1 MILE WALKING ROUTE FROM

QUEENS MEDICAL CENTRE

RIVER TAW - CASTLE MOUND

Pathway Prescriptions

Queens Medical Centre

OVERVIEW

A walk through central Barnstaple and along the banks of the River Taw to reach Castle Mound, the remains of a Norman era motte and bailey castle. Returning through the town along the historic Butcher's Row.



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

1 MILE WALKING ROUTE FROM

QUEENS MEDICAL CENTRE

RIVER TAW - CASTLE MOUND

Pathway Prescriptions

DIRECTIONS

1.Starting from Queens Medical Centre, turn right along Queens Street. Take the first left on to Boutport Street. Follow the road to reach the Royal Fortesque Hotel on the left. Turn into the entrance to Maiden Street opposite the hotel. Follow the street to reach the Strand. Turn right.

2. Walk along the Strand for a short distance to the Watergate pub on the right. Cross the road here and follow the path along the edge of a grass area to reach the river Taw. Turn right and follow the river side path for approximately 250m to reach Castle Quay Court. Turn right and then turn left on to North Walk.

3. Continue for 100m to reach Castle Lodge on the right. Take the path here to cross the grass park area to reach Castle Mound.

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

ALL ROUTES ARE AVAILABLE ON OUR PLOTAROUTE HOME PAGE:
WWW.PLOTAROUTE.COM/USERPROFILE/555298

1 MILE WALKING ROUTE FROM

QUEENS MEDICAL CENTRE

RIVER TAW - CASTLE MOUND

Pathway Prescriptions

DIRECTIONS

4. Follow the paths to climb Castle Mound circling the hill to reach the grass plateau area at the top and then descending back down the hill to reach the park area. Walk through the park to the rear of Barnstaple Library.

5. Take the path behind the library to reach Tuly Street. Turn right. Follow the road and then turn into Gammon Walk on the left. Walk along the lane to reach Barnstaple High Street. Turn right and walk along the high street to a junction with Butchers Row. Turn left here.

6. Walk to the end of Butchers Row and turn right on to Queens Street. Follow the road for 100m to return to Queens Medical Centre on the right.

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

ALL ROUTES ARE AVAILABLE ON OUR PLOTAROUTE HOME PAGE:
WWW.PLOTAROUTE.COM/USERPROFILE/555298