

## 67. The Forest of Dean

**Distance**        **6.5 miles/10.5km**

**Ascent**         **182 metres**

**Start/finish**    **Speech House Road car park, GL16 7EG**

Head north from the visitor centre past the sculpture trail and turn R at the first main forest track. Follow this generally east to join the waymarked Gloucestershire Way, trending L through woodland to a junction with National Cycle Way 42 on a disused railway path (2.5 miles/4km). Cross and turn L, following the Wysis Way to reach a second railway path. Turn L onto this and follow it south initially but soon curve north-east to a junction, Turn R and continue to where you turn sharp R. Follow this path to SO 610123 (6 miles/9.6km). Leave the railway path and turn L to return to the start via the sculpture trail.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Head north from the visitor centre past the sculpture trail and turn right at the first main forest track.
0.3	0.5	Follow this generally east to join the waymarked Gloucestershire Way.
1.1	1.7	Turn left onto this and follow it generally north-east through woodland to a junction with National Cycle Way 42 on a disused railway path.
2.5	4	Cross and turn left, following the Wysis Way to reach a second railway path.
4	6.5	Turn left onto this and follow it south initially but soon curve north-east to a junction.
4.9	7.9	Turn sharp right and follow this path south-west to the junction at SO610123.
5.9	9.5	Leave the railway path and turn left to return to the start via the sculpture trail.