

THE SEVERN WAY ULTRA

Worcester to CP1 (11.90 miles)

From the Travelodge, Cathedral Plaza, go right on the main road footpath. Soon reach pedestrian lights with the College on your left, cross over here and continue down the side road towards a carpark by the river, and then bear left along the River Severn.

At 0.5 miles (G/R 849 542) pass the Diglis Hotel on your left and about 1.0 mile take the footbridge over Diglis Dock and continue ahead with the river on your right.

Go past the new footbridge towards the Duck Brook. You may be diverted away from the river here, but follow SW signs which will revert you back to the river after the Duck Brook. Continue through Ketch Caravan Park towards the A4440 flyover.

At 2.32 miles (G/R 852 516) pass under the A4440 bridge. Continue on the SW alongside the river.

At 8.91 miles (G/R 854 431) the path reaches a wooded area and turns acutely sharp left away from the river along the edge of the field.

At 9.45 miles (G/R 858 439) reach the A38 road and bear right on the footpath alongside the main road. After 0.2 miles bear right down a lane signposted SW. Continue through several gates until at 10.45 miles you reach the river path. Continue on the SW and after a couple of bends, it turns right again onto a lane going past the entrance to Severn Bank and onto a driveway to the Coach house. Just as you approach the Coach house, bear left through a gate onto a grassy track that descends past Cliff Wood to rejoin riverside fields. As you approach Upton, the route is channelled through an underpass and on the other side turn right to climb to the road and then cross Upton Bridge.

At 11.9 miles (G/R 851 407) The Plough Inn is immediately on your left after crossing the bridge, which is CP1.

Navigation difficulty rating: Low, signed The Severn Way
Course type: Stony track, tarmac paths, grassy paths

CP1 to CP2 – S4 (11.5 miles)

From the Plough Inn continue along the SW with the river to your left.

At 3.2 miles (G/R 866 369) pass under the M50.

At 5.7 miles (G/R 888 337) reach and cross Mythe Bridge continuing ahead until you reach the A38 and turn right keeping to the footpath.

At 6.2 miles (G/R 893 332) go right down steps signposted SW, towards canals. Follow SP signs through canal route crossing various bridges until, after about 0.6 miles, you reach the footbridge at Abbey Mill (G/R 889 325). Continue ahead to the main road and turn right on the footpath by The Bell Pub.

At 7.1 miles (G/R 888 321) take Lower Lode Lane on your right. At the end of the lane reach the river and continue past Cheltenham College Boathouse, and through a metal gate to resume the riverside route.

At 10.3 miles (G/R 854 283) go past The Coal House Inn.

At 11.4 miles (G/R 846 278) reach the Haw Bridge and cross the river here and CP2, the Haw Bridge Inn is immediately on your left at 11.5 miles.

Navigation difficulty rating: Low, signed The Severn Way.

Course type: mainly river paths, fields

Distance covered – 23.4 miles

CP2 to CP3 - S4 (11.3 miles)

From the Haw Bridge Inn continue along the river footpath with the river on your left.

At 5.9 miles (G/R 817 215) the path goes away from the river but soon reaches a lane and go left.

At 6.2 miles (G/R 816 212) reach the A417 by the Village Inn and

go left, cross over the bridge and take Cycle Route 45 on your right, which runs parallel to the road. Stay on the Cycle Route 45.

At 8.3 miles (G/R 824 184) exit at the A430 and turn right, back on yourself and continue ahead on the A430 using the roadside footpath.

At 8.5 miles (G/R 822 179) go right into Hemmingsdale Road, signposted as dead-end. After the last terraced house on the right, turn right down a fenced path. At its end, turn left to re-emerge beside the Severn, continuing along the riverside path that loops around Sud Meadow. When having passed the village of Hempsted and approaching The Rea, branch left, still on an embankment, to a stile in a hedge.

At 11.3 miles (G/R 810 164), over stile and go to and cross a footbridge to a road. This is CP3. (Postcode GL2 5LP.

Navigation difficulty rating: Low, signed The Severn Way

Course type: Fields, grassy tracks, some tarmac.

Distance covered – 34.7 miles

CP3 to CP4 (9.8 miles)

Turn right and follow the road to its end, then, just before the last house, turn right through a gate and a garden to a stile (G/R 807 159), beyond which you join the riverbank.

At 1.1 miles you meet a road again at Lower Rea, Elmore Lane West (G/R 801 151).

The route follows the river for most of this leg.

Continue along the road for approx 800 meters then when it bends left, leave it for a path returning to the riverbank. Continue past houses and then to a stile which beyond, you go through a series of riverside fields and orchards. Not far from Wicksgreen you leave the floodbank to go through an orchard at Waterend Farm. On the far

side go forward over a footbridge. After passing the village of Longney the river suddenly broadens to accommodate Longney Sands. At the end of the sands you come to Bush Crib, where you pass a cottage and continue along the floodbank, crossing a section of cultivated turf to Longney Crib where the Severn narrows again.

At 8.7 miles (G/R 761 110) the path reaches the hamlet of Epney, where the path comes out to a road. Turn right here and proceed to Upper Framilode, once there turn right again also signposted Upper Framilode.

At 9.8 miles you will reach The Anchor Inn (G/R 750 103) which is CP4.

Navigation difficulty rating: Low, signed The Severn Way
Course type: Fields, floodbanks, some tarmac
Distance covered – 44.5 miles

CP5 to Finish (12.7 miles)

From The Anchor Inn continue along the road (taking care against the approaching traffic !) and at 0.7 miles passing over the river Frome bridge then turning right signed the Severn Way to reach St. Peters Church at 0.9 miles. Continue past the church which is signed the Severn way and continue forward to a junction at 1.3 miles where you bear right. Continue along the lane until at 1.8 miles you will pass Priding House. Just after the house the road bends left, leave it here to rejoin the riverside path, again signed the Severn Way. The route now follows the floodbank around the peninsula.

At 4.8 miles pass the Old Passage Inn (G/R 695 113).

At 7.4 miles reach Smiths Wood (G/R 724 093). Go through the wood continuing to a footbridge.

At 8.05 miles (G/R 736 086) reach a gate and go sharp left away from the river, soon reach a metal stair to cross into the adjacent field, continue away from the river until you reach the lane.

At 8.15 miles (G/R 738 090) reach lane and go right along the lane, eventually crossing the canal.

At 8.9 miles reach and pass the Bell Inn on your right, continue ahead and then soon take the left lane (Whitminster Lane) at 9.1 miles (G/R 750 081). Stay on this lane using the side footpath until you continue on a country lane without footpath (take care). You are on Cycle Route 45 to Whitminster.

At 9.95 miles (G/R 759 088) continue ahead passing sign for Whitminster.

At 11.0 miles (G/R 773 082) reach a small roundabout and continue straight over into School Lane.

At 11.5 miles (G/R 776 080) reach and cross the A38 (TAKE CARE), passing The Old Forge Inn on your left.

At 11.9 miles (G/R 781 073) cross over the M5 bridge, continue on same lane.

At 12.6 miles (G/R 785 063) the turning for the Travelodge is on your right, just before the road junction. Take care when entering the Travelodge carpark as vehicles may be moving / exiting at this point.

At 12.7 miles the finish is just outside the Stonehouse Travelodge Reception.

Navigation difficulty rating: Low, signed the Severn Way, but last section by flood banks can be a little awkward so use gpx.

Course type: Flood banks, fields, towpath, lanes.

TOTAL 57 MILE