



Eccleshall

Bench to Bench Walks

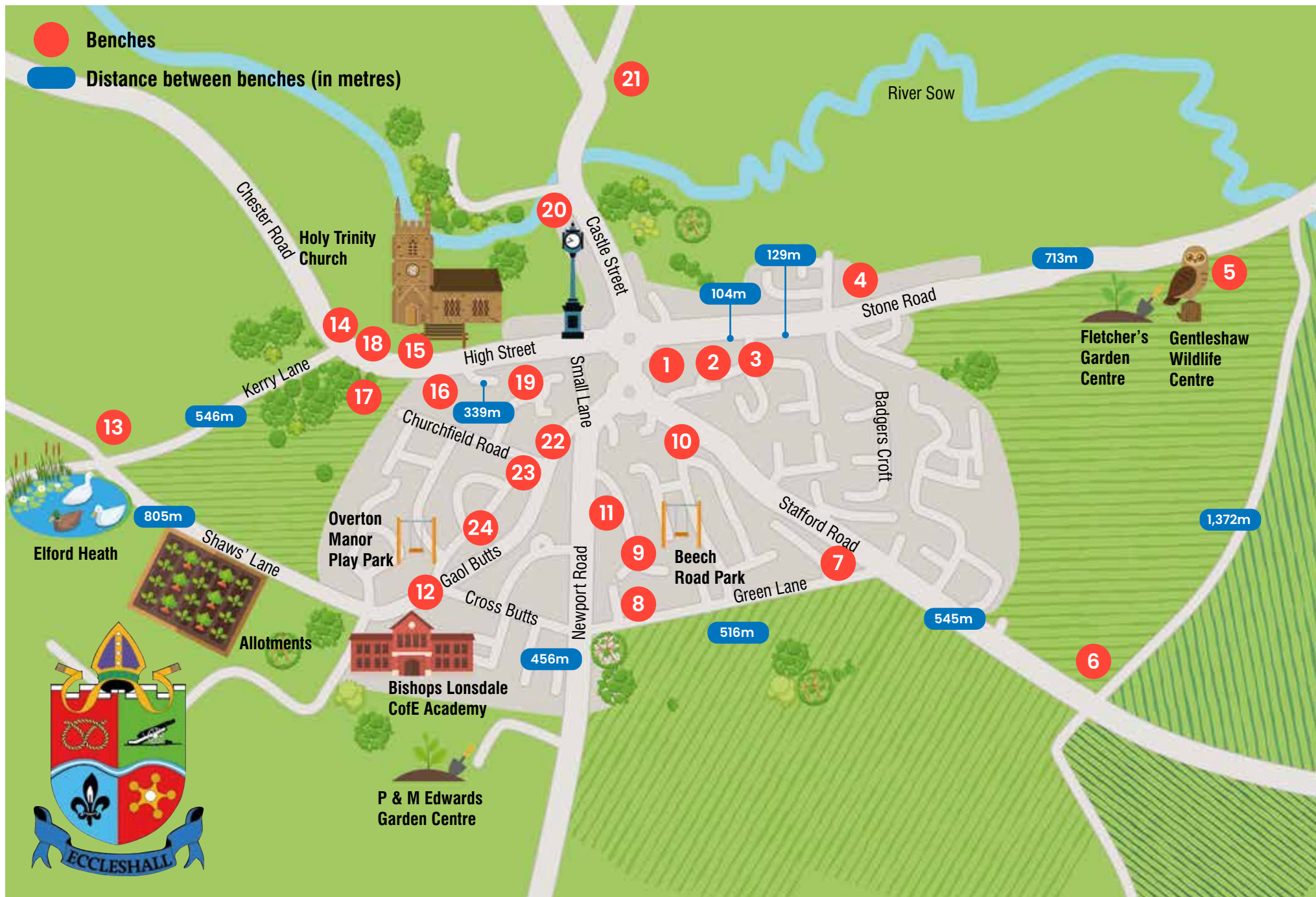
A series of six walks around Eccleshall using public benches as resting places.



careplus



-  Benches
-  Distance between benches (in metres)



Eccleshall 1

Bench to Bench Walk



Approximate total distance
5,289m (3¼ miles)

This walk allows you to plan short walks between the public benches in Eccleshall based on your ability and fitness level.

Circular walk around Eccleshall, including country lanes, Elford Heath, Holy Trinity Church and the historic High Street with its eighteenth-century houses, library, coffee shops and clock.



