

How to use this map

The purpose of this map is to help you plan your route according to your own cycling ability. Traffic-free paths and pavements are shown in dark green. Roads are graded from 'quieter/easier' to 'busier/more difficult' along a **green**, to **yellow**, to **orange**, to **pink**, to **red** spectrum. If you are a beginner, you might want to plan your journey along mainly green and yellow roads. With confidence and increasing experience, you should be able to tackle the orange roads, and then the busier pinky red and darker red roads.

Our area is pretty hilly and, within the Stroud District boundaries, we have used height shading to show the lie of the land. We have also used arrows > and >> (pointing downhill) to mark hills that cyclists are going to find fairly steep and very steep.

We hope you will be able to use the map to plan cycling routes from your home to school, college and workplace. We also hope that you will be able to see that it is possible to use your bike for other short journeys - to the shops, to the village hall, to the leisure centre, and so on. We have also given a list of places of interest that are within cycling distance.

Rural Cafés (town cafés overleaf)

- Berkeley**  
23 Perfect Blend Coffee and Craft Shop, 1 High Street  
T: 01453 810088
- Falfield**  
40 Eastwood Nurseries, Eastwood Park  
T: 01454 260288
- Frampton on Severn**  
4 Ley Bistro, The Green  
T: 01452 740077  
42 Stables Café, Sandfield Bridge, Canal Bank, Saul Junction T: 01452 741965
- Haresfield**  
3 Wyevale Garden Centre, Bath Road  
T: 01452 721081
- Painswick**  
2 Painswick Rococo Garden, Gloucester Street  
T: 01452 813204  
1 Prinknash Abbey Park, Cranham  
T: 01452 812727
- Slimbridge**  
22 Slimbridge Boat Station café, Patch Bridge  
T: 01453 899273  
21 Wildfowl and Wetlands Trust café (phone to request entry fee be waived for using café only)  
T: 01453 891900
- Stroud outskirts**  
18 Lavender Bakehouse, 20 London Road, Chalford  
T: 01453 889239  
20 The Kitchen, 7 High Street, Minchinhampton  
T: 01453 882655  
18 Winstones Ice Cream Ltd, Greenacres, Bownham (enjoy an ice cream direct from the factory!)  
T: 01453 873270
- Tetbury**  
37 Edges Olde Tea Shoppe, 25a Church Street  
T: 01666 505660  
38 Lyndsey's, 19 Church Street  
T: 01666 503696  
39 Veloton Cycles & Coffee, 22 Market Place  
T: 01666 504343
- Whitminster**  
9 Highfield Garden World, Bristol Road  
T: 01452 741444
- Wickwar**  
41 Wickwar Tea Rooms, 43 High Street  
T: 01454 294899

Places of interest

- Berkeley Castle**  
[www.berkeley-castle.com](http://www.berkeley-castle.com) T: 01453 810303
- Bisley Wells** Bisley
- Cattle Country Adventure Park** Berkeley Heath Farm, Berkeley [www.cattlecounrty.co.uk](http://www.cattlecounrty.co.uk) T: 01453 810510
- Coaley Peak picnic area** (views and long barrow)
- Edward Jenner Museum** The Chantry, Church Lane, Berkeley [www.jennermuseum.com](http://www.jennermuseum.com) T: 01453 810631
- Hetty Peglar's Tump** (roofed Neolithic long barrow with crawl-in access)
- Museum in the Park** Mansion House, Stratford Park, Stroud [www.museuminthepark.org.uk](http://www.museuminthepark.org.uk) T: 01453 763394
- National Arboretum** Westonbirt, Tetbury [www.forestry.gov.uk/westonbirt](http://www.forestry.gov.uk/westonbirt) T: 01666 880220
- Owlpen Manor** (house and gardens) [www.owlpen.com](http://www.owlpen.com) T: 01453 860261
- Painswick Rococo Garden** [www.rococogarden.org.uk](http://www.rococogarden.org.uk) T: 01452 813204
- Prinknash Abbey Park** (Bird and Deer Park) [www.thebirdpark.com](http://www.thebirdpark.com) T: 01452 812727
- Ruskin Mill**, Horsley Road, Nailsworth (lake-side walk, exhibitions, café) T: 01453 837500
- Saul Junction** (meeting of the Stroudwater and Gloucester Sharpness canals) [www.cotswoldcanals.com](http://www.cotswoldcanals.com)
- Selsley Church** (William Morris school stained glass)
- St Augustine's Farm** High Street, Arlingham (working dairy farm) T: 01452 740277
- Wildfowl and Wetlands Trust** Slimbridge [www.wwt.org.uk](http://www.wwt.org.uk) T: 01453 891900
- The Severn Bore** view from Stonebench or Weir Green. Around 50 visible bores (1 - 5 star) occur each year after new or full moons, the biggest in Spring and Autumn. [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk) and leaflet at TICs
- Severn Trow Hulks, Purton** Graveyard for old barges along the banks of the River Severn.
- Tortworth Chestnut** (tree dating from the 1200s)
- William Tyndale Monument** North Nibley
- Woodchester Mansion** (incomplete 19th C mansion with access inside on open days. Enter park from west, not east) [www.woodchestermansion.org.uk](http://www.woodchestermansion.org.uk) T: 01453 861541
- Woodchester Park** Nympsfield (National Trust parkland and lakes)
- North Woodchester Churchyard** (buried Roman Orpheus mosaic, last revealed in 1973).

