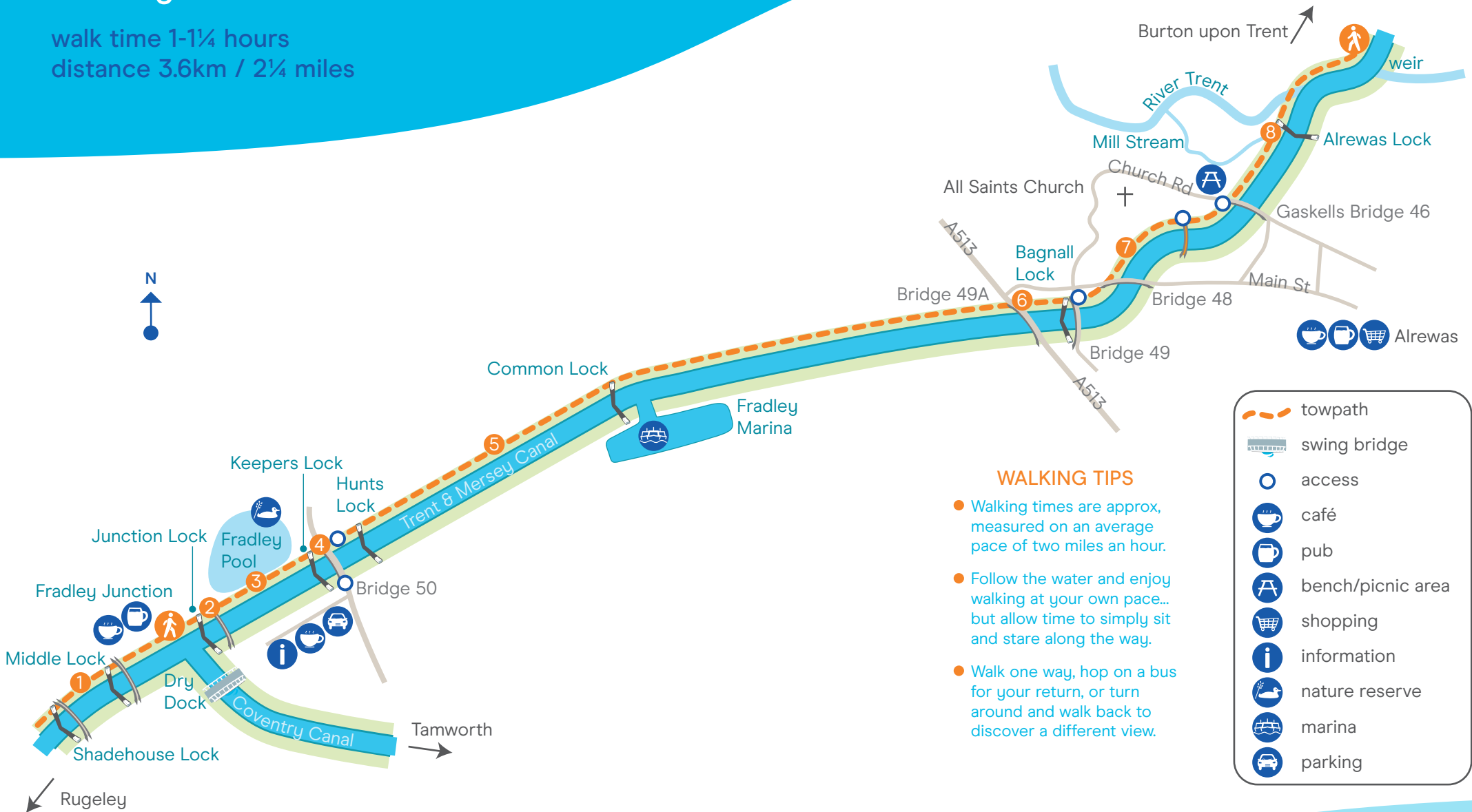


Fradley Wellbeing Walk

Fradley Junction to Alrewas

walk time 1-1¼ hours
distance 3.6km / 2¼ miles



WALKING TIPS



- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- Walk one way, hop on a bus for your return, or turn around and walk back to discover a different view.

	towpath
	swing bridge
	access
	café
	pub
	bench/picnic area
	shopping
	information
	nature reserve
	marina
	parking

The Walk - Step by Step

This walk takes you from Fradley Junction, a bustling hotspot which is popular with boats and equally popular with 'gongoozlers' (people who watch boating activity), to the peaceful village of Alrewas. The towpath between is a rural haven for wildlife. Each step you take brings calm as you steep yourself in the water, with expansive views of open countryside all around. Wildlife and wild flowers line the canal water, the only sounds are birds in the water or hedgerow, and seats along your route invite you to simply relax and watch.



-  Fradley Junction is where the Coventry Canal ends as it meets the Trent & Mersey Canal in the middle of a flight of five locks.
- 1** Follow the wide towpath to explore the last two locks of the flight. Shadehouse Lock and lock house sit at the top of the lock flight. All the locks and bridges along the flight date back to the 1770s and are Grade II-listed. Turn to head back down enjoying the great views towards the junction.
- 2** Boats can struggle with the sharp 90-degree bend from the Coventry straight into Junction Lock, so the bridge here is very popular with gongoozlers.
- 3** Fradley Pool is an award-winning nature reserve, and has a bird hide, pond-dipping platforms by the pool and a tree sculpture trail.
- 4** Be wary of traffic as you cross the road just beyond Keepers Lock. Follow the towpath, heading past Hunts Lock and a row of moored boats towards Alrewas.
- 5** Almost immediately your surroundings will feel like you're in the middle of lush countryside here. Listen out for birdsong and along the water's edge and in the hedgerows are butterflies, bees and dragonflies.
- 6** The decorated Bridge 49A carries the A513 over the canal just on the edge of Alrewas, closely followed by the idyllic setting of Bridge 49 and Bagnall Lock. This pretty village sits close to the River Trent and was once famous for basket weaving. It is now also known as the location of the National Memorial Arboretum.
- 7** Just beyond Bridge 48, there's an option to detour through a gate next to All Saints Church. The current church dates back over 1200 years and is noted for its 'leper' window. Loop round its grounds along Mill End Lane into Church Road, and re-join the towpath at Bridge 46.
- 8** Below Alrewas Lock, the canal briefly joins the River Trent. Walk the long thin footbridge over Mill Stream to the grass meadows and willows of Alrewas Island and then over the River Trent to reach its tree-lined riverside path. Take in the expansive views and watch for birds and waterfowl attracted by the river and nearby weir.
-  Relax here, and then turn to retrace your steps along the towpath. You could detour at Bridge 46 to explore the village, and then hop on a bus or get back on the towpath at Bridge 48 to return to Fradley Junction from a fresh angle.

CANAL: Trent & Mersey

START: Fradley Junction
OS Grid ref: SK140140 Postcode: DE13 7DN

FINISH: Alrewas Lock
OS Grid ref: SK171154 Postcode: DE13 7AL

DISTANCE: 3.6km / 2¼ miles

APPROX TIME: 1-1¼ hours

PUB/CAFÉ: The Swan, Canalside Café Bistro and Laughing Duck Café at Fradley Junction, various in Alrewas

PARKING: Nearest car park – Fradley Junction (postcode: DE13 7DN)

TRAIN: Nearest train station – Lichfield Trent Valley
National Rail Enquiries
Tel: 03457 484950 www.nationalrail.co.uk

BUS: Traveline
Tel: 0871 2002233 www.traveline.info

