3 MILE WALKING ROUTE FROM

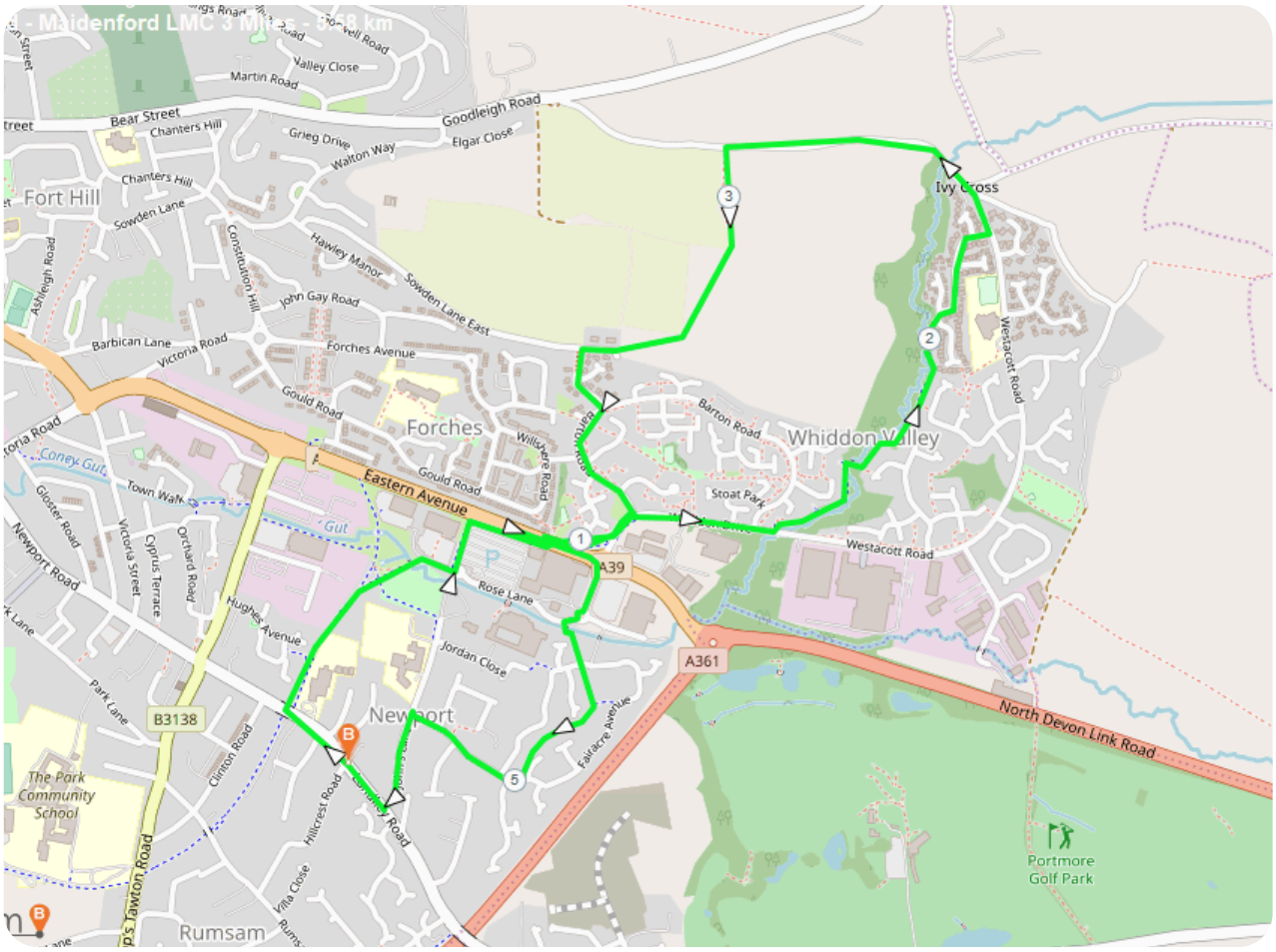
LITCHDON MEDICAL CENTRE

WHIDDON VALLEY WOODLAND - MAIDENFORD HILL

Pathway Prescriptions

OVERVIEW

A walk to Whiddon Valley Woodland on the east side of Barnstaple, returning via Maidenford Hill with far reaching views of the town and River Taw estuary.



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

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LITCHDON MEDICAL CENTRE

WHIDDON VALLEY WOODLAND - MAIDENFORD HILL

Pathway Prescriptions

DIRECTIONS

1. Starting from Litchdon Medical Centre, turn right and walk past Newport Primary School and then immediately turn right onto a cycleway and footpath.

2. Walk to where the path forks. Take the right hand path and continue, crossing the stream to reach the road. Turn right. Follow the road to a roundabout. Turn left into Tesco car park. Follow the path around the edge of the car park to reach the back of St John's Community Centre. Continue following the path behind the building to reach a subway on the left. Turn here and follow the path through the subway turning right on the other side.

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

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Pathway Prescriptions

DIRECTIONS

3. Turn left on to Whiddon Drive and follow the road for approximately 400m to reach a cycleway and footpath on the left. Turn here and follow the path through Whiddon Valley Woodland. Where the path forks turn right to cross a stream and continue along the path to reach the road. Turn left and then turn right into Larkspur Gardens.

4. Walk to the junction at the end of the road and turn left, keep straight ahead to follow a path to another road. Turn left and walk along the road for approximately 500m to reach a footpath on the left. Turn here.

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DIRECTIONS

5. Follow the footpath to climb Maidenford Hill reaching a field. Continue straight ahead to start descending the hill and then follow the track to bear right to walk across the field to reach a gate in the bottom corner.

6. Go through the gate to reach a track. Continue straight ahead for approximately 70m to reach a footpath on the left. Turn here and follow to reach Lane End Park. Walk to the junction and turn right on to Barton Road. Follow the road to the junction with Whiddon Drive and turn right. Follow the path alongside the road bearing right to reach a subway. Walk through the subway to reach St Johns Community Centre and Tescos supermarket.

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Pathway Prescriptions

DIRECTIONS

7. Walk past Tescos and cross the road at the pedestrian crossing on the right. Turn left and then turn right at the junction. Cross the road at the pedestrian crossing and turn left. Follow the path for approximately 150m to reach a footpath on the right. Turn here and cross the bridge.

6. Follow the path continuing straight ahead where it crosses the road. Where the path forks turn right and continue to reach Fairacre Avenue. Turn right and walk along the road to the junction with St John's Lane. Turn left and walk to the junction with Landkey Road. Turn right and walk approximately 150m to return to Litchdon Medical Centre on the right.

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