5 MILE WALKING ROUTE FROM

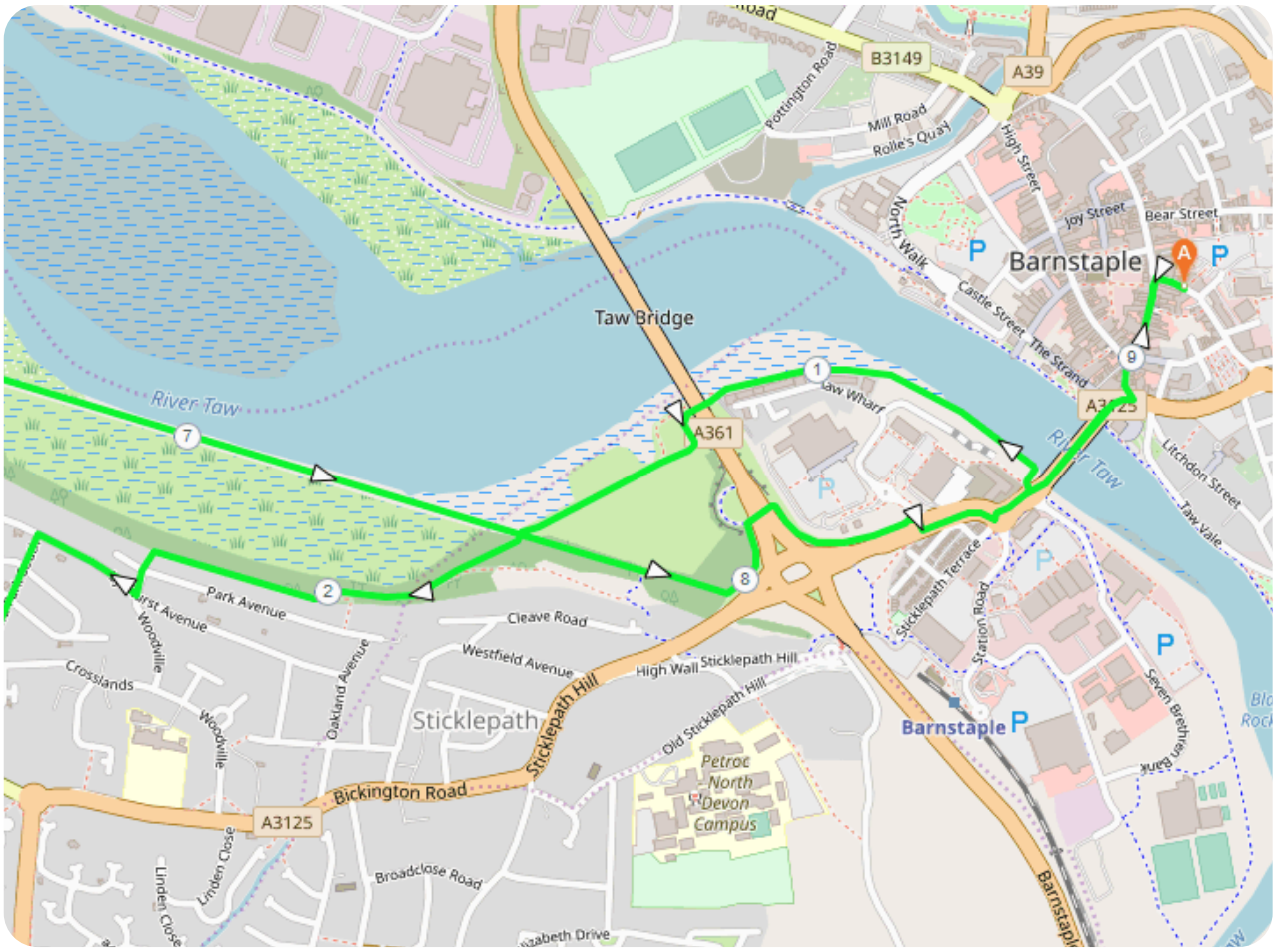
QUEENS MEDICAL CENTRE

ANCHOR WOODS - NORTH DOWN - TARKA TRAIL

Pathway Prescriptions

OVERVIEW

A walk through the suburbs, woodland and countryside surrounding Barnstaple, with beautiful views of the River Taw estuary, returning along the Tarka Trail.