Key

- Cycleability gradations, in increasing difficulty
- 1

2

3

4

5
- Designated traffic-free cycle paths: off road, shared-used pavements, canal towpaths (generally hard surfaced). Note: cycle lanes marked on the actual road surface are not shown; the road grading takes into account the existence and quality of a cycle lane
- Canal towpath, usually good surface

Canal towpath, variable surface

Useful paths, may be poorly surfaced

Motorway

Pedestrian street

One-way street

Hill arrows - arrow points downhill

Level crossing

Train station

Bus station

School

Hospital

Toilet

Bike shops (lettered)

Cafés (numbered)

Places of interest (lettered)

Leisure centre

Place of worship

Cycle parking

Pub

Library

Farmers' market

Post Office

Tourist Information Centre

41 45 10

National Cycle Network routes

Steps - with a ramp for wheeling bikes

Stroud

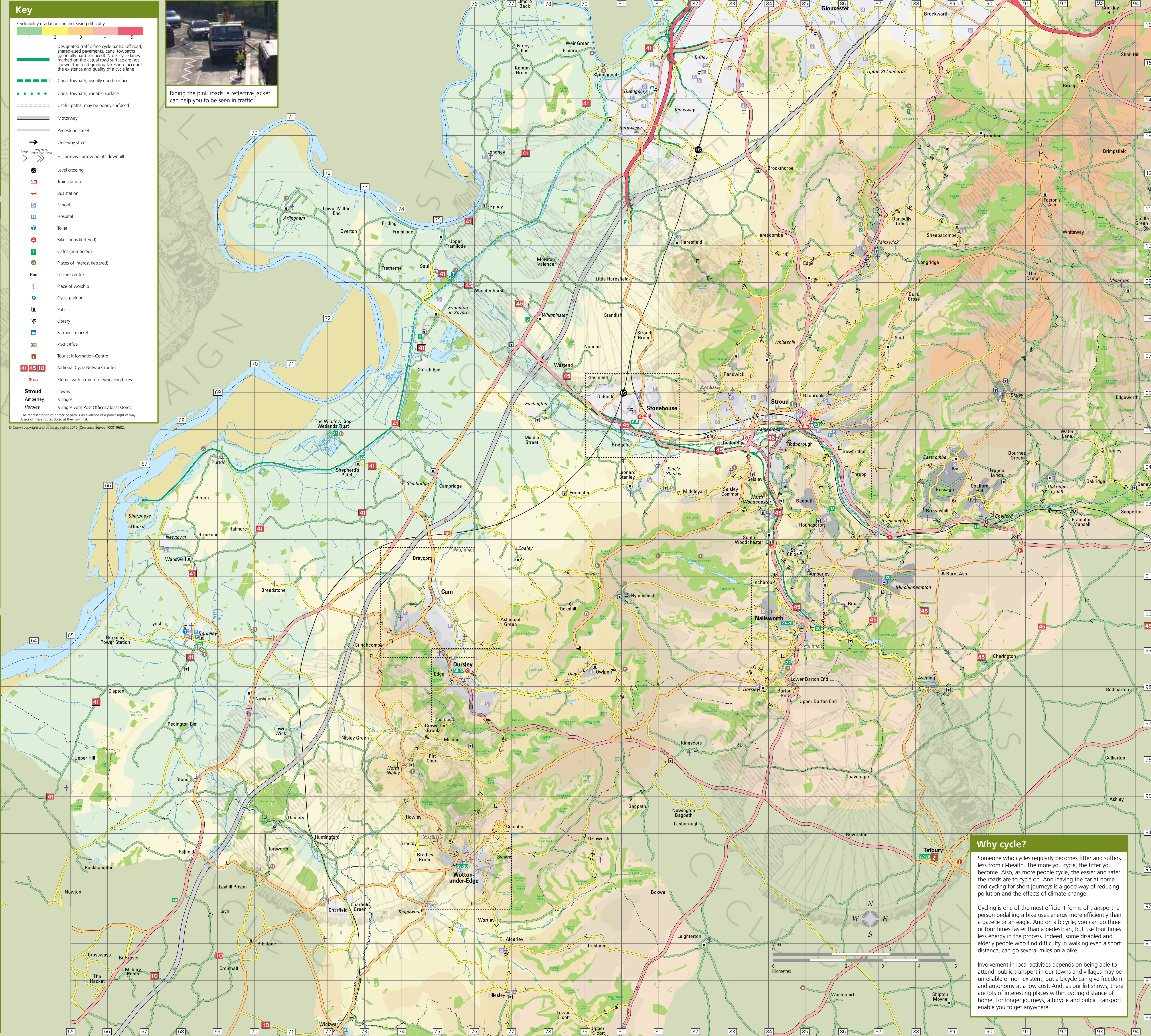
Towns

Amberley

Villages

Horsley

Villages with Post Offices / local stores
- The representation of a track or path is no evidence of a public right of way. Users of these routes do so at their own risk.
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Why cycle?

Someone who cycles regularly becomes fitter and suffers less from ill-health. The more you cycle, the fitter you become. Also, as more people cycle, the easier and safer the roads are to cycle on. And leaving the car at home and cycling for short journeys is a good way of reducing pollution and the effects of climate change.

Cycling is one of the most efficient forms of transport: a person pedalling a bike uses energy more efficiently than a gazelle or an eagle. And on a bicycle, you can go three or four times faster than a pedestrian, but use four times less energy in the process. Indeed, some disabled and elderly people who find difficulty in walking even a short distance, can go several miles on a bike.

