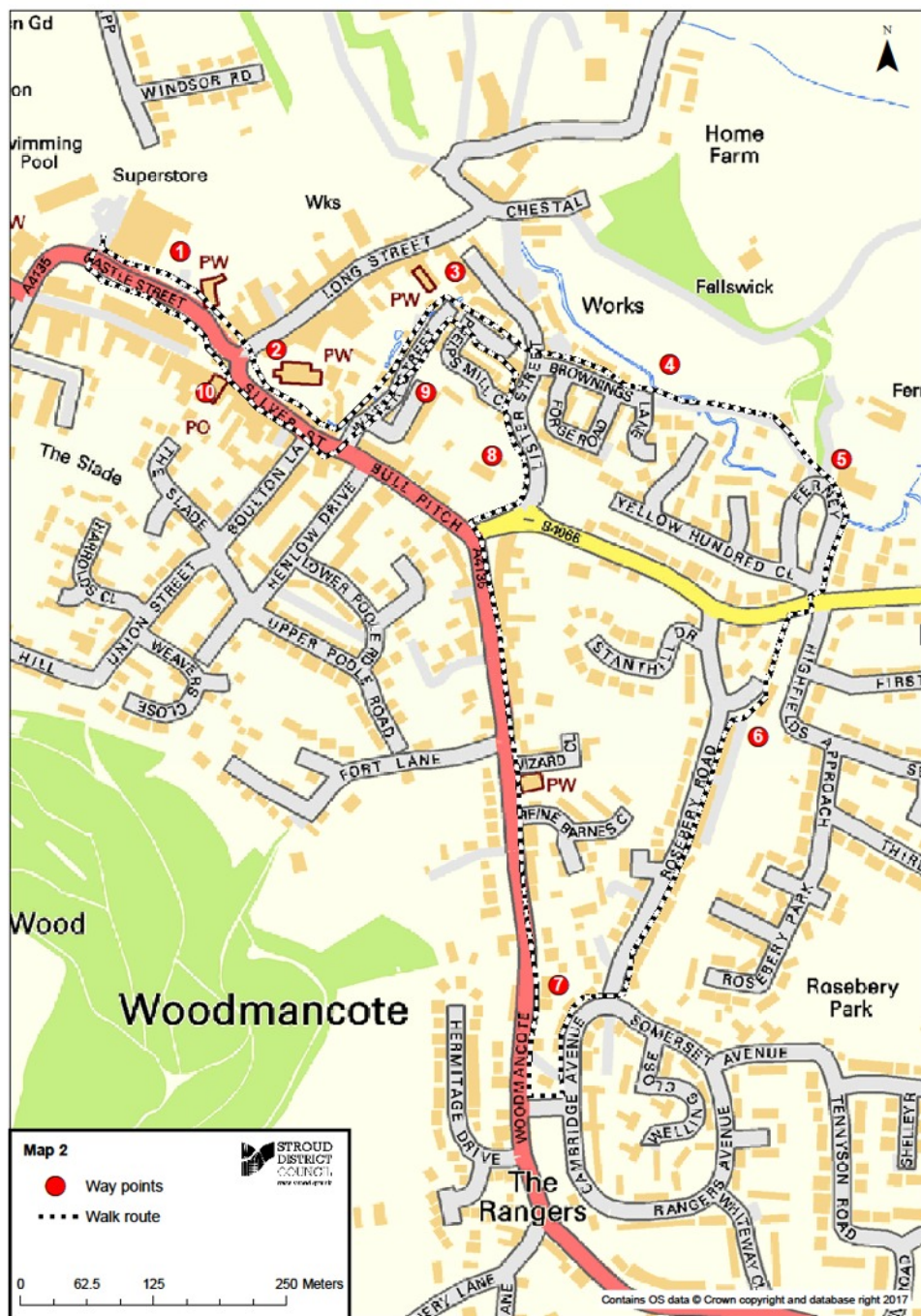
1. At Sainsbury's turn left at CASTLE STREET then keep walking along Castle Street (keeping Sainsbury's on your left).
2. As you enter LONG STREET cross road and enter churchyard. Proceed to the right of the church and leave churchyard using the steps on the right.
3. At the bottom of the steps turn 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 BROWNING'S 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.

Walking the Way to Health

Walk 2 - Riverside Walk



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.

