3 MILE WALKING ROUTE FROM

FREMINGTON MEDICAL CENTRE

FREMINGTON QUAY - PENHILL

Pathway Prescriptions

OVERVIEW

A walk to Fremington Quay, a historic port that was once at the heart of the clay export trade, returning via Penhill enjoying beautiful views of the River Taw estuary and surrounding countryside.



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Pathway Prescriptions

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. Cross the main road and turn left. Immediately after crossing a stream is a footpath sign. Turn right to follow the path.

2. Follow this path alongside the stream. Where the path forks take the left path and continue through woodland to reach the Tarka Trail. Turn right.

3. Follow the Tarka Trail crossing a bridge over Fremington Pill to reach Fremington Quay old station building on the right. Continue along the Tarka Trail for 1.2km/ 0.7 miles to reach a bridleway on the right.

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

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DIRECTIONS

4. Turn here following the bridleway to reach Clampitt. Turn right and follow the track to reach the road. Turn right and continue for a short distance to reach a footpath on the left at Little Meadow Cottage. Turn left and follow this path to reach the road.

5. Turn left and continue to reach the junction with the main road. Turn right, cross the bridge and then immediately take a footpath to the right. Follow this passing the allotment gardens before reaching the road. Turn right and continue for 400m/ 0.2 miles to reach Beards Road on the left. Turn here and follow the road to return to Fremington Medical Centre.

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