2 MILE WALKING ROUTE FROM

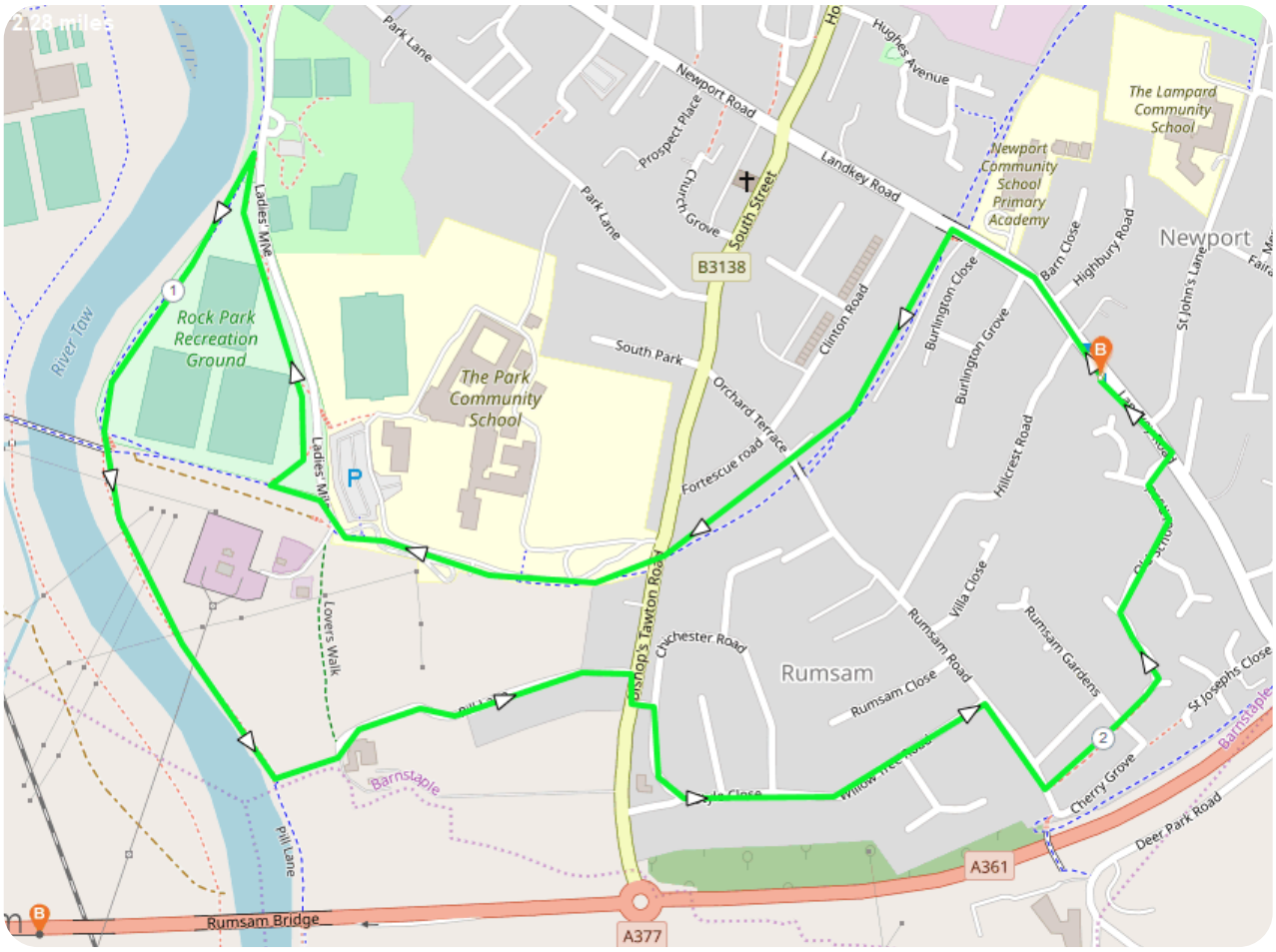
LITCHDON MEDICAL CENTRE

RIVER TAW & ROCK PARK

Pathway Prescriptions

OVERVIEW

A walk to Rock Park and along the banks of the River Taw passing the former Victorian railway Iron Bridge, returning through the suburb of Rumsam.



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

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LITCHDON MEDICAL CENTRE

RIVER TAW & ROCK PARK

Pathway Prescriptions

DIRECTIONS

1. Starting from Litchdon Medical Centre turn right, walk past Newport Primary school and then cross the road and turn left on to a cycleway and footpath. Follow this to reach the main road. Cross the road at the traffic lights and continue straight ahead on the footpath.

2. Follow the path past a large car park on the right. Turn right at the bottom of the car park on to a sloping path and continue to reach Rock Park. Turn right and follow the path along the edge of the grass playing field to reach a riverside path. Turn left.

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

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Pathway Prescriptions

DIRECTIONS

3. Follow the path along the banks of the River Taw walking through a gate under Iron Bridge. Continue for approximately 300 metres to reach a footpath on the left. Turn here and follow the path to reach Pill House.

4. Where the path forks turn right and follow the track passing Pill Lawn cottages to reach the road. Cross here and turn into Chichester Road. Turn right. Follow the road for approximately 450m to a junction at the end. Turn right. Walk past the turning to Rumsam Gardens and then turn onto a footpath on the left.

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Pathway Prescriptions

DIRECTIONS

5. Follow the footpath to the road, cross over and continue following the footpath straight ahead between two houses. Continue to reach the road. Turn left on to Old School Road.

6. Walk along the road passing the playing field on the left to reach Landkey Road. Cross the road and turn left and walk approximately 150m to return to Litchdon Medical Centre on the right.

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