- 1 > Starting in the town centre at bench 1 proceed easterly for approximately 1,045m (3/5 mile), passing the Little George seventeenth century coaching inn and benches 2,3 and 4 to Fletchers Garden Centre with teashop, miniature railway and Gentleshaw Wildlife Centre.
- 2 > After bench 5, outside the garden centre, carry on along Stone Road, for 300m, until the right turning down Blurtons Lane, which passes through countryside for 1110m (approx. 3/5 mile) until the junction with Stafford Road. Turn right down Stafford Road until the left turning for Green Lane and bench 7.
- 3 > Follow Green Lane for 516m, passing bench 8, then straight across Newport Road to Cross Butts. Along Cross Butts for 456m, until the junction with Goal Butts and Shaws Lane, passing the Community Centre on the right.
- 4 > Walk down Shaw's Lane for 805m passing fields and allotments until the junction with Kerry Lane and bench 13. To your left is Elford Heath, with its picnic benches, woodland, pond and open space.
- 5 > Turn right down Kerry Lane for 546m until the junction with Church Street and bench 14. Turn right for 155m and pass by the 12th century Parish Church, and bench 18. Opposite is the historic Washpit, where sheep were once cleaned and you will find benches 16 and 17.
- 6 > Continue on for 339m down the High Street with its many historic buildings, library, shops and town clock to bench 19, outside the old bank. Proceeding 73m further down the High Street towards the mini roundabout reaches bench 1.



Eccleshall 2

Bench to Bench Walk



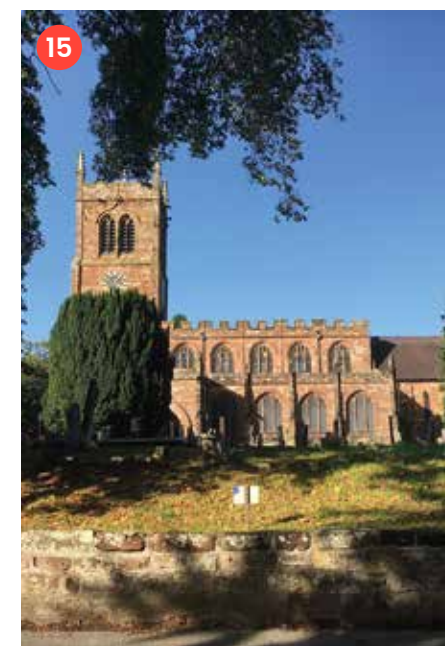
Approximate total distance
2.5 Km (1½ miles)

This walk allows you to plan short walks between the public benches in Eccleshall based on your ability and fitness level.

Bench 1 to 19 via the Community Centre, Elford Heath, Holy Trinity Church and the High Street.



- 1 > Starting from bench 1, in the centre of Eccleshall, proceed for 110m south along Stafford Street, noting the historic fire engine in the window of the Co-op, The Kings Arms coaching inn and Post Office.
- 2 > Turn right at the mini roundabout and right again into Goal Butts. Follow Goal Butts uphill for 546m passing another public house, the Eagle, bench 23 and then bench 24, before the junction with Cross Butts and the Community Centre with bench 12 behind, on your right.
- 3 > Go past the Community Centre and the school on your left and proceed down Shaws Lane for 772m, passing fields and allotments. At the junction with Kerry Lane is bench 13 and opposite is the open space of Elford Heath with its woodland, pond, grass, and picnic benches.
- 4 > Turn right down Kerry Lane for 546m until the junction with Church Street and bench 14. Turn right onto Church Street passing by the 12th century Parish Church and bench 18. Opposite is the historic Washpit, where sheep were once cleaned. Continue to benches 17 and 16 (250m).
- 5 > Continue for 306m, down the High Street, with its many historic buildings, library, shops, and town clock to bench 19, outside the old bank.



Eccleshall 3

Bench to Bench Walk



Approximate total distance
3.7Km (2¼ miles)

This walk allows you to plan short walks between the public benches in Eccleshall based on your ability and fitness level.



- 1 > Starting in the town centre at bench 1, proceed easterly for 1045m (3/5 mile) past the Little George eighteenth century coaching inn, benches 2, 3 and 4 to Fletchers Garden Centre with teashop, miniature railway and Gentleshaw Wildlife Centre.
- 2 > After passing bench 5 carry on along Stone Road for 292m until the right turning down Blurtons Lane, which passes through countryside for 1372m, until the junction with Stafford Road.
- 3 > Turn right down Stafford Road for 545m passing the mini roundabout for Sancerre Grange, until the turning for Green Lane, bench 7. Continue to follow Stafford Road for 500m until the junction with Linacre Road with bench 10
- 4 > Then carry on down Stafford Road for 118m until the mini roundabout and turn right into Stafford Street for 110m passing the Kings Arms public house on your right and the garage on the left, before returning to bench 1, opposite the Little George eighteenth century coaching inn.



Eccleshall 4

Bench to Bench Walk



Approximate total distance
1,112m (0.7 mile)

This walk allows you to plan short walks between the public benches in Eccleshall based on your ability and fitness level.

Circular walk from bench 1 to bench 19 via Eyeswell, Holy Trinity Church and the High Street.



