FURTHER VIEWS ON THE GUILDFORD TRANQUILLITY TRAIL:

St Mary's Church (see at points 1. and 7.)

Stag Hill and Cathedral (see at point 6.)

Shalford Water Meadows (see at point 3)

ADDITIONAL INFORMATION

The Tranquility Trail, including extensions, takes just under an hour to complete without rest stops but taking a more leisurely pace may suit better.

Visit Guildford
Tourist Information Centre
For maps and books on walking, cycling and places to visit in Guildford and Surrey.

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Being in tranquil spaces can help us relax, clear our heads and help us to regain focus. Guildford is a wonderful place full of interesting open spaces. Being surrounded by nature has also been found to be hugely beneficial for health and wellbeing especially if we can also hear the sounds of nature. The Tranquillity Trail allows you take time to appreciate nature even in the midst of this thriving community. You can leave the car behind on this occasion and in most weather and in all seasons enjoy a peaceful walk. This can facilitate important downtime, personal reflection and mindfulness with the bonus of healthy exercise. This leaflet guides you on a circular walk along relatively quiet routes to some beautiful tranquil spaces without leaving Guildford.
1. **City Centre.** Near the bottom of the High Street walk a little way along Quarry Street and turn right into Millbrook by the old church of St Mary’s nearly a 1000 years old. Despite some traffic noise this is relatively tranquil corner. Follow the cobbled lane round to the left to reach the busy road to Shalford. Cross this road at the pedestrian lights and turn left and head for the Yvonne Arnaud theatre. Follow the path round the left hand side of the theatre and cross the little bridge across the canal locks.

2. **Riverside path.** Turn left right immediately and follow the tarmac past the locks and cross the weir. Fork right onto tarmac path that’s goes into a grassy dip and continue to a further weir. Follow the riverside path until a pedestrian bridge is reached. This is a tranquil stretch away from traffic noise and natural sounds are prominent.

3. **Shalford Water Meadows.** Cross the bridge and turn left heading back along the river for 50m then turn right by a display containing interesting information about these attractive water meadows. Walk through the meadows noticing the profusion of wildflowers. Continue through a grassy field and pass through a wooden gate onto playing fields. Continue straight ahead towards large wooden gates. Just to the left of the gates emerge onto the busy road to Shalford. Cross safely where there is a pedestrian island.

4. **Pilgrims Way.** Close by find Pilgrims Way a relatively quiet residential road with mature trees and gardens. Walk the length of the road on the left hand side which turns into Echo Pit road. On the right notice a gap in the trees that allows views of the lovely green valley between Pewley Down and Chantry Wood. Continue ahead crossing the road where it steepens. Where the road turns sharp left (there is a chevron sign) continue straight ahead into North Downs Lane (with right of way) which curves around to the right and then follow the narrow chalky footpath. This path curves round to the left and steepens.

5. **Pewley Down.** Continue up the chalk hill until the path at the top is reached. Turning around you will see lovely expansive views over the Surrey Hills.

6. **Pewley Hill road.** Once though the gate follow this quiet residential road with little traffic. There are lovely views to the north on reaching the boundary of water storage facility on the right hand side of the road. Ahead the Cathedral comes into view standing out distinctly on Stag Hill. Carry straight ahead descending the steep hill to the city centre. At the T-junction turn right and then left onto Sydenham Street passing the The March Hare pub on your left. After a few yards turn left onto a footpath and then fork right and pass through a gap in metal barriers. Once through turn immediately right into the castle grounds.

7. **Castle Grounds and Quarry Street.** After passing the entrance in the stone wall descend into the beautiful valley flower gardens noticing the impressive castle tower rising steeply on the right. Follow the path down the hill that bears right to an attractive pond area and then exit through the impressive stone gateway into Castle Street. Once in Castle Street turn left and head down the hill to the T-junction at the bottom. Turn right into Quarry Street. This is an old attractive part of Guildford with St Mary’s Church in view. Continue into the High Street to finish the Tranquillity Trail and have a well earned rest. We hope you have enjoyed the experience!