

1. From the Town Meadow turn right into the High Street. Walk past the Methodist Church and continue up the High Street as far as the Royal Lodge. Turn left into Hardings Lane, and follow the road up to the Leisure Centre.
2. At the end of the road, take a footpath on the left between the school and the boxing clubhouse and go around the school playing fields and through a kissing-gate. A little further along turn right and go through another kissing-gate and along Bay Lane to the T-junction with Bay Road.
3. Turn right, and after about 100 metres turn left onto a short rough track.
4. Go through the gate at the end of this track and keeping to the higher ground away from the river and go through the gate in the hedge straight ahead. From here make for the open end of a short length of hedge running out from the river. (Note. This point on the walk can be very wet and muddy after heavy rain).
5. Bear slightly left towards a bridge over Shreen Water. Do not cross the bridge. Instead turn right and follow the hedge uphill for about 300 metres. Go through a gate and diagonally up across the next field through another gate in the far corner and straight ahead out on to the road. (Note: the ground in this field is very uneven).
6. Turn right, go along the road to a T junction and turn right again.
7. After 50 metres take the short track on left, go through the right hand gate ahead and immediately turn right. Follow the hedge to an allotment. Go around this then diagonally across the next field to the gate at the far end of the line of fir trees.
8. Go through this gate and along a short path and through the kissing gate. Follow the tarmac path straight ahead into Barnaby Mead. Follow the road left to the High Street and turn right for the Town Meadow.

