



## Route Information

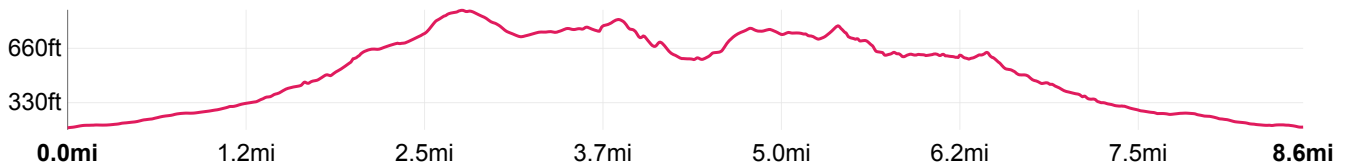
Route Name Upton St Leonards - Prinknash Cooper, Cheese Rollers - Red Walk 7

A walk from the village up through Prinknash Park, Buckholt and Copopers Woods and Cheese Rollers and return

## Route Summary

Total Distance	8.6mi (13.8km)	Walk	3h 32min
Elevation	177ft at lowest point	Run	1h 15min
	889ft at highest point	Cycle	43min
Total Ascent	1556ft		

## Elevation Profile



## Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SO 864 151	0.00mi	51° 50' 5" N	2° 11' 50" W	177ft
	Start - SO 8649 1515 Start at the village Post Office. As this walk crosses the permissive field at Prinknash dogs are not permitted across the fields. Therefore take the short cut down the abbey access road after you cross the A46. Dist to next: 0.39mi, Bearing to next: 141°, Ascent to next: 32ft				
2	SO 868 146	0.39mi	51° 49' 50" N	2° 11' 30" W	205ft
	Kissing Gate and bridge - SO 8687 1468 Dist to next: 0.15mi, Bearing to next: 100°, Ascent to next: 19ft				
3	SO 871 146	0.54mi	51° 49' 48" N	2° 11' 18" W	225ft
	Rooksmoor Bridlepath - SO 8710 1464 Dist to next: 0.31mi, Bearing to next: 157°, Ascent to next: 40ft				
4	SO 872 141	0.85mi	51° 49' 34" N	2° 11' 8" W	264ft
	Stone Track - SO 8729 1419 Dist to next: 0.18mi, Bearing to next: 117°, Ascent to next: 20ft				
5	SO 875 140	1.03mi	51° 49' 30" N	2° 10' 55" W	284ft
	Right up track - SO 8755 1406 Dist to next: 1.13mi, Bearing to next: 155°, Ascent to next: 391ft				

6	<b>SO 880 130</b>	<b>2.16mi</b>	51° 48' 56" N	2° 10' 29" W	<b>649ft</b>
	Take a right - SO 8803 1302 Turn right off the walk , up the steps, to the gap in the stone wall. Dist to next: <b>0.02mi</b> , Bearing to next: <b>118°</b> , Ascent to next: <b>10ft</b>				
7	<b>SO 880 130</b>	<b>2.18mi</b>	51° 48' 55" N	2° 10' 28" W	<b>659ft</b>
	Left - SO 8807 1300 Turn left, follow the track until you get to the A46 road. Cross over the A46, up the road, do not take the minor road to the right. Keep to the left side of the road near the bungalow. Dist to next: <b>0.15mi</b> , Bearing to next: <b>71°</b> , Ascent to next: <b>31ft</b>				
8	<b>SO 882 130</b>	<b>2.33mi</b>	51° 48' 58" N	2° 10' 16" W	<b>687ft</b>
	Cotswold Way - SO 8829 1307 Leave the road and keep on the Cotswold Way (CW). Walk right up through Buckholt to the top. Dist to next: <b>0.39mi</b> , Bearing to next: <b>42°</b> , Ascent to next: <b>195ft</b>				
9	<b>SO 886 135</b>	<b>2.72mi</b>	51° 49' 12" N	2° 9' 56" W	<b>882ft</b>
	The top - SO 8868 1351 You will start walking down, but take the second track on the right. Dist to next: <b>0.24mi</b> , Bearing to next: <b>14°</b> , Ascent to next: <b>12ft</b>				
10	<b>SO 887 138</b>	<b>2.96mi</b>	51° 49' 23" N	2° 9' 51" W	<b>811ft</b>
	Down to the left - SO 8876 1383 At the end turn left downhill. Dist to next: <b>0.12mi</b> , Bearing to next: <b>278°</b> , Ascent to next: <b>0ft</b>				
11	<b>SO 885 138</b>	<b>3.08mi</b>	51° 49' 23" N	2° 10' 2" W	<b>745ft</b>
	Follow the Cotswold WaySO 8856 1386 Follow the CW, all the way to Coopers Hill. Dist to next: <b>0.60mi</b> , Bearing to next: <b>40°</b> , Ascent to next: <b>113ft</b>				
12	<b>SO 890 144</b>	<b>3.68mi</b>	51° 49' 43" N	2° 9' 35" W	<b>761ft</b>
	Track to the top - SO 8908 1448 You will find the well trodden track to the right. This will lead you to the top of the Cheese Rollers Hill. Dist to next: <b>0.18mi</b> , Bearing to next: <b>40°</b> , Ascent to next: <b>76ft</b>				
13	<b>SO 892 146</b>	<b>3.86mi</b>	51° 49' 50" N	2° 9' 25" W	<b>817ft</b>
	The Top of Coopers Hill - SO 8926 1469 Don't step too far off the top..... its a long way down to chase a double Gloucester cheese. Dist to next: <b>0.02mi</b> , Bearing to next: <b>272°</b> , Ascent to next: <b>0ft</b>				
14	<b>SO 892 147</b>	<b>3.88mi</b>	51° 49' 50" N	2° 9' 27" W	<b>781ft</b>
	And down - SO 8923 1470 Pick up the track down the side of the hill all the way to the bottom. Dist to next: <b>0.36mi</b> , Bearing to next: <b>342°</b> , Ascent to next: <b>57ft</b>				
15	<b>SO 891 148</b>	<b>4.24mi</b>	51° 49' 55" N	2° 9' 30" W	<b>594ft</b>
	A seat with a view - SO 8917 1485 On the right is a seat, take a break Dist to next: <b>0.14mi</b> , Bearing to next: <b>278°</b> , Ascent to next: <b>25ft</b>				