- 1 > From bench 1 walk south down Stafford Street, past the garage opposite the Kings Arms public house until the mini roundabout, 107m, turn right into Newport Road and then right onto Goal Butts passing the Eagle public house and Small Lane, 144m.
- 2 > Look for the entrance to the public footpath and Eyeswell on your right, immediately before the gatepost marked Croft. Enter the footpath, passing bench 22, and the wooded area to your left. Note the board describing origins of Eyeswell.
- 3 > Keep to the footpath for 132m, until Perle Brook Road, go straight across and continue along the footpath for 212m. Turn right for 44m until the Washpit is reached with bench 16 and a notice board surrounded by railings with the history of the Washpit.
- 4 > Turn right past bench 16, the 12th Century Holy Trinity Church is opposite. Continue for 400m down the High Street, with its many historic buildings, library, shops and town clock to bench 19, outside the old bank. This brings you back to bench 1 opposite the Little George 12th Century coaching inn.



Eccleshall 5

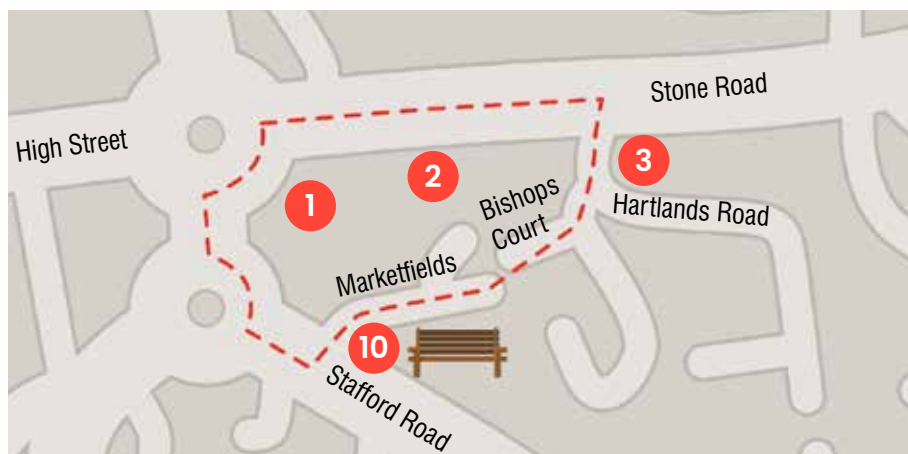
Bench to Bench Walk



Approximate total distance
0.7m (½ mile)

This walk allows you to plan short walks between the public benches in Eccleshall based on your ability and fitness level.

Circular walk to and from bench 1 via Stone Road, Hartlands Road, Market Fields, and Stafford Road.



- 1 > From bench 1 walk east along the Stone Road, passing the public toilets and bench 2.
- 2 > Carry on across the entrance to the Co-op car park on your right and the Saddlery on your left.
- 3 > A short distance after the Methodist Church is the entrance to Hartlands Road, 252m. Turn right into Hartlands Road, then keep right into Bishops Court. The Queen Elizabeth II field is on your right, 100m. The field was part of a nationwide project in celebration of the Diamond Jubilee of Her Majesty Queen Elizabeth II in 2012.
- 4 > Turn right and cross the field for 50m to a short footpath that leads into Market Fields. Follow Market Fields for 121m until the junction with Stafford Road and turn right proceeding along Stafford Road for 73m until the mini roundabout.
- 5 > Turn right into Stafford Street, pass the award winning butchers, Perrys, and the window of the Co-op, which displays an historic fire engine, returning to bench 1 after 107m opposite the Little George coaching inn.



Eccleshall 6

Bench to Bench Walk



Approximate total distance
1,170 m (3/4 mile)

This walk allows you to plan short walks between the public benches in Eccleshall based on your ability and fitness level.

Circular walk to and from bench 1 via Castle Street, footpath 12, the Church and the High Street.



- 1 > From bench 1 walk north up Castle Street, past the Old Smithy public house and the site of the blacksmiths. Opposite is the seventeenth century coaching inn, the Little George.
- 2 > Proceed for 300m passing bench 20, in the bus shelter, to the footpath sign on the left. Follow footpath 12 across the field for approximately 350m, until the churchyard, then walk through the churchyard for 120m, passing the 13th century church containing the tombs of four Bishops of Lichfield.
- 3 > Bench 15 is outside the parish rooms. Turn right onto Church Street passing the war memorial and proceed along the High Street, for 400m, with its many historic buildings, library, shops and town clock to bench 19, outside the old bank.
- 4 > Return to bench 1 opposite the Little George 17th Century coaching inn.



Walking is good for you!

REGULAR WALKS

are good for your **PHYSICAL HEALTH** and ideal if you haven't been physically active for a while



Walking can help you to make **CONNECTIONS WITH OTHERS** in your community



A brisk 10 minute DAILY WALK counts towards your recommended **150 MINUTES** of weekly exercise

WALKING INSTEAD OF DRIVING

short distances can help **REDUCE CARBON EMISSIONS** and reduce your carbon footprint



Walking helps you **SLEEP BETTER** which gives you **MORE ENERGY** in the day



Walking helps you **MANAGE STRESS** and that helps to **REDUCE DEPRESSION**



Walking makes you **FEEL HAPPIER** by releasing **FEEL GOOD HORMONES**



These walks were created by **Eccleshall Parish Council**.