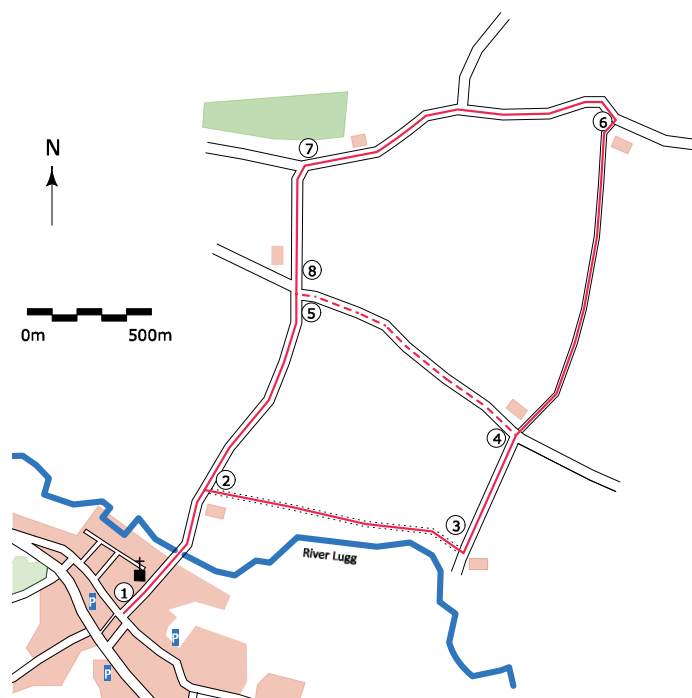


River Lugg and Stapleton



Distance:	<i>Route A</i> 1¾ miles / 2.8km	<i>Route B</i> 2¾ miles / 4.4km
Time:	<i>Route A</i> 45 minutes	<i>Route B</i> 1¼ hours
Points of note:	Fairly flat, undemanding walk in unspoiled countryside. Dog friendly. Public car park short distance from start. Use in conjunction with OS Explorer Map 210, <i>Knighton & Presteigne</i>	

From the start at the junction of High Street and Broad Street (1) walk down Broad Street past the Judge's Lodging on your right, passing St Andrew's Church on the left, and cross the bridge over the River Lugg into England. 200m beyond the bridge and just short of the speed derestriction road sign, turn right into Brink Lane (2).

After 50m this becomes a footpath and bridleway, which can be somewhat muddy in winter. Follow this path beside the river for 400m where wild snowdrops abound in January, passing through a gate into a field.

Maintain the same direction by the river's edge until a lane is reached via a gate and turn left onto the lane (3). Follow the lane until a metalled road (Letchmore Lane) is met (4) where a choice of routes is available:

Route A: Turn left along Letchmore Lane for approximately 800m to a T-junction with Stapleton Road (5). A welcome seat on this corner may appeal. Turn left again and follow road back to the bridge and Broad Street, to the starting point in the town centre.

Route B: Cross Letchmore Lane onto a facing bridlepath with Castlefield Cottage on your left. Proceed to the end, where you will reach a metalled road with Carter Croft (6) on the right and a byway sign on the left. Carter Croft is a 15th century Grade 2 listed farmhouse of cruck frame construction. Turn left along this road passing farm buildings and, high on your right, the ruins of Stapleton Castle (7). After about a 400m another T-junction is reached (8), continue straight and follow the road back to the town centre and starting point.

NOTE – Please follow the countryside code: especially being careful around animals, leaving all gates as you find them, and putting your litter and dog poo in appropriate bins or taking it home with you. All times and distances are approximate.