3 MILE WALKING ROUTE FROM

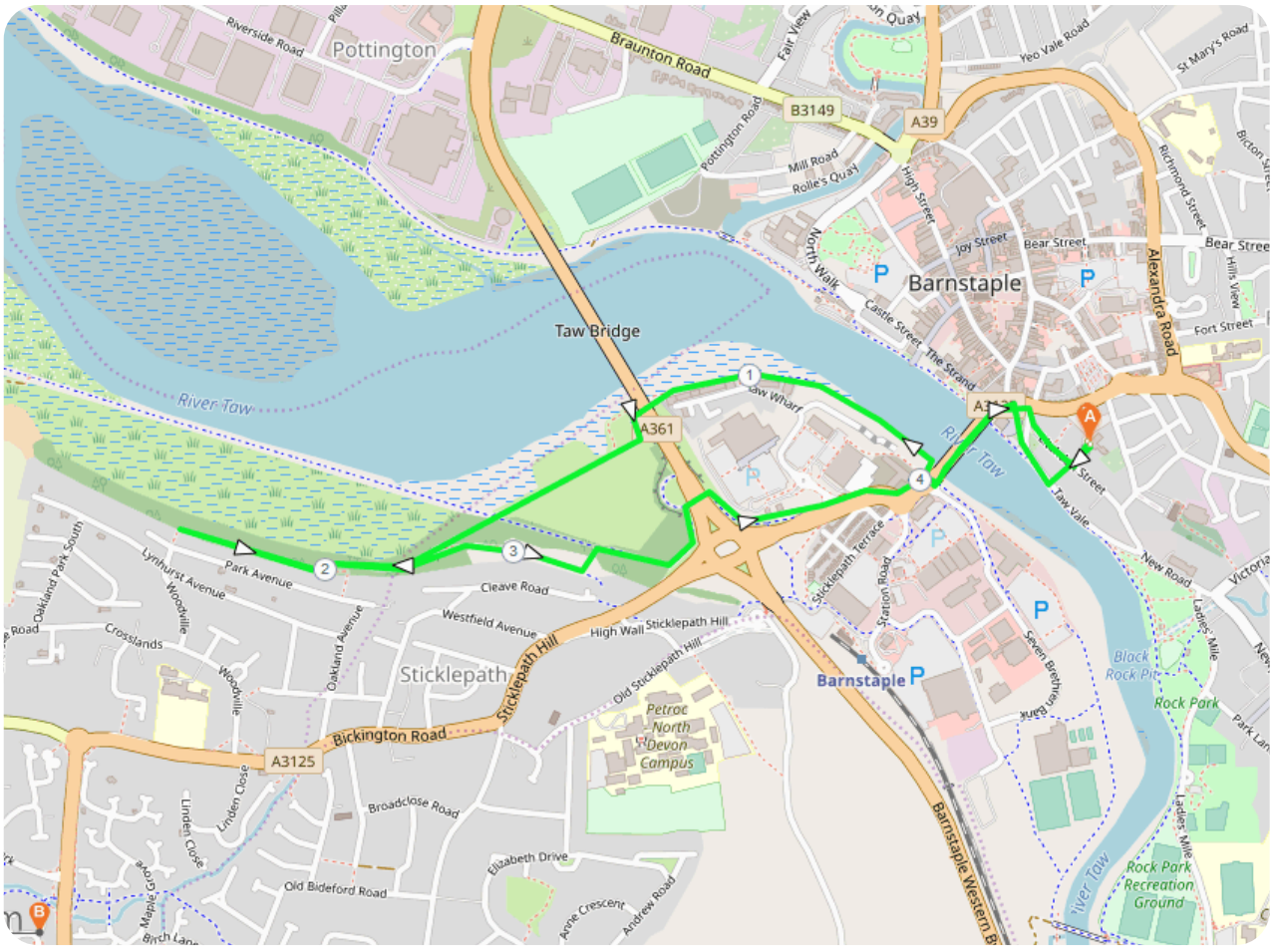
BRANNAM MEDICAL CENTRE

LONG BRIDGE - ANCHOR WOODS

Pathway Prescriptions

OVERVIEW

A walk across the historic, medieval Long Bridge and along the banks of the River Taw, to Anchor Woods an area of sloping woodland connected to the Tarka Trail passing the Victorian stone arch Dripping Well monument.



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

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Pathway Prescriptions

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DIRECTIONS

1. Starting from the entrance to Brannam Medical Centre, turn left and continue straight ahead between two buildings, through Brannams Walk to reach the road. Cross over and continue straight ahead into Litchdon Lane, the road immediately opposite. Continue to reach Taw Vale road. Cross here to reach the riverside path. Turn right. Continue to reach Barnstaple Town Square & Museum.

2. Walk across the paved area in front of the museum building to reach the road. Turn left and walk straight ahead to cross Barnstaple Long Bridge.

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

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DIRECTIONS

3. At the end of the bridge turn right and cross the road at the traffic lights. Turn left and then turn immediately right on to a footpath and cycleway. Follow the path to walk along the banks of the River Taw.

4. Follow the path to walk under the road Taw Bridge and continue to reach a crossroad with the Tarka Trail. Walk straight ahead following a footpath continuing to reach a gate. Walk through the gate and continue straight ahead.

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5. Where the path forks turn right and continue climbing through Anchor Woods to reach a footpath. Turn right. Continue along the path following a fence for approximately 300m. Where the path bears left between two houses turn around and retrace the path along the fence.

6. Where the path forks bear right and continue to return to a gate. Turn right on to a footpath and continue straight ahead through a small grass field to reach a footpath. Turn left. Follow the path to reach the Tark Trail. Turn right.

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DIRECTIONS

7. Follow the path to a junction and signpost. Turn right towards Barnstaple.

8. Continue along the path to merge with the road. Cross the road at the traffic lights. Walk across Barnstaple Long Bridge, crossing the road at the traffic lights at the end of the bridge to reach Barnstaple Town Square.

9. Walk across the square and cross the road to reach Litchdon Street. Continue for 100m to reach Brannam Walk on the left. Turn here and return to Brannam Medical Centre at the end of the path on the right.

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