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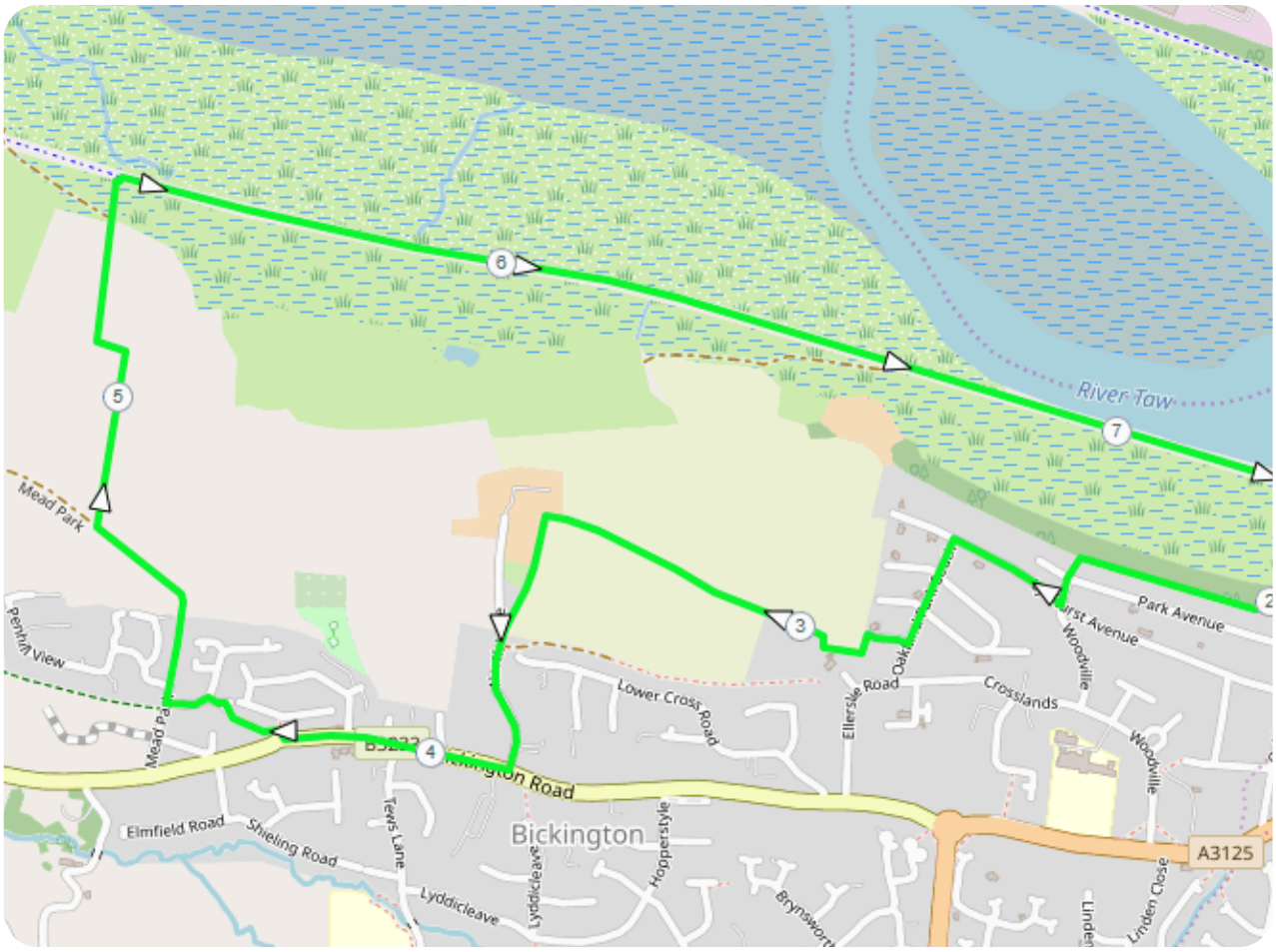
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Pathway Prescriptions

OVERVIEW

The route map is divided into two sections - please see images on pages 1 & 2.



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Pathway Prescriptions

DIRECTIONS

1. Starting from Queens Medical Centre, turn right along Queens Street. Take the first left on to Boutport Street and walk to the end of the street to reach Barnstaple Town Square. Turn right and then walk across Barnstaple Long Bridge over the River Taw.

2. Immediately after crossing the bridge turn right on to a footpath and cycleway. Follow this along the river front and continue to reach a junction with Tarka Trail. Continue straight ahead to take a footpath to Anchor Woods.

3. Where the path forks at a gate, take the right hand path.

Scan the QR code for a detailed map and to download a GPX file

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Pathway Prescriptions

DIRECTIONS

4. Take the left hand path where it forks again and continue up the hill through the woodland. At the top of the hill is a fence, walk alongside this for approximately 300m. At the end is a footpath on the left, turn here.

5. Cross the road and continue straight ahead to reach the junction with Lyndhurst Avenue. Turn right and follow the road to reach a turning to Oakland Park South on the left.

6. Turn here and follow the road taking the third turning on the right. Walk to the end of the road to reach a footpath. Take the path and follow to reach a track. Turn right.

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Pathway Prescriptions

DIRECTIONS

7. Continue along the track to a field. On entering the field go through the gate on your left to continue along the path around the edge of another field, passing North Down Farm on the right to reach North Lane.

8. Continue straight ahead to reach the main road. Turn right and walk along the road passing the Post Office to reach a public footpath signpost at the beginning of Elm Cottages on the right. Turn here and follow the footpath to the road. Turn left and then at the junction turn right.

9. Continue straight ahead, following a public bridleway sign on to a track. Follow the track to reach Clampitt cottages.

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Pathway Prescriptions

DIRECTIONS

10. Turn right on to a bridleway and follow this to reach the Tarka Trail. Turn right and walk along the trail for 2.5km towards Barnstaple.

11. Continue along the path, turning right at a junction following the sign to Barnstaple to join the main road. Turn left and cross the road at the traffic lights. Walk across Barnstaple Long Bridge, crossing the road at the end of bridge and turn left into Boutport Street.

12. Walk along Boutport Street to the junction with Queens Street. Turn right and return to Queens Medical Centre on the left.

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