5 MILE WALKING ROUTE FROM

FREMINGTON MEDICAL CENTRE

BRAKE PLANTATIONS - BICKLETON - TARKA TRAIL

Pathway Prescriptions

OVERVIEW

A varied walk through woodlands and countryside surrounding Fremington, with beautiful views of the River Taw estuary. Returning along the Tarka Trail and Fremington Pill.



NHS · Barnstaple Alliance PRIMARY CARE · BRANNAM MEDICAL CENTRE · FREMINGTON MEDICAL CENTRE · Litchdon · Queens Medical Centre

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DIRECTIONS

1. Starting from Fremington Medical Centre, turn left on to Beards Road to reach the junction with the main road Mill Hill. Turn left and follow the road to reach the New Inn. Turn left onto Old School Lane.

2. Walk along Old School Lane past Fremington Methodist Church. Turn right on to Mill Road crossing the bridge and then reaching a junction.

3. Turn left on to the road. Immediately on the left is a public footpath signpost. Turn left on to the footpath and follow to reach a gateway entrance to Griggs Field, with Leat Meadow to the left.

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

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4. Walk straight ahead following the footpath along the edge of the field to reach the woodland. Continue walking straight ahead through the woodland alongside the stream to reach the road. Turn right.

5. Follow the road for 500m past Hillside Farm on the left to reach a public footpath sign on the right. Turn here following the path for 100m then turning left.

6. Follow the path to reach a field. Walk straight ahead to descend over the fields to reach the houses below. Turn left on to a track.

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7. Where the track forks bear left and continue for 150m to the second footpath on the right. Turn here and walk along the path to reach Lagoon View.

8. Follow Lagoon View to reach the main road. Cross here and turn right and then turn left into Lapwing Grove. Walk along the road to reach a footpath, follow the path straight ahead to reach the Tarka Trail. Turn right.

9. Follow the Tarka Trail for 2.5km to reach Fremington Pill.

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10. Just before the bridge over the water is a footpath sign on the right. Turn here and walk along the path through woodland to reach a wider track. Turn right here and follow the track to reach the main road. Cross the road and turn left.

11. Walk past The Fox pub to reach Beards Road on the right. Turn here and follow the road to return to Fremington Medical Centre.

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