1 MILE WALKING ROUTE FROM

BRANNAM MEDICAL CENTRE

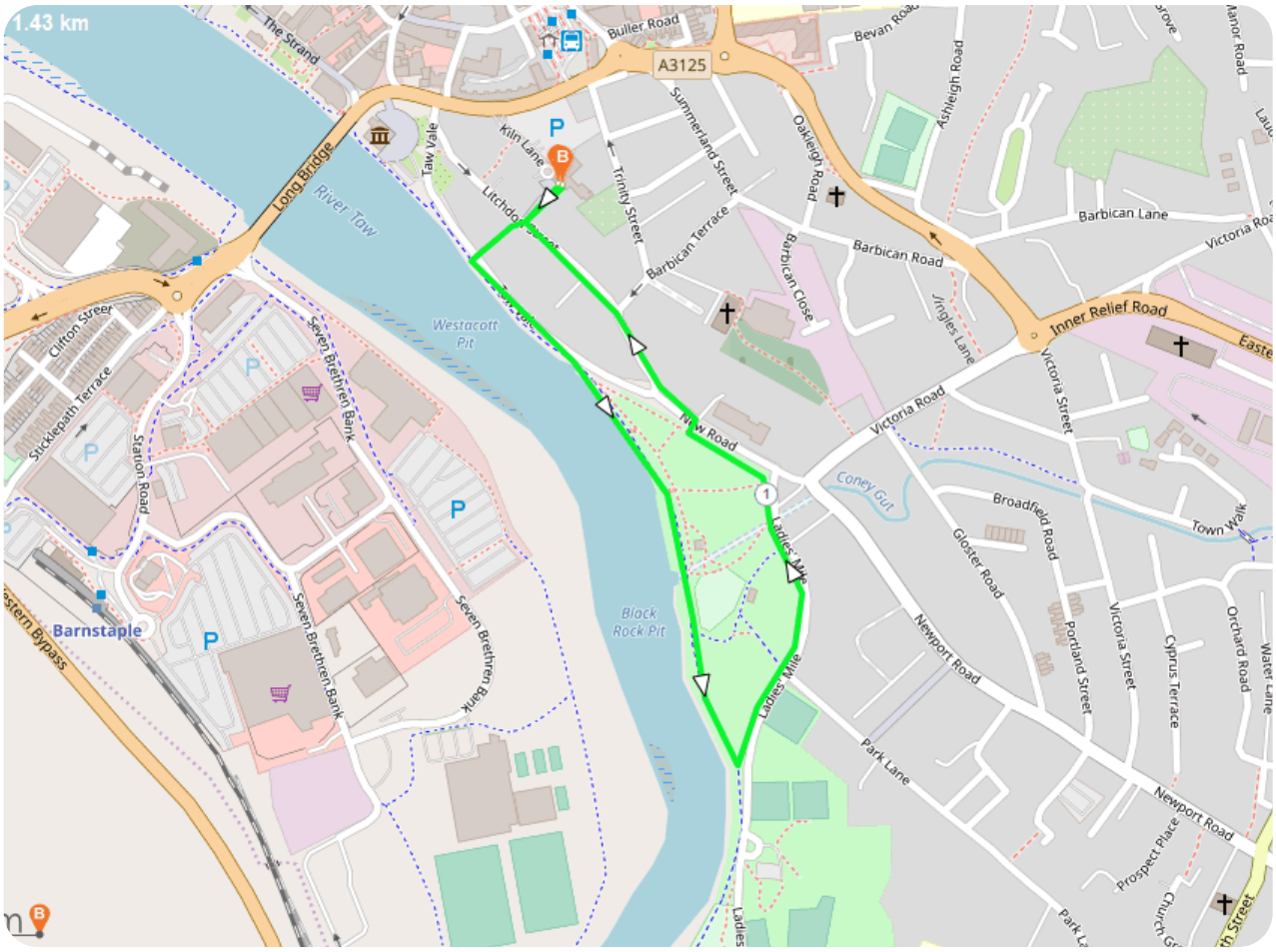
# RIVER TAW & ROCK PARK

Pathway Prescriptions

BRANNAM MEDICAL CENTRE

## OVERVIEW

A walk to Barnstaple's picturesque Rock Park along the banks of the River Taw, returning via Ladies Mile and through one of the ancient market town's oldest roads, the historic Litchdon Street.




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

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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 left.

2. Walk along the pavement to reach an obelisk statue at the entrance to Rock Park. Where the path forks take the right turn to continue alongside the river.

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

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## DIRECTIONS

3. Continue along the path for approximately 400m passing the playground area to reach a road, Ladies Mile. Turn left on to a path just before the road.

4. Follow the path around the edge of grass park area, continuing where the path bears left. Turn right on to a short flight of steps to exit the park just before the war memorial. Cross the road and turn left. Walk straight ahead to reach Litchdon Street. Continue for approximately 200m to reach Brannams Walk on the right. Turn here and return to Brannam Medical Centre at the end of path.

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