Involvement in local activities depends on being able to attend: public transport in our towns and villages may be unreliable or non-existent, but a bicycle can give freedom and autonomy at a low cost. And, as our list shows, there are lots of interesting places within cycling distance of home. For longer journeys, a bicycle and public transport enable you to get anywhere.



# STROUD DISTRICT CYCLING MAP

For Purpose and Pleasure

2nd Edition

£2.50

STROUD VALLEYS CYCLE CAMPAIGN

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ACKNOWLEDGEMENTS

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Stroud District Council

Gloucestershire County Council

Gloucestershire Rural Transport Partnership

Nailsworth Town Council

Stonehouse Town Council

Stroud Town Council

Wotton-under-Edge Town Council

Headwick Parish Council

King Stanley Parish Council

Misken Parish Council

Painwick Parish Council

Rodborough Parish Council

Woodchester Parish Council

National Arboretum, Westonbirt

North's Ark Cycles & Snowboards, Stroud

Painwick Roccoco Garden

Perfect Blend Coffee and Craft Shop, Berkeley

Slimbridge Boat Station

Star Anise Arts Café, Stroud

Stonehouse Accessories Ltd

Stroud Valleys Cycling Club

Big Lottery Fund: Awards for All

Second edition funded by:

thinktravel

New sense of direction.

Thinktravel is a Department for Transport (DfT) funded initiative that gives you information about sustainable travel options such as walking, cycling, using the bus and train, and car sharing in Gloucestershire.

[www.thinktravel.info](http://www.thinktravel.info)

You can also follow Thinktravel on Twitter @thinktravelglos

Stroud Valleys Cycle Campaign would like to thank:

- TammyJyn Photography, 01453 766029, [www.tammyjyn.co.uk](http://www.tammyjyn.co.uk)
- the first edition working party members: Dominique Shead, Jeff Cloves, Nigel Stanton, Sheila Booth and Tony Partridge, and to the army of volunteers who rode the roads for us.
- Dominique Shead, Nigel Stanton, Nicholas James, Carol Kamblies and Tony Partridge, who made the modifications for the second edition.

