5 MILE WALKING ROUTE FROM

BARNSTAPLE ALLIANCE PATHWAY PRESCRIPTIONS

Pathway Prescriptions

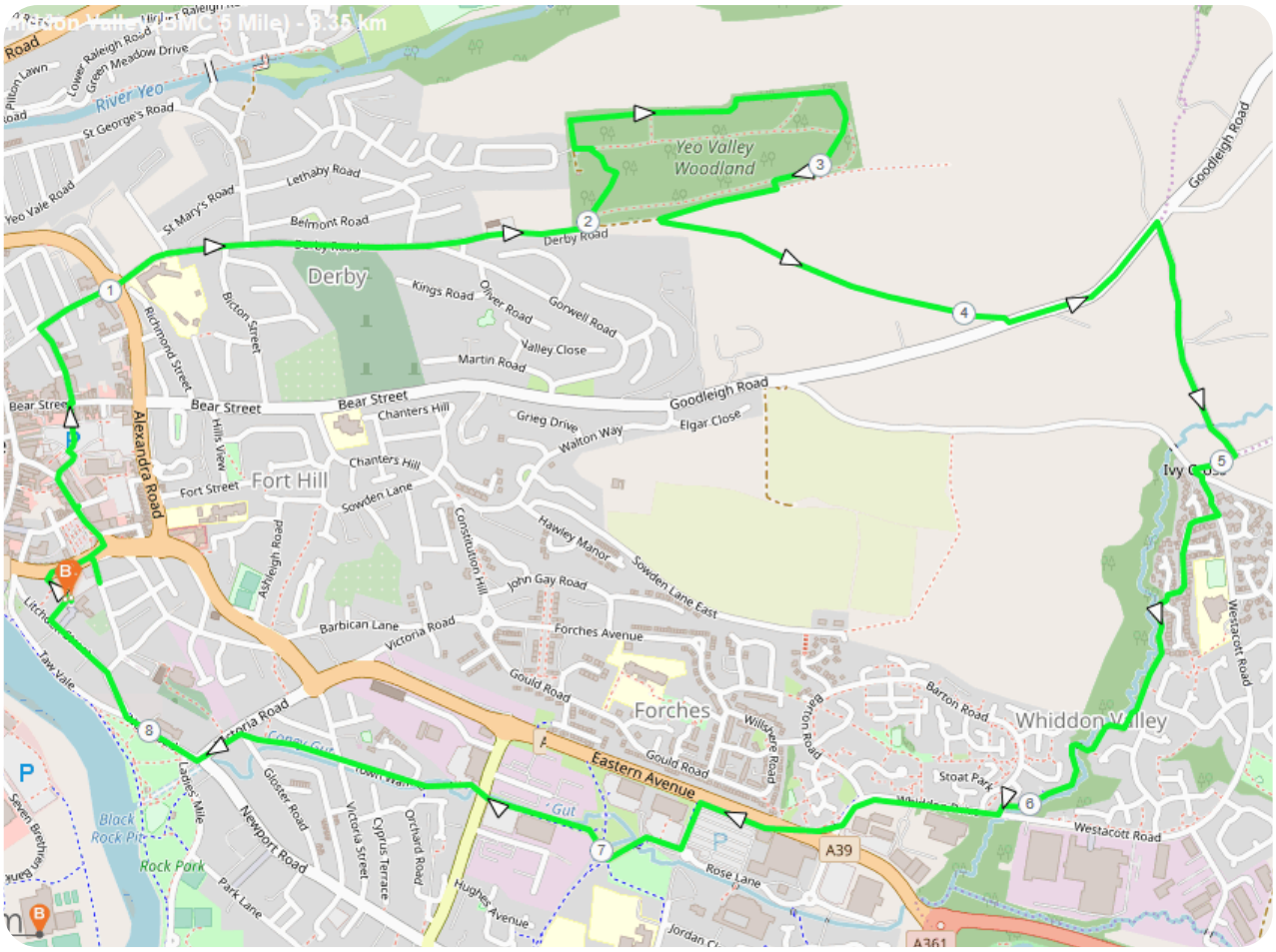
BRANNAM MEDICAL CENTRE

YEO VALLEY WOODLAND - WHIDDON VALLEY

BRANNAM MEDICAL CENTRE

OVERVIEW

A walk to Yeo Valley Woodland, a nature reserve on the east side of Barnstaple with spectacular views over the town, the Taw & Torridge estuary and Braunton Burrows. Returning through Whiddon Valley woodland and Coney Gut.



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

5 MILE WALKING ROUTE FROM

BRANNAM MEDICAL CENTRE

YEO VALLEY WOODLAND - WHIDDON VALLEY

Pathway Prescriptions

DIRECTIONS

1. From Brannam Medical Centre walk straight ahead along Kiln Lane to the junction with Belle Meadow Road. Turn right. At the roundabout turn left towards Queen Street. Follow the road bearing right to reach Queen Street car park. Cross the car park to reach Queens Walk and walk through the arcade of shops to reach Bear Street.

2. Cross the road, turn right and then immediately turn left into Vicarage Lawn. Follow the road to the junction with Vicarage Street. Turn right.

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Pathway Prescriptions

DIRECTIONS

3. Walk along Vicarage Street to reach a roundabout. Take a slight right and then cross the road at the traffic lights. Turn left and then immediately turn right on to a path that leads to Derby Road. Walk along Derby Road for approximately 750m to reach the end of the road where it turns into a track.

4. Continue along the track for approximately 200m to reach the entrance to Yeo Valley Community Woodland on the left. Turn here then bear left where the path forks. Follow the path to another entrance to the woodland. Continue straight ahead to climb uphill. Turn right to keep following the path at the top.

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Pathway Prescriptions

DIRECTIONS

5. Follow the path circling the edge of the woodland for approximately 1.2km to return to the entrance. Exit the woodland and turn left on to a track. Continue along the track to reach a footpath. Turn right on to the path.

