

## A Short Trusham Walk

**Distance:** 1.4 miles (2.2 Km) along lanes and paths through woodland; one or two steepish sections. Suitable footwear is important.

The route requires care as the path can be quite narrow and slope away in places. It can also be muddy when wet and tree roots are an additional hazard to look out for.

**Time:** 25 to 45 minutes

**The walk:** Leaving the **Cridford Inn** car park, point 'A' on the map, turn **left** and walk up the lane for just over 100 metres, to point 'B'. Turn **right** here and go down a short track, taking the path uphill to the **left**. Follow the path until to a gate with braided rope on top.

Once through the gate, continue along the path, downhill (*the ground also falls away steeply on your right for part of this section*) for about 700 yds (640 m), to a point where it joins a lower path, at point 'C'. Turn **right** and take this lower path back towards Trusham. (*Should you reach a stile into a field, stop, and backtrack to the path junction.*)

After a while, the path rises to a gate at point 'D' and later emerges from the trees. After a short distance the path curves left and rises steeply to a sharp bend to the right at 'E'.

Continue along the path; the terrain will level out and keeping the caravan to your right, aim for the corner where a track will lead in to Church Lane. Follow this downhill, passing the church and village hall on your left, to the centre of Trusham at point 'F'.

At the junction, turn **right** and passing the repurposed phone box, descend 'Cardiac Hill' back down to the Cridford Inn.

