

Circular walk up to Frith Wood

OS Explorer Map 179

Grid Ref: SO 865095

Distance: 4 miles (6 km)

Time: 2 hours

Difficulty: Strenuous (two steep climbs)

Start: Stamages Lane Car Park

Refreshments: Royal Oak Inn, The

Falcon & Painswick Pooch Tea Room

(1) Leave the upper tier of the car park by the passage in the far right hand corner. As you emerge into the churchyard follow the stepping stone path along the edge of the churchyard up to the main door of the church. Turn right through the churchyard and at the corner of the church turn right to exit the churchyard by Stocks Cottage. (note the stocks on your left) Carry straight on down Hale Lane and go through the pedestrian passage onto Knapp Lane. Turn right here and continue to the bottom of the hill where you turn left and shortly right into Ticklestone Lane

(2) Cross into Ticklestone Lane and pass the mill pond on your left and Painswick Mill on your right. The path ahead starts to climb gently and bears to the right where another path joins on the left. This path splits into two and you take the left fork onto a path bounded by a hedge and a fence. Climb steadily until you cross a stile and shortly reach a metalled road.

(3) Cross the road and follow the path marked as a bridleway. Pass through a metal gate and at the next gate you enter Frith Wood. The path now becomes rough and steep but shortly you join a woodland track where there is a way mark post; turn left. Follow this broad path, which can sometimes be muddy, as it rises to join a clear track. Turn right and proceed through the wood, taking care not to deviate onto any of the side paths. The path emerges to be bounded on the right by hay meadows.



At the end of the wood there is a gap in the wall from which there are two paths. These go either side of a hedge and come out at the same place. The right hand path is often clearer.



(4) At the end of this path there is a rough farm track. (At this point it is possible make a diversion and extend the walk by about 1.5 miles. See appendix for details) The main walk goes right and eventually reaches a cattle grid which is the start of Juniper Hill.

The track narrows, becomes rough under foot and descends more steeply, until a second cattle grid exits onto a metalled road. Turn left here and at the junction turn left again, sign posted Stroud. At the drive on the right there is a footpath sign which leads you to a stile and into a field.

Continue downhill keeping to the left hand fringe of the field. At the end of the field cross into the adjacent field and now follow the right hand border. Cross the stile into an enclosed path which passes around Sheephouse and emerges onto a single track metalled roadway. Turn right and follow this track; at the fork keep left. A gentle downhill stroll takes you down to Kingsmill on the Painswick Stream.

(5) Go through the gate opposite Kingsmill and over the foot bridge which crosses the sluice gates and mill race to enter a field via a kissing gate. Follow the stream and go through another kissing gate which leads into a path enclosed by hedges. At the end of this path step over the stone stile and onto the road. Turn left and walk up Stamages Lane back to the starting point.

Appendix. This is a 1.5 mile detour for those wishing to visit Slad, the setting for Cider with Rosie, and places associated with Laurie Lee.

Instead of turning right go left and follow the track as it curves down the hill into the Slad Valley. This emerges onto a metalled road opposite the village war memorial. Turn right and follow the road into Slad. The Woolpack, Laurie's favourite pub, is on the left and the church is near-by. Retrace your steps to rejoin the main walk.



Cotswold Gateways

Cotswolds National Landscape has worked with local communities to create ten new Cotswold Gateways locations, from which people can follow walking and cycling routes to explore the surrounding countryside of the Cotswolds Area of Outstanding Natural Beauty.

It is part funded by the European Agricultural Fund for Rural Development



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