START

1. From the Cheese & Grain, walk through Market Yard car park towards the library, cross the footbridge towards The Westway Shopping Centre and turn left into Scott Road. Cross at the pedestrian crossing, turn left and then take the next right onto Willow Vale.

2. Follow Willow Vale to the end and continue along the footpath, taking you over the top of Rodden Meadow. Where the track forks, take the left hand path. Where the path meets the road (The Cedar) cross over and follow the footpath on to Rodden Road.

3. Turn left and follow Rodden Road up to the crossroads. Cross right at the pedestrian crossing, on to Berkley Road (The Vine Tree pub on your left). Follow Berkley Road until you reach the zebra crossing outside Selwood Academy. Cross here and follow the footpath with the Academy on your right. At this point you can continue on to do a loop of the showfield (4), or skip to 5.
4. Follow the path up through the Old Showfield. At a crossroad of paths, turn right and follow the path along the edge of the field, turning right at the end, and right again to create a loop. Retrace your steps to the edge of the Selwood Academy car park and turn right.

5. Follow the path along the edge of the field, turn right and continue along the footpath,turning right to follow the curve around the cricket pitch towards Frome Medical Practice. At the T-junction of paths, turn left following the road out on to Enos Way. At the junction, turn left back on to Rodden Road and cross at the pedestrian crossing.

6. Go straight ahead, passing a wall on your left into the left arm of Rodden Road. Follow the road up to the junction with Fromefield – take care as the pavement narrows as you approach the junction. Cross straight over the zebra crossing into Spring Road.

7. Follow Spring Road all the way to the end where it meets Welshmill Road. Turn right, then immediately left into Welshmill Lane. At the play park, turn left on to the riverside footpath and follow this all the way back to the Cheese & Grain.

FINISH