We would also especially like to acknowledge the work of Sheila Booth, who was a staunch campaigner for cycling in the Stroud Valleys over the past 20 years.

© Stroud Valleys Cycle Campaign  
1st edition 2007, 2nd edition 2015

### Town Cafés (rural cafés overleaf)

**Cam**

32

Berry Blue Bistro,  
5 Noel Lee Way  
T: 01453 547595

30

Courtyard Café,  
12 Parsonage Street  
T: 01453 544246

31

Hummingbird Café,  
43 Parsonage Street  
T: 01453 299276

**Nailsworth**

23

Green Spirit, Market Street  
T: 01453 835735

24

Hobbs House Bakery,  
4 George Street  
T: 01453 839396

27

Ruskin Mill café, Horsley Road  
T: 01453 837527

28

The Coffee Pot, 8 Old Market  
T: 01453 836100

28

The Olive Tree,  
28 George Street  
T: 01453 834802

**Stonehouse**

7

2i's, 17 High Street  
T: 01453 828384

6

The Bay Tree, 50 High Street  
T: 01453 822288

8

Wynne's, 20 High Street  
T: 07527 686304

**Stroud town**

9

Black Book Café, 2 Nelson Street  
T: 01453 764509

43

Café Max, 21-23 Russell Street  
T: 01453 840999

10

Costa Coffee, 52-53 High Street  
T: 01453 762831

11

Fifteen, 15 George Street  
T: 01453 751117

12

Kitsch Coffee Bar,  
Ebley Wharf, Ebley  
T: 01453 847424

**Wotton-under-Edge**

33

Bunters Sandwich Company,  
6 Bear Street  
T: 01453 845557

34

Edge Coffee Shop, 44 Long Street  
T: 01453 844108

35

Singing Teapot, 47 Long Street  
T: 07889 865079

36

The Ark, 43 Long Street  
T: 01453 521838

**Cam**

28

Wyvale Garden Centre  
Restaurant, Avening Road  
T: 01453 834624

**Mills Café, 8 Withey's Yard,**  
55 High Street  
T: 01453 752222

**Nosh, 18-20 Westward Road,**  
Cainscross  
T: 01453 767622

**Star Anise Arts Café,**  
Painwick Inn, Gloucester Street  
T: 01453 840021

**Upper Lock Café,** Wallbridge  
T: 01453 757772

**Woodruffs Organic Café,**  
24 High Street  
T: 01453 759195

### Places of interest

**Berkeley Castle**  
[www.berkeley-castle.com](http://www.berkeley-castle.com) T: 01453 810303

**Bisley Wells** Bisley

**Cattle Country Adventure Park** Berkeley Heath Farm, Berkeley [www.cattlecountrypark.co.uk](http://www.cattlecountrypark.co.uk)  
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**Coale Peak picnic area** (views and long barrow)

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**Wildfowl and Wetlands Trust** Slimbridge [www.wwt.org.uk](http://www.wwt.org.uk) T: 01453 891900

**The Severn Bore** view from Stonebench or Weir Green. Around 50 visible bores (1 - 5 star) occur each year after new or full moons, the biggest in Spring and Autumn. [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk) and leaflet at TICs

**Severn Trow Hulks, Purton** Graveyard for old barges along the banks of the River Severn.

**Tortworth Chestnut** (tree dating from the 1200s)

**William Tyndale Monument** North Nibley

**Woodchester Mansion** (incomplete 19th C mansion with access inside on open days. Enter park from west, not east) [www.fillthathole.org.uk](http://www.fillthathole.org.uk) Type in details and mark location, and CTC forwards details to the relevant local authority for action.

**Woodchester Park** Nympsfield (National Trust parkland and lakes)

**North Woodchester Churchyard** (buried Roman Orpheus mosaic, last revealed in 1973).

### Keeping fit?

Don't waste an opportunity!  
Go to the leisure centre on your bike. And use this map to find the best route.

**Dursley Pool and Sports Centre**  
T: 01453 546441

**Maidenhill Sports & Dance Centre, Stonehouse**  
T: 01453 824366 eve

**Nailsworth Recreation Centre**  
Nailsworth Primary School  
T: 01453 834822

**Stratford Park Leisure Centre (and pools), Stroud**  
T: 01453 766771

**Thomas Keble Leisure Centre, Eastcombe**  
T: 01452 770617 eve

**Wotton-under-Edge Pool** (outdoor)  
T: 01453 842086

**Wotton-under-Edge Sports Centre**  
Katharine Lady Berkeley's School  
T: 01453 842626 eve

### Fancy a read?

Go for a ride!

