

Direction	Speed	After	Distance	Cumulative	Minutes	Ttl Hr/Min
Exit FRANKWELL ST GEORGE through the main doors, turn immediate right onto Drinkwater Street	60	-	0	0	0	
Follow Drinkwater Street round to the right of the church into St Georges Street	60	After 20m	20	20	0	
Follow St Georges Street to the end, turn right into Mount Street	60	After 90m	90	110	2	
Follow Mount Street until it becomes Whitehorse Passage, continue	60	After 120m	120	230	4	
Follow Whitehorse Passage to the end, turn left onto Frankwell	60	After 70m	70	300	5	
Follow Frankwell to the island at the end, take the third exit right onto Frankwell Quay	60	After 60m	60	360	6	
Follow Frankwell Quay to the end, take the riverside path on the left	60	After 70m	70	430	7	
Follow the riverside path to the Frankwell Footbridge, bear left to use it	60	After 120m	120	550	9	
Cross the Severn and descend down to the A458 Smithfield Road, follow it to the right along the river	60	After 130m	130	680	11	
Follow the A458 Smithfield Road to the railway station and castle at the end, here take the footpath between them known as The Dana	60	After 340m	340	1020	17	
Follow The Dana up to and over the railway to the end, turn right onto the road itself known as The Dana	60	After 180m	180	1200	20	
Follow The Dana past the old prison and round to the left until it becomes Victoria Street; continue	60	After 140m	140	1340	22	
Follow Victoria Street to the third left of Benyon Street (immediately after the pedestrianised Water Street)	60	After 210m	210	1550	26	
Follow Benyon Street to the end, turn right into North Street	60	After 120m	120	1670	28	
Follow North Street until on the left is CASTLEFIELDS ALL SAINTS	60	After 70m	70	1740	29	29min
Exit All Saints', cross Noth Street slightly to the left into West Street	60	After 10m	10	1750	29	
Follow West Street to the end, turn right into Burton Street	60	After 60m	60	1810	30	
Follow Burton Street to the end, turn left onto Donkey Alley	60	After 30m	30	1840	31	
Follow Donkey Alley to the end, turn right onto Dorset Street	60	After 70m	70	1910	32	
Follow Dorset Street until on the left is the Castle Walk Footbridge	60	After 10m	10	1920	32	
Cross the Severn over the Castle Walk Footbridge, take the footpath straight in front of you	60	After 80m	80	2000	33	
Follow the footpath over Mousefield Nature Reserve until you reach Underdale Road, turn left	60	After 310m	310	2310	39	
Follow Underdale Road to the fourth right, Underdale Avenue	60	After 440m	440	2750	46	
Follow Underdale Avenue to the first left, Monkmoor Avenue	60	After 80m	80	2830	47	
Follow Monkmoor Avenue until it bends right just before the end, there turn left onto Monkmoor Road	60	After 420m	420	3250	54	
Follow Monkmoor Road over Robertson Way until the next building on the left is MONKMOOR ST PETER	60	After 90m	90	3340	56	56min
Exit St Peter's, turn left onto Monkmoor Road, and immediate right into Abbots Road	60	After 60m	60	3400	57	
Follow Abbots Road to the second right, Connynger Crescent	60	After 340m	340	3740	62	1hr 2min
Follow Connynger Crescent to the second right, Barleyfield	60	After 120m	120	3860	64	
Follow Barleyfield to the end as it opens into a square on the left, instead take the footpath heading straight on	60	After 160m	160	4020	67	
Follow the footpath through onto Freer Meadow, turn right	60	After 30m	30	4050	68	
Follow Freer Meadow to thye end, turn right onto Crowmere Road	60	After 90m	90	4140	69	
Follow Crowmere Road until immediately on the right is SHREWSBURY BAPTIST CHURCH	60	After 50m	50	4190	70	1hr 10min
Exit the Baptist Church, cross Crowmere Road slightly to the right, head towards the underpass on the left of the island	60	After 60m	60	4250	71	
Follow the spur of Crowmere Road and the underpass until you reach the next section of Crowmere Road, then take the first left onto Bell Lane	60	After 190m	190	4440	74	
Follow Bell Lane over the railway to the footbridge on the left (opposite the third right of Alfred Street)	60	After 280m	280	4720	79	
Cross the bridge over Bell Lane, take the footpath immediately on the right after it	60	After 40m	40	4760	79	