- |    |   |               |               |              |              |
|----|---|---------------|---------------|--------------|--------------|
| 16 | <b>SO 889 148</b>   | <b>4.38mi</b> | 51° 49' 56" N | 2° 9' 41" W  | <b>583ft</b> |
|    | Up the road - SO 8896 1488<br>Dist to next: <b>0.09mi</b> , Bearing to next: <b>156°</b> , Ascent to next: <b>48ft</b>  |               |               |              |              |
| 17 | <b>SO 890 147</b>   | <b>4.48mi</b> | 51° 49' 52" N | 2° 9' 38" W  | <b>630ft</b> |
|    | The up track - SO 8902 1475<br>Dist to next: <b>0.18mi</b> , Bearing to next: <b>171°</b> , Ascent to next: <b>125ft</b>  |               |               |              |              |
| 18 | <b>SO 890 144</b>   | <b>4.66mi</b> | 51° 49' 43" N | 2° 9' 35" W  | <b>755ft</b> |
|    | Back to the CW - SO 8907 1446<br>Retrace your steps<br>Dist to next: <b>0.68mi</b> , Bearing to next: <b>216°</b> , Ascent to next: <b>164ft</b>  |               |               |              |              |
| 19 | <b>SO 885 137</b>   | <b>5.33mi</b> | 51° 49' 20" N | 2° 10' 2" W  | <b>796ft</b> |
|    | The short cut - SO 8855 1376<br>Just as the track starts to get steeper going up hill, look out for a track on the right. There is a tree with a lot of vines around the trunk. Walk down the track.<br>Dist to next: <b>0.05mi</b> , Bearing to next: <b>313°</b> , Ascent to next: <b>0ft</b>   |               |               |              |              |
| 20 | <b>SO 885 138</b>   | <b>5.39mi</b> | 51° 49' 22" N | 2° 10' 5" W  | <b>749ft</b> |
|    | Gap in wall - SO 8851 1380<br>Walk through the gap in the wall, underneath a large fur tree, turn right. The wall will be on your right. Keep on the track until it crosses the wall again. BUT DO NOT GO THROUGH the wall, turn left. You will soon hear and see the A46.<br>Dist to next: <b>0.19mi</b> , Bearing to next: <b>226°</b> , Ascent to next: <b>10ft</b>  |               |               |              |              |
| 21 | <b>SO 884 137</b>   | <b>5.57mi</b> | 51° 49' 18" N | 2° 10' 10" W | <b>669ft</b> |
|    | A46 - SO 8840 1370<br>Cross the A46 and walk down the entrance road to the Abbey, at the 10mph sign (opposite the house) you will see the stile.<br>Dist to next: <b>0.08mi</b> , Bearing to next: <b>317°</b> , Ascent to next: <b>0ft</b>   |               |               |              |              |
| 22 | <b>SO 883 137</b>   | <b>5.65mi</b> | 51° 49' 20" N | 2° 10' 13" W | <b>614ft</b> |
|    | The stile - SO 8834 1377<br>If you have a dog please walk down the road to rejoin the route near the cafe. Over the stile - walk up the field keeping slightly down from the fence line. You will soon see a house on the left, head towards it. But keep high, do not drop down the field. You're heading for a row of horse chestnut trees on the left with a group of smaller trees on the right. You should soon pick up a track. As you walk along the track the group of trees on the right stop and the field opens up. Keep close to the trees on the left. You will soon get to the ornate gate and stile.<br>Dist to next: <b>0.38mi</b> , Bearing to next: <b>187°</b> , Ascent to next: <b>63ft</b> |               |               |              |              |
| 23 | <b>SO 882 132</b>   | <b>6.03mi</b> | 51° 49' 2" N  | 2° 10' 17" W | <b>612ft</b> |
|    | Ornate gate and stile - SO 8827 1322<br>At the gate and stile, walk along the tree line past the massive horse chestnut tree. To your right and down you can see the New Abbey and Walled Garden. The track passes trees with wooden protection barriers. A stunning Copper Beach tree on the left. You pass between 2 Fir Trees and then a number of fallen trees along the track. Head towards the marker post.<br>Dist to next: <b>0.17mi</b> , Bearing to next: <b>237°</b> , Ascent to next: <b>30ft</b>   |               |               |              |              |
| 24 | <b>SO 880 130</b>   | <b>6.20mi</b> | 51° 48' 58" N | 2° 10' 27" W | <b>598ft</b> |
|    | Marker post - SO 8807 1308<br>The walk continues onwards, although you could take the track right across the field to the stile in the metal fence.. Continue straight on, you will pass some stunning trees. You will soon be back on Henry VIII walk.<br>Dist to next: <b>0.14mi</b> , Bearing to next: <b>263°</b> , Ascent to next: <b>36ft</b>   |               |               |              |              |

