

Cancer Research UK Walk - 23rd May 2009

A.M. Route visiting Grand Union Canal, Lowsonford, Bushwood, and the Stratford on Avon Canal
Approximate Distance - 6.75 miles.

1. Leave Lapworth Village Hall and follow the road right, towards the canal. Before reaching the canal turn right into *Brome Hall Lane* and immediately cross the road and go through car parking area to the canal (Kingswood Basin) and turn right.
2. Cross the footbridge over the canal and continue alongside the basin to a second footbridge; cross this and turn left along the canal (This is the link canal between the Stratford on Avon and Grand Union Waterways.)
3. Follow the canal under the railway bridge to the junction with the Grand Union Canal - do not cross bridge - but turn right along tow path (signposted Warwick).
4. Follow the tow path past *Tom O' the Wood Public House* (bridge 63) and continue until the next bridge (no 62) is reached.
5. Leave canal and turn right (away from bridge) and immediately right onto *Heart of England Way*. (Path is parallel to the part of canal tow path that you will have just walked but at a higher level)
6. Continue to follow path which bends to left and goes to left of a pond. At red brick building the route goes right, parallel to railway line and motorway, before reaching road.
7. At road turn left (this is still the *Heart of England Way*), cross bridge over railway and motorway, and follow road to Lowsonford. Although this road is not very busy it does get narrow in parts and walkers should walk in single file facing oncoming traffic.
8. Having crossed the bridge over the Stratford on Avon Canal, the main road through Lowsonford is reached. Cross this road and continue to follow signs for the *Heart of England Way*.
9. Cross stile on right, near the top of a slight rise, and walk across field to stile into 2nd field. Enter 2nd field and walk uphill to reach a further stile to the left of the remains of an old railway bridge. Cross stile and turn right over 'bridge'.
10. Go through kissing gate, turn left and go through 2nd kissing gate and take ascending path with woodland on left. Soon after top of ascent is reached path enters woodland.
11. On leaving woodland the path veers right and soon a metal farm gate is reached, At this point the route leaves the *Heart of England Way*, so do not go through gate but walk uphill on obvious farm track (Public Bridleway). There are some very good views from top of this hill.
12. Continue along track passing cream coloured house on left, before joining more substantial track which is followed, passing a barn and house on right, until lane (Bushwood Lane) is reached.
13. At lane turn right. At junction turn left in the direction of Lapworth. Soon after road bends left look for 2 footpaths on right. Ignore the 1st (right of way) and take the 2nd - *Unclassified County Road* - which at this point is quite narrow.
14. At yellow finger post continue ahead (left) on track which goes under the motorway before entering a conservation area.
15. At junction of three tracks take track on right (signposted as *Unclassified County Road*) which is followed until the Stratford on Avon Canal is reached. Cross bridge and turn left and follow canal back to Kingswood Junction before retracing steps back to Lapworth Village Hall.