6. Walk straight ahead to follow the footpath across a field and a stile. Walk behind a row of houses to exit the field on to a driveway. Continue straight ahead to reach Goodleigh Road. Cross the road and turn left. Continue along the pavement path for approximately 400m to reach a lane just past Stonecroft Cottage. Turn right here.

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Pathway Prescriptions

DIRECTIONS

7. Follow the lane to reach a junction. Turn right and walk along the lane to reach a turning to a footpath and cycleway on the left. Turn here.

8. Walk along the path to reach a road. Turn right into Larkspur Gardens. Follow the road to the junction at the end and turn left and then immediately turn right on to a footpath.

9. Walk through Whiddon Valley woodland following the path to cross a stream, turning left where the path forks and then alongside the stream to reach the road. Turn right on to Whiddon Drive.

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Pathway Prescriptions

DIRECTIONS

10. Follow the path to the end of the road bearing right to reach a subway. Walk through the subway to reach St Johns Community Centre. Turn right to walk behind the building and around the edge of the car park to a roundabout. Cross the road and turn right and continue for approximately 80m.

11. Turn left on to a footpath and cycleway. Cross the bridge over the stream and then turn right. Continue to a junction on the footpath. Turn left. Continue on the path alongside Coney Gut to reach Hollowtree Road. Cross the road at the traffic lights and continue straight ahead along the path and cycleway.

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Pathway Prescriptions

DIRECTIONS

12. Follow the path bearing right to cross the stream and reach Town Walk. Turn left and continue straight ahead. At the junction with Victoria Street walk straight ahead to continue following the path and cycleway. Walk through the grass area to reach Victoria Road. Turn left.

13. Walk along Victoria Road crossing the junctions with Gloster Road and Newport Road. Turn right in to New Road and follow the path along the edge of Rock Park. Just before the roundabout cross the road and turn left. Walk straight ahead to 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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