



Continue along past the Old Malt House on the right (now flats) until you reach the crossroads with Derby Road.

With care continue straight ahead and then downhill to the entrance of the Recreation Ground on your right. This is a lovely, quiet, access friendly open space which has won many awards for the beautiful presentation. There are a number of amenities available to visitors including a putting area, boules pitch, tennis court and a café open throughout the summer.

Stroll around the park and notice the abundance of flowers, the raised sustainably planted sensory beds, shrubs and mature trees. Once you have walked through the length of the park you will see steps which lead to Embankment Road.

Leave the park here and cross the road at the pedestrian crossing back to the quayside path. Turn right and follow the path back to the Kingsbridge Tourist Information Centre which is the final destination for the Tranquillity Trail.