25	<b>SO 879 130</b>	<b>6.34mi</b>	51° 48' 57" N	2° 10' 36" W	<b>622ft</b>
	Back to HenryVIII Walk - SO 8790 1306 Your back to where you walked earlier. Head back via the Cemetery, past the cafe, the old bird park and down the track. Dist to next: <b>0.16mi</b> , Bearing to next: <b>48°</b> , Ascent to next: <b>13ft</b>				
26	<b>SO 880 131</b>	<b>6.50mi</b>	51° 49' 1" N	2° 10' 30" W	<b>529ft</b>
	Leave the tarmac -SO 8802 1317 Walk up the track to the left, through the trees, left around the edge of the cemetery, to the top walk way. Dist to next: <b>0.30mi</b> , Bearing to next: <b>1°</b> , Ascent to next: <b>16ft</b>				
27	<b>SO 880 136</b>	<b>6.81mi</b>	51° 49' 15" N	2° 10' 30" W	<b>443ft</b>
	Abbey Cafe and shop - SO 8803 1360 Dist to next: <b>0.50mi</b> , Bearing to next: <b>307°</b> , Ascent to next: <b>13ft</b>				
28	<b>SO 876 139</b>	<b>7.31mi</b>	51° 49' 25" N	2° 10' 52" W	<b>306ft</b>
	New Kissing Gate - SO 8760 1392 THIS PART OF THE WALK IS STILL TO BE COMPLETED WITH REGARDS THE NEW KISSING GATE. The new kissing gate will provide access into the field, you will go down through the fields, to the orchard, along the stream and into the paddock. Through the footpath and onto Valley Lane. IN THE INTERIM you can walk back down the track to Valley Lane. Dist to next: <b>0.85mi</b> , Bearing to next: <b>317°</b> , Ascent to next: <b>8ft</b>				
29	<b>SO 868 146</b>	<b>8.16mi</b>	51° 49' 50" N	2° 11' 30" W	<b>205ft</b>
	Gate and bridge - SO 8688 1469 Dist to next: <b>0.39mi</b> , Bearing to next: <b>318°</b> , Ascent to next: <b>7ft</b>				
30	<b>SO 864 151</b>	<b>8.55mi</b>	51° 50' 4" N	2° 11' 51" W	<b>181ft</b>
	Finish - SO 8648 1513				