Use the map to find the best route to your library. [www.gloucestershire.gov.uk/libraries](http://www.gloucestershire.gov.uk/libraries)

**Berkeley**, School Lane  
T: 01453 810520

**Dursley**, May Lane  
T: 01453 543059

**Minchinhampton**, School Road  
T: 01453 885497

**Nailsworth**, Old Market  
T: 01453 832747

**Painwick**, Victoria Square  
T: 01453 821744

**Stonehouse**, Elms Road  
T: 01453 823176

**Stroud**, Lansdown  
T: 01453 751651

**Wotton-under-Edge**, Ludgate Hill  
T: 01453 842115

Out of hours service  
T: 0845 230 5420

### Cycling organisations

**Stroud Valleys Cycle Campaign**  
[www.facebook.com/StroudBike](http://www.facebook.com/StroudBike)  
7 Oak Way, Stonehouse, GL10 2QJ  
T: 01453 827929 [ckambries@btinternet.com](mailto:ckambries@btinternet.com)  
Cycle map coordinator: Tony Partridge  
T: 01453 822451  
[tony.partridge@virgin.net](mailto:tony.partridge@virgin.net)

- We aim to promote and encourage cycling as a mode of transport and as a leisure activity.
- We campaign for safer roads, better cycling facilities, cycle-friendly town centres and the lowering of urban speed limits, and improved, and cohesive public transport systems.
- Membership is open to all, with low individual, family and concessionary rates.

**CTC (the UK's national cyclists' organisation)**  
[www.ctc.org.uk](http://www.ctc.org.uk)  
Parklands, Railton Road, Guildford GU2 9JX  
T: 01483 238301  
[cycling@ctc.org.uk](mailto:cycling@ctc.org.uk)  
Membership fee includes monthly magazine, accident insurance, legal help, touring route information and membership of the local club.

**Stroud Valleys Cycling Club (CTC local branch)**  
[www.ctcwest.org.uk/stroud](http://www.ctcwest.org.uk/stroud)  
Secretary: Clare Smith  
T: 07772 888267  
[secretary@stroudvalleys.cc](mailto:secretary@stroudvalleys.cc)  
A broad programme of regular weekly rides for all abilities.

**Stonehouse Wheelers Cycling Club**  
[www.stonehousewheelers.org.uk](http://www.stonehousewheelers.org.uk)  
Secretary: Roy Jones  
T: 01453 298759  
[info@stonehousewheelers.co.uk](mailto:info@stonehousewheelers.co.uk)  
Sunday afternoon rides throughout the year, afternoon and evening rides in summer.

**Sustrans (the sustainable transport charity)**  
[www.sustrans.org.uk](http://www.sustrans.org.uk)  
2 Cathedral Square,  
College Green, Bristol BS1 5DD  
T: 0117 926 8893  
Sustrans is a leading UK charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Sustrans is behind many ground breaking projects including the National Cycle Network (NCN), over 14,000 miles of traffic-free, quiet lanes and on-road walking and cycling routes across the UK.

### Bike shops

**Dursley Delta Bikes**  
25 Silver Street  
T: 01453 545480. Bike sales, servicing, repairs, parts and accessories.

**Nailsworth Black&Bikes**  
Stroud Road T: 01453 391977.  
Bike sales, servicing, repairs, parts and accessories.

**South Woodchester The Bike Works**  
Frogmarsh Mill T: 01453 872824.  
Bike sales, servicing, repairs, parts and accessories.

**Stonehouse Tarmac and Trail**  
18 High Street T: 01453 822881.  
Bike sales, servicing, repairs, parts and accessories, bike hire.

**Stroud Cytek**  
59 Westward Road, Cainscross  
T: 01453 753330. Bike sales, servicing, repairs, parts and accessories.

**eCycle UK**  
10 John Street T: 01453 299171.  
Electric bikes and accessories.

**Halfords**  
Unit F, Merrywalks  
T: 01453 761590. Bike sales, parts and accessories.

**Noah's Ark Bikes & Snowboards**  
Bourne Mills, Brimscombe  
T: 01453 884738. Bike sales, servicing, repairs, parts and accessories.

**Square Deals on Wheels**  
Farm Bungalow, Cowcombe Lane T: 01285 760475.  
[www.sdeals.com](http://www.sdeals.com). Internet shop and lightweight bike specialists.