Walking the Way to Health

Walk 3 - Bridleway Walk



Walking the Way to Health

Start and Finish:	Sainsbury's supermarket, Dursley
Distance:	1.6 miles
Terrain:	Tarmac roads, footpaths and restricted byway
Level:	Moderate
Duration:	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.

Walking the Way to Health

Walk 4 - Dursley Meander



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.

Walking the Way to Health

Walk 5 - Woodland Avenue



DURSLEY 6: DURSLEY STROLL

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.

Walk 6 - Dursley Stroll



Dursley Health Walks

Vale Vision Development Trust organises a programme of Health Walks in Dursley, Cam and Uley, these walks are arranged and led by volunteers from Vale Vision. Why not come and join us on one of these walks?

♥ Thursday walks are “Health Walks” at a gentle pace, up to a maximum of 1 hour duration. Comfortable shoes are recommended for these walks.

♥ ♥ Wednesday walks are classed as “building distance walks” for those who can manage stiles, grassy or woodland tracks, uphill and downhill for a longer period of up to 1.5 hours. Walking boots are advised for these walks and are essential in winter.

♥ ♥ ♥ Friday walks are up to 2 hours. These walks normally include some uphill and downhill stretches, stiles, and grassy or woodland paths. Walking boots are recommended for these walks. These Friday walks are not part of the Walking for Health scheme but are led by trained walk leaders from the Vale Vision team.

Walking4Health and www.strollinginstrouddistrict.org are district wide programmes, co-ordinated by Stroud District Council and Health Development Service (including training of new walk leaders).

Vale Vision works in partnership to create, manage and deliver the programme of walks.

For more information about the Dursley area health walks please telephone 07749 364526 or email us at walks@valevision.org.uk.



Dursley is a Walkers are Welcome town and holds an annual walking festival in October each year.



**For details of The Dursley Walking Festival
visit the website**

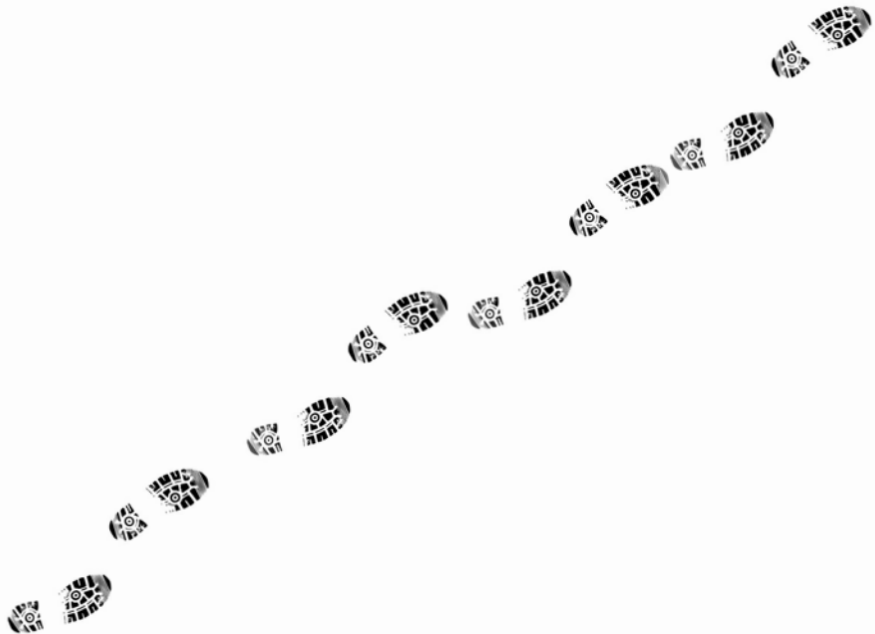
www.dursleywelcomeswalkers.org.uk



The health walks in this booklet have been devised by Health Walk Leaders in Dursley with the assistance of students from Rednock School Dursley who have also drawn the maps that accompany each walk.

The walks which can normally be completed in less than 1 hour have been devised to supplement the free guided Health Walks programme in Dursley, Cam and Uley.

The Walking for Health team thank Stroud District Council for their assistance in producing the walks and maps as part of the Health and Wellbeing plan, Rednock students and Dursley Town Council for encouragement and support in producing this free leaflet.



Leaflet produced by Vale Vision Development Ltd as part of the Walking for Health Community project.

Vale Vision also publishes a quarterly What's On Magazine, available throughout Dursley, Cam and Uley area.

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