



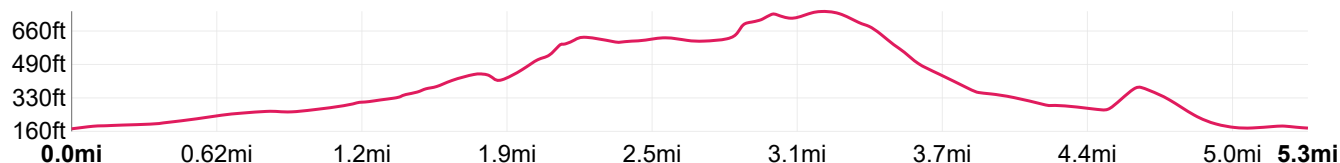
Route Information

Route Name Upton St Leonards Prinknash Cooper, Nut Hill - Red Walk 11
 A village walk taking in the permissive footpaths through Prinknash Abbey grounds, Coopers Hill Nature Reserve and Nut Hill.

Route Summary

Total Distance	5.3mi (8.5km)	Walk	2h 9min
Elevation	177ft at lowest point	Run	46min
	753ft at highest point	Cycle	26min
Total Ascent	856ft		

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 - Village Post Office - SO 8651 1511 Dist to next: 0.39mi, Bearing to next: 141°, Ascent to next: 29ft				
2	SO 868 146	0.39mi	51° 49' 50" N	2° 11' 30" W	206ft
	Gate and bridge - SO 8687 1467 Dist to next: 0.15mi, Bearing to next: 100°, Ascent to next: 20ft				
3	SO 871 146	0.54mi	51° 49' 48" N	2° 11' 18" W	226ft
	Rooksmoor Bridlepath - SO 8711 1464 Dist to next: 0.39mi, Bearing to next: 173°, Ascent to next: 38ft				
4	SO 871 141	0.93mi	51° 49' 31" N	2° 11' 14" W	257ft
	Valley Lane - Orchard SO 8717 1410 Turn left between the houses up the footpath. Through the first field, along the stream in the orchard. Up through the field to the kissing gate. Dist to next: 0.84mi, Bearing to next: 125°, Ascent to next: 193ft				
5	SO 880 135	1.78mi	51° 49' 11" N	2° 10' 29" W	444ft
	The Abbey Walled Garden - SO 8805 1350 Walk down and through the walled garden. Follow the rose arbour to the door in the wall. Keep on this path until you get to the tarmac road with the main Abbey on your right. Dist to next: 0.05mi, Bearing to next: 234°, Ascent to next: 0ft				

6	SO 879 134	1.82mi	51° 49' 10" N	2° 10' 31" W	403ft
	The Monks walk - SO 8799 1346 enjoy the Monks Walk Dist to next: 0.21 mi, Bearing to next: 193° , Ascent to next: 124 ft				
7	SO 879 132	2.04mi	51° 49' 2" N	2° 10' 35" W	527ft
	The Abbey - SO 8793 1320 Cross over the road and up the path. Dist to next: 0.11 mi, Bearing to next: 215° , Ascent to next: 89 ft				
8	SO 878 131	2.15mi	51° 48' 59" N	2° 10' 38" W	613ft
	Henry VIII Walk - SO 8786 1310 You need to turn left onto the walk for a very short period where the route turns left over the stile into the field. Dist to next: 0.29 mi, Bearing to next: 73° , Ascent to next: 30 ft				
9	SO 882 132	2.44mi	51° 49' 3" N	2° 10' 17" W	608ft
	The Old Metal Gate - SO 8826 1323 Dist to next: 0.40 mi, Bearing to next: 13° , Ascent to next: 63 ft				
10	SO 883 137	2.84mi	51° 49' 20" N	2° 10' 11" W	645ft
	A46 - SO 8839 1377 Over the A46 and up the track, follow the signs until you get to the Cotswold Way. Dist to next: 0.14 mi, Bearing to next: 60° , Ascent to next: 98 ft				
11	SO 885 138	2.99mi	51° 49' 23" N	2° 10' 2" W	743ft
	Cotswold Way - SO 8855 1386 Take a left on the CW Dist to next: 0.41 mi, Bearing to next: 28° , Ascent to next: 43 ft				
12	SO 887 143	3.40mi	51° 49' 38" N	2° 9' 50" W	685ft
	The Y - SO 8878 1431 Take the right fork (but its not problem to go left) Dist to next: 0.21 mi, Bearing to next: 320° , Ascent to next: 0 ft				
13	SO 886 145	3.60mi	51° 49' 45" N	2° 10' 0" W	492ft
	A46 - SO 8860 1453 Cross the A46, through the metal stile and on down . Dist to next: 0.81 mi, Bearing to next: 285° , Ascent to next: 2 ft				
14	SO 874 148	4.42mi	51° 49' 55" N	2° 10' 59" W	267ft
	Nut Hill - SO 8746 1484 Through the gate and up onto Nut Hill Dist to next: 0.14 mi, Bearing to next: 348° , Ascent to next: 115 ft				
15	SO 874 150	4.55mi	51° 50' 1" N	2° 11' 1" W	382ft
	NUT HILL - SO 8742 1503 Enjoy the view. Dist to next: 0.71 mi, Bearing to next: 277° , Ascent to next: 12 ft				
16	SO 864 151	5.26mi	51° 50' 5" N	2° 11' 50" W	180ft
	Finish - SO 8648 1514				