**Tetbury Veloton Cycles & Coffee**  
22 Market Place  
T: 01666 504343. Bike sales, servicing, repairs and clothes.

### Key

1

2

3

4

5

Cycleability gradations, in increasing difficulty

Designated traffic-free cycle paths

Canal towpath, usually good surface

Canal towpath, variable surface

Useful paths, may be poorly surfaced

Motorway

Pedestrian street

One-way street

Hill arrows - arrow points downhill

Level crossing

Train station

Bus station

School

Hospital

Toilet

Bike shops (lettered)

Cafés (numbered)

Places of interest (lettered)

Leisure centre

Place of worship

Cycle parking

Pub

Library

Farmers' market

Post Office

Tourist Information Centre

National Cycle Network routes

Steps - with a ramp for wheeling bikes

Towns

Villages

Villages with Post Offices/ local stores

**Stroud**

Amberley

Horsley

The representation of a track or path is no evidence of a public right of way. Users of these routes do so at their own risk.

### Tourist information centres

**Main offices**  
**Stroud**, Sub Rooms, George Street T: 01453 760960  
**Nailsworth**, Old Market T: 01453 839222  
**Tetbury**, 33 Church Street T: 01666 503552

**and also**  
**Wotton-under-Edge**, Heritage Centre,  
The Chipping T: 01453 521451  
**Dursley**, Library, May Lane T: 01453 543059

### Useful contacts

**Cycle training**

- Gloucestershire County Council Road Safety Team offers Bikeability cycle training through schools. T: 01452 425662  
[roadsafety@gloucestershire.gov.uk](mailto:roadsafety@gloucestershire.gov.uk)
- Bikeability (cycling proficiency for the 21st century). [www.bikeability.dft.gov.uk](http://www.bikeability.dft.gov.uk)
- Cyclecraft, by John Franklin ISBN 0 11 702051 6 (a book of skilled cycling techniques for adults).

**Cycle-Aid** (cycle accident solicitors), T: 0800 387815 [enquiries@cycle-aid.co.uk](mailto:enquiries@cycle-aid.co.uk)  
Free Help Line giving advice and support to all cyclists, with legal help following accidents.

**Environmental Transport Association**  
(cycle insurance and breakdown cover),  
68 High Street, Weybridge KT13 8RS  
T: 0333 0001234 [www.eta.co.uk](http://www.eta.co.uk)  
Offers cycle rescue, repair, and puncture cover for UK and Europe, if more than one mile from home. Takes cycle and cyclist to station or repair shop.

**Hotlines**

- Potholes:** Gloucestershire County Council  
T: 08000 514514,  
[www.gloucestershire.gov.uk/potholes](http://www.gloucestershire.gov.uk/potholes)  
Potholes meeting minimum criteria will be repaired within one working day
- Glass, litter on cycle paths, roads, pavements:** Stroud District Council T: 01453 754424
- The CTC has a website to report potholes in roads: [www.fillthathole.org.uk](http://www.fillthathole.org.uk). Type in details and mark location, and CTC forwards details to the relevant local authority for action.

### Public transport links

**Stroud Railway Station**  
to Gloucester and north to Swindon and London

**Stonehouse Railway Station**  
to Gloucester and north to Swindon and London

**Cam and Dursley Railway Station**  
to Gloucester and north to Bristol and south

**Stroud Bus Station**, Merrywalks, Stroud

**Nailsworth Bus Station**, Old Market, Nailsworth

**Dursley Bus Station**, May Lane, Dursley

**Public transport contact numbers:**  
**National Rail Enquiries**  
T: 08457 48 49 50 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
**National Express**  
T: 0871 7818181 [www.nationalexpress.com](http://www.nationalexpress.com)  
**Stagecoach**  
T: 01452 418630 [www.stagecoachbus.com](http://www.stagecoachbus.com)  
**Traveline:**  
T: 0871 2002233 [www.traveline.info](http://www.traveline.info)

### Going green?

Use your local markets, and travel by bike. Use the map to find your best route.

**Dursley Farmers' Market**  
2nd Saturday Mar to Dec

**Nailsworth Farmers' Market**  
4th Saturday

**Stroud Farmers' Market**  
Saturdays

**Stroud Shambles Market**  
Fridays and Saturdays

**Wotton Farmers' Market**  
1st Saturday