Follow the footpath alongside the cricket club until it emerges in Sparrow Lane	60	After 110m	110	4870	81		
Follow Sparrow Lane to the end, turn left onto Abbey Foregate	60	After 150m	150	5020	84		
Follow Abbey Foregate to the Column Roundabout, take the third exit right into Wenlock Road (the path leading between the council offices and the Lord Hill column itself)	60	After 320m	320	5340	89		
Follow Wenlock Road until on the left is SHREWSBURY ST GILES	60	After 180m	180	5520	92	1hr 32min	22min
Exit St Giles', turn left onto Wenlock Road	60	-	0	5520	92		
Follow Wenlock Road to the first right, Sutton Road	60	After 100m	100	5620	94		
Follow Sutton Road to the first right, Stonehurst Drive	60	After 200m	200	5820	97		
Follow Stonehurst Drive until it forks, fork right	60	After 40m	40	5860	98		
Follow this fork of Stonehurst Drive to the end, take the footpath on the left	60	After 30m	30	5890	98		
Follow the footpath to the end, turn left onto the spur of Kenton Drive	60	After 40m	40	5930	99		
Follow this spur of Kenton Drive to the end, take the main section to the left	60	After 70m	70	6000	100		
Follow to the first right just before the end, Laundry Lane	60	After 130m	130	6130	102		
Follow Laundry Lane to the footpath on the right just before it becomes Millmeadow (the second and descending one into Rea Brook Valley Local Nature Reserve)	60	After 80m	80	6210	104		
Follow this path... -down to and over the bridge -across 1 path intersection and through 1 path convergence -underneath the A5112 Pritchard Way ...until you emerge on the corner of Greave Road, but continue straight on onto Reabrook Avenue	60	After 260m	260	6470	108		
Follow Reabrook Avenue until it becomes Rocke Street	60	After 260m	260	6730	112		
Follow Rocke Street until it bends sharp right at the end to the main road, instead turn left onto Scott Street	60	After 120m	120	6850	114		
Follow Scott Street until it becomes pedestrianised at the end, continue straight on over the railway bridge	60	After 240m	240	7090	118		
Cross the railway, continue straight on onto Betton Street	60	After 40m	40	7130	119		
Follow Betton Street to the first left, Bynner Street	60	After 50m	50	7180	120	2hr	
Follow Bynner Street to the first right, Trinity Street	60	After 140m	140	7320	122		
Follow Trinity Street to the end, turn right onto Belle Vue Road	60	After 170m	170	7490	125		
Follow Belle Vue Road until on the left is BELLE VUE HOLY TRINITY	60	After 100m	100	7590	127	2hr 7min	35min
Exit Holy Trinity, turn right onto Belle Vue Road and immediately right again onto the footpath 'School Lane'	60	After 20m	20	7610	127		
Follow 'School Lane' through onto Salters Road, turn right	60	After 110m	110	7720	129		
Follow Salters Road to the end and SHREWSBURY SALVATION ARMY	60	After 40m	40	7760	129	2hr 9min	2min
Exit the Army Corps, retrace your steps to the 'School Lane' footpath, this time turn right	60	After 40m	40	7800	130		
Follow 'School Lane' through onto Longden Coleham, turn right	60	After 90m	90	7890	132		
Follow Longden Coleham until on the left is BARNABAS COMMUNITY CHURCH	60	After 150m	150	8040	134	2hr 14min	5min
Exit Barnabas Church, turn left onto Longden Coleham	60	-	0	8040	134		
Follow Longden Coleham to the crossing just before the pimple island at the end	60	After 80m	80	8120	135		
Use the crossing and the short footpath after it, similarly cross Moreton Crescent and take Old Coleham slightly on the left	60	After 50m	50	8170	136		
Follow Old Coleham through to the end, take the continuing path under the railway	60	After 90m	90	8260	138		
Continue under the railway bridge through to Old Potts Way, turn left	60	After 130m	130	8390	140		
Follow Old Potts Way through to the end, turn right onto Abbey Foregate	60	After 270m	270	8660	144		

Follow Abbey Foregate until in front of you is SHREWSBURY ABBEY	60	After 100m	100	8760	146	2hr 26min	12min
Exit the Abbey to the right, turn left onto that section of Abbey Foregate	60	-	0	8760	146		
Follow Abbey Foregate to the main section of Abbey Foregate alongside the railway bridge, bear to the right underneath it	60	After 100m	100	8860	148		4min
Follow this last section of Abbey Foregate to the first left just before the English Bridge, turn left onto Coleham Head and immediately on the left is SHREWSBURY UNITED REFORMED CHURCH	60	After 130m	130	8990	150	2hr 30min	
Exit the URC Church, cross Coleham Head towards English Bridge	60	After 20m	20	9010	150		5min
Cross the Severn over (the) English Bridge, continue straight on onto Wyle Cop	60	After 140m	140	9150	153		
Ascend Wyle Cop up until on the right is ILLUMINATE CHRISTIAN BOOKSHOP	60	After 170m	170	9320	155	2hr 35min	6min
Exit the bookshop, continue to ascend Wyle Cop	60	-	0	9320	155		
Follow Wyle Cop to the passageway after the Henry Tudor Inn, 'Barracks Passage'	60	After 30m	30	9350	156		5min
Follow Barracks Passage through to the tapas bar at the end, turn left down the cobbled Belmont Bank	60	After 60m	60	9410	157		
Descend Belmont Bank down onto Town Walls, turn right	60	After 40m	40	9450	158		6min
Follow Town Walls until on the right is SHREWSBURY RC CATHEDRAL	60	After 190m	190	9640	161	2hr 41min	
Exit the Cathedral, turn right onto Town Walls	60	-	0	9640	161		5min
Follow Town Walls to the first right, Belmont	60	After 100m	100	9740	162		
Follow Belmont to the first right, Belmont Bank (opposite the abandoned 'Old St Chad's on the left)	60	After 210m	210	9950	166		3min
Follow Belmont Bank until on the left is ST DAVID'S PRESBYTERIAN CHURCH	60	After 30m	30	9980	166	2hr 46min	
Exit St David's, retrace your steps up Belmont to old St Chad's and turn right onto Belmont	60	After 30m	30	10010	167		2min
Follow Belmont until it bends left into Princess Street, instead continue straight on into Milk Street	60	After 30m	30	10040	167		
Follow Milk Street to the end, cross Wyle Cop into ST JULIAN'S ORTHODOX CHURCH	60	After 90m	90	10130	169	2hr 49min	3min
Exit St Julian's, turn right and immediate right into Fish Steet	60	-	0	10130	169		
Follow Fish Street up to the steps on the right into SHREWSBURY ST ALKMUND	60	After 100m	100	10230	171	2hr 51min	10min
Exit St Alkmund's, descend to Fish Street and turn right	60	-	0	10230	171		
Follow Fish Street to the first Alleyway on the left, Grope Lane	60	After 40m	40	10270	171		3hr
Follow Grope Lane down to the bottom, turn right onto High Street	60	After 50m	50	10320	172		
Follow High Street to the end, as it bends left into Mardol Head, continue	60	After 90m	90	10410	174		3hr 1min
Follow Mardol Head to the next right, the pedestrianised Mardol	60	After 50m	50	10460	174		
Follow Mardol past the public artwork to the first left, Claremont Street	60	After 20m	20	10480	175		10min
Follow Claremont Street past the former Central Baptist Church on the right, cross Barker Street slightly on the right into Claremont Hill	60	After 140m	140	10620	177		
Follow Claremont Hill up to the end, turn left onto St Chad's Terrace	60	After 160m	160	10780	180	3hr	10min
Follow St Chad's Terrace to the entrance on the left into SHREWSBURY ST CHAD	60	After 70m	70	10850	181	3hr 1min	
Exit St Chad's, turn right onto St Chad's Terrace	60	-	0	10850	181		10min
Follow St Chad's Terrace to the crossing and the gates on the left of Quarry Park	60	After 80m	80	10930	182		
Follow the footpath straight on past the War Memorial, then past the ornamental gardens of The Dingle on the left, until you reach the riverbank path at the end by the statue of Hercules, turn right	60	After 290m	290	11220	187		10min
Follow the riverbank path to the first footbridge on the left	60	After 190m	190	11410	190		
Cross the Porthill Suspension Bridge, turn right after it onto New Street	60	After 90m	90	11500	192		10min
Follow New Street to the end, turn right onto Copthorne Road	60	After 330m	330	11830	197		

Follow Copthorne Road to Frankwell Island, proceed clockwise	60	After 40m	40	11870	198	
Follow Frankwell Island to the second exit, Drinkwater Street	60	After 120m	120	11990	200	
Follow Drinkwater Street until on the right is SHREWSBURY ST GEORGE	60	After 50m	50	12040	201	3hr 21min 20min