

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 first right, Canon Street	60	After 100m	100	4540	76	
Follow Canon Street to the first left, Clifford Street	60	After 190m	190	4730	79	
Follow Clifford Street to the end/first right, turn right onto Bishop Street	60	After 80m	80	4810	80	

Follow Bishop Street to the end, turn left onto Monkmoor Road	60	After 190m	190	5000	83		
Follow Monkmoor Road to the first right, Whitehall Street	60	After 100m	100	5100	85		
Follow Whitehall Street to the end, cross Holywell Street in front of you, pass Horsefair and take the next right into Abbey Foregate	60	After 230m	230	5330	89		
Follow this section of Abbey Foregate past the Hospital of the Holy Cross, until on the left is SHREWSBURY ABBEY	60	After 190m	190	5520	92	1hr 32min	22min
Exit the Abbey to the right, turn left onto that section of Abbey Foregate	60	-	0	5520	92		
Follow Abbey Foregate to the main section of Abbey Foregate alongside the railway bridge, bear to the right underneath it	60	After 100m	100	5620	94		
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	5750	96	1hr 36min	4min
Exit Shrewsbury URC and turn left onto Coleham Head	60	-	0	5750	96		
Follow Coleham Head to the next junction, cross to the right here but continue straight on onto 'Rea Bridge'	60	After 70m	70	5820	97		
Follow Rea Bridge to the first right at the pimple island, Longden Coleham	60	After 130m	130	5950	99		
Follow Longden Coleham until on the right is BARNABAS COMMUNITY CHURCH	60	After 100m	100	6050	101	1hr 41min	5min
Exit Barnabas, turn right onto Longden Coleham	60	-	0	6050	101		
Follow Longden Coleham until the first alleyway on the left (opposite the Pumping Station immediately before The Cross Foxes pub)	60	After 70m	70	6120	102		
Follow the alleyway through to the car at the rear of The Boars Head pub, continue onto Belle Vue Road and turn right	60	After 120m	120	6240	104		
Follow Belle Vue Road until on the right is BELLE VUE HOLY TRINITY	60	After 140m	140	6380	106	1hr 46min	5min
Exit Holy Trinity, turn right onto Belle Vue Road and immediately right again onto the footpath 'School Lane'	60	After 20m	20	6400	107		
Follow 'School Lane' through onto Salters Road, turn right	60	After 110m	110	6510	109		
Follow Salters Road to the end and SHREWSBURY SALVATION ARMY	60	After 40m	40	6550	109	1hr 49min	3min
Exit the Army Corps, retrace your steps to the 'School Lane' footpath, this time turn right	60	After 40m	40	6590	110		
Follow 'School Lane' through onto Longden Coleham, turn left	60	After 90m	90	6680	111		
Follow Longden Coleham to the pedestrianised lane on the right opposite the (handy) pelican crossing	60	After 90m	90	6770	113		
Follow the pedestrianised lane to the end, continue straight on onto Greyfriars Bridge	60	After 40m	40	6810	114		
Cross Greyfriars Bridge onto St Julian's Friars, continue straight on	60	After 70m	70	6880	115		
Follow St Julian's Friars, to the first left onto Williams Way	60	After 50m	50	6930	116		
Follow Williams Way as it bends to the right up to the end at Beeches Way, turn left	60	After 140m	140	7070	118		
Follow Beeches Lane until it shortly becomes 'Town Walls', continue	60	After 30m	30	7100	118		
Follow Town Walls until on the right is SHREWSBURY RC CATHEDRAL	60	After 200m	200	7300	122	2hr 2min	13min
Exit the Cathedral, turn right onto Town Walls	60	-	0	7300	122		
Follow Town Walls to the first right, Belmont	60	After 100m	100	7400	123		
Follow Belmont to the first right, Belmont Bank (opposite the abandoned 'Old St Chad's on the left)	60	After 210m	210	7610	127		
Follow Belmont Bank until on the left is ST DAVID'S PRESBYTERIAN CHURCH	60	After 30m	30	7640	127	2hr 7min	5min
Exit St David's, retrace your steps up Belmont to old St Chad's and turn right onto Belmont	60	After 30m	30	7670	128		
Follow Belmont until it bends left into Princess Street, instead continue straight on into Milk Street	60	After 30m	30	7700	128		
Follow Milk Street to the end, cross Wyle Cop into ST JULIAN'S ORTHODOX CHURCH	60	After 90m	90	7790	130	2hr 10min	3min
Exit St Julian's, turn right and immediate right into Fish Steet	60	-	0	7790	130		
Follow Fish Street up to the steps on the right into SHREWSBURY ST ALKMUND	60	After 100m	100	7890	132	2hr 12min	2min
Exit St Alkmund's, descend to Fish Street and turn right	60	-	0	7890	132		

Follow Fish Street to the first Alleyway on the left, Grope Lane	60	After 40m	40	7930	132		
Follow Grope Lane down to the bottom, turn right onto High Street	60	After 50m	50	7980	133		
Follow High Street to the end, as it bends left into Mardol Head, continue	60	After 90m	90	8070	135		
Follow Mardol Head to the next right, the pedestrianised Mardol	60	After 50m	50	8120	135		
Follow Mardol past the public artwork to the first left, Claremont Street	60	After 20m	20	8140	136		
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	8280	138		
Follow Claremont Hill up to the end, turn left onto St Chad's Terrace	60	After 160m	160	8440	141		
Follow St Chad's Terrace to the entrance on the left into SHREWSBURY ST CHAD	60	After 70m	70	8510	142	2hr 22min	10min
Exit St Chad's, turn right onto St Chad's Terrace	60	-	0	8510	142		
Follow St Chad's Terrace to the crossing and the gates on the left of Quarry Park	60	After 80m	80	8590	143		
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	8880	148		
Follow the riverbank path to the first footbridge on the left	60	After 190m	190	9070	151		
Cross the Porthill Suspension Bridge, turn right after it onto New Street	60	After 90m	90	9160	153		
Follow New Street to the end, turn right onto Copthorne Road	60	After 330m	330	9490	158		
Follow Copthorne Road to Frankwell Island, proceed clockwise	60	After 40m	40	9530	159		
Follow Frankwell Island to the second exit, Drinkwater Street	60	After 120m	120	9650	161		
Follow Drinkwater Street until on the right is SHREWSBURY ST GEORGE	60	After 50m	50	9700	162	2hr 42min	20min