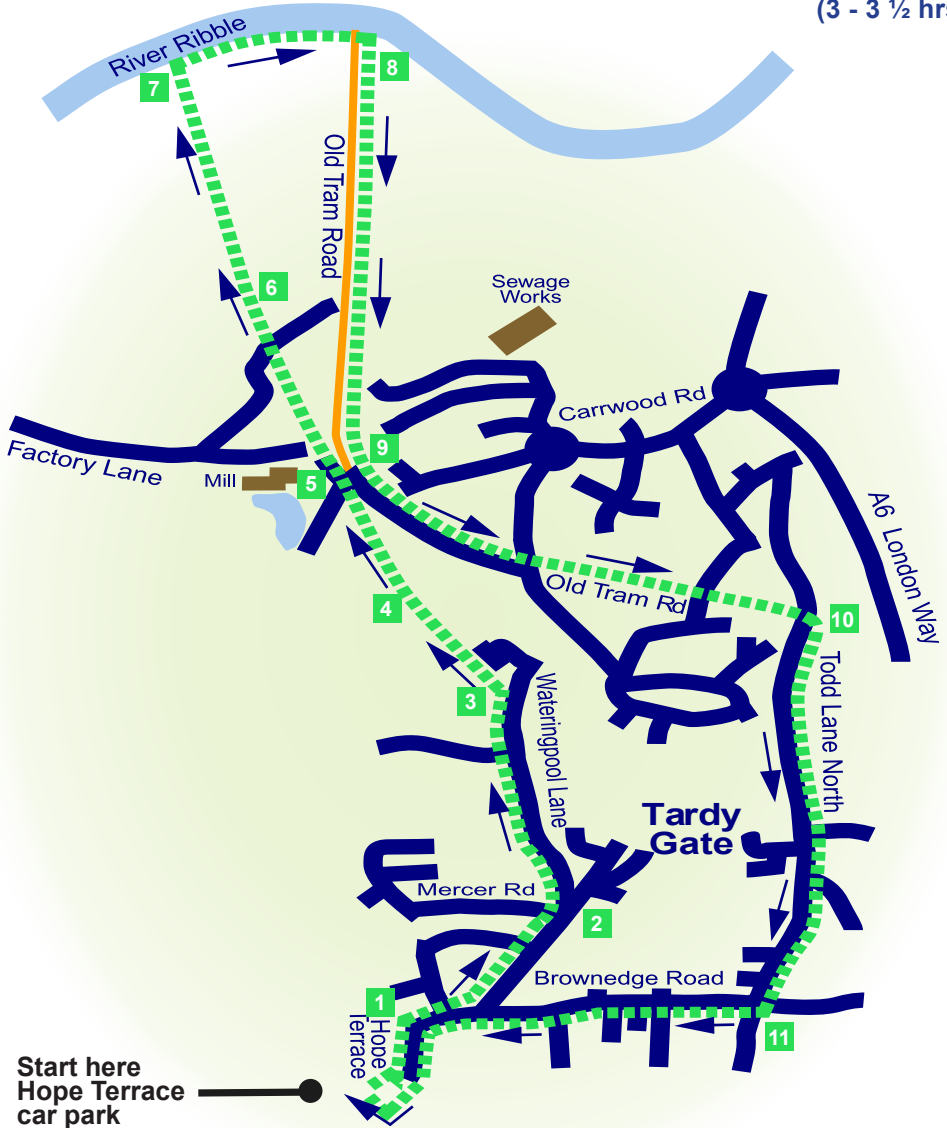


HOPE TERRACE

Health walk from Hope Terrace

5.5 miles
(3 - 3 ½ hrs)



Start here
Hope Terrace
car park

Please wear appropriate clothing and footwear; keep to the paths and close gates. Please keep dogs under control and clean up after them. Do not leave any litter.

Every effort has been made to ensure accuracy in preparing the walks - the council cannot accept any liability and people using the route do so at their own risk.

Hope Terrace – Health Walk approx 5.5 miles

This is a fairly flat walk on a mix of tarmac and toptrec paths. There are kissing gates and some inclines. The walk takes you along part of the River Ribble. PLEASE TAKE CARE.

- Start on the car park at Hope Terrace, walk through the ginnel opposite the toilet block to the front of the shops.
- 1 Turn left and walk to the crossing outside Spar – cross Leyland Road and walk down the side of the Tardy Gate pub onto Brownedge Road.
- 2 Take the second left onto Wateringpool Lane and continue until you pass through the bollards and reach a bridge.
- 3 After going under the bridge, take the cycle path immediately on the left through the gate (signposted Preston).
- 4 At the junction follow the path to the right towards Preston.
- 5 When you come to a junction/fork take the second left hand fork which leads uphill (signed Preston Junction).
- 6 At the crossroads continue on the footpath ahead leading uphill. Keep your eye out for a right fork! When you come to the fork take the path to the right leading down to the river (signed Walton le Dale).
- 7 At the gate turn right and follow this path along the river until you come to the old tram bridge.
- 8 Turn right before the bridge and with the river behind you follow the tree lined path.
- 9 When you come to a junction/fork in the track bear left and continue on this path “the old tram road”. Carry straight on this path (signed Todd Lane) crossing straight over four roads.
- 10 The track ends at Todd Lane North, turn right here and follow the road until you reach the traffic lights.
- 11 Turn right onto Brownedge Road and follow the road to the end. Cross Leyland Road at the crossing and return to the car park.