1 MILE WALKING ROUTE FROM

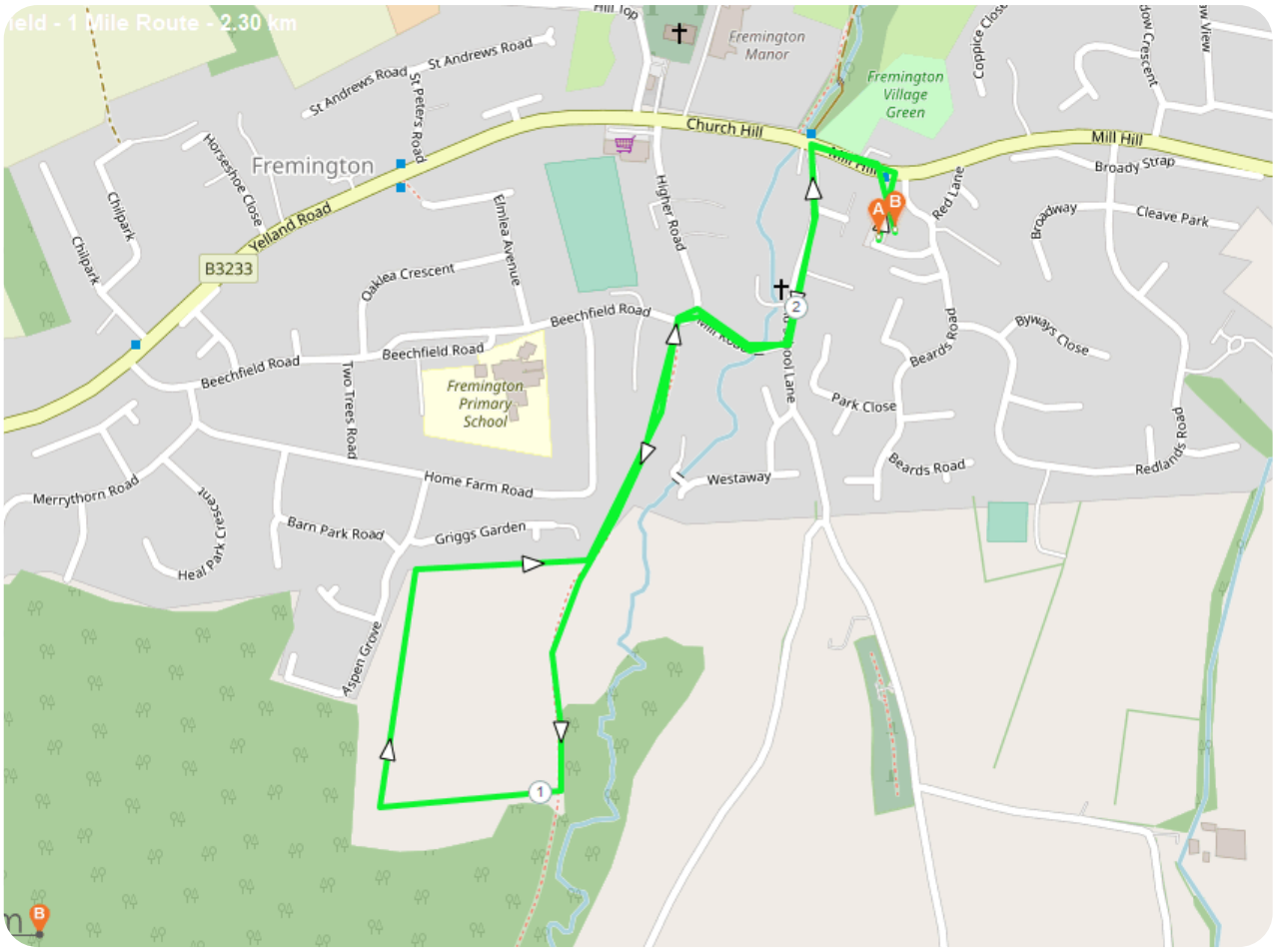
FREMINGTON MEDICAL CENTRE

LEAT MEADOW & GRIGGS FIELD

Pathway Prescriptions

OVERVIEW

A walk through Fremington's picturesque village streets to reach Griggs Field, an open grassland area surrounded by woodland, and Leat Meadow, which forms part of Fremington's Local Nature Reserve.



NHS · Barnstaple Alliance Primary Care · Brannam Medical Centre · Fremington Medical Centre · Litchdon · Queens Medical Centre

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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. 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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DIRECTIONS

4. Walk straight ahead following the footpath to reach the edge of the woodland.

5. Turn right here following the footpath all the way around the outer edge of the grassland to loop back to the gate at the entrance of Griggs Field.

6. Return along the same route taking the footpath to reach the road. Turning right on to Mill Road, then left at the junction to walk along Old School Lane to reach the main road. Turn right here, returning to Fremington Medical Centre via Beards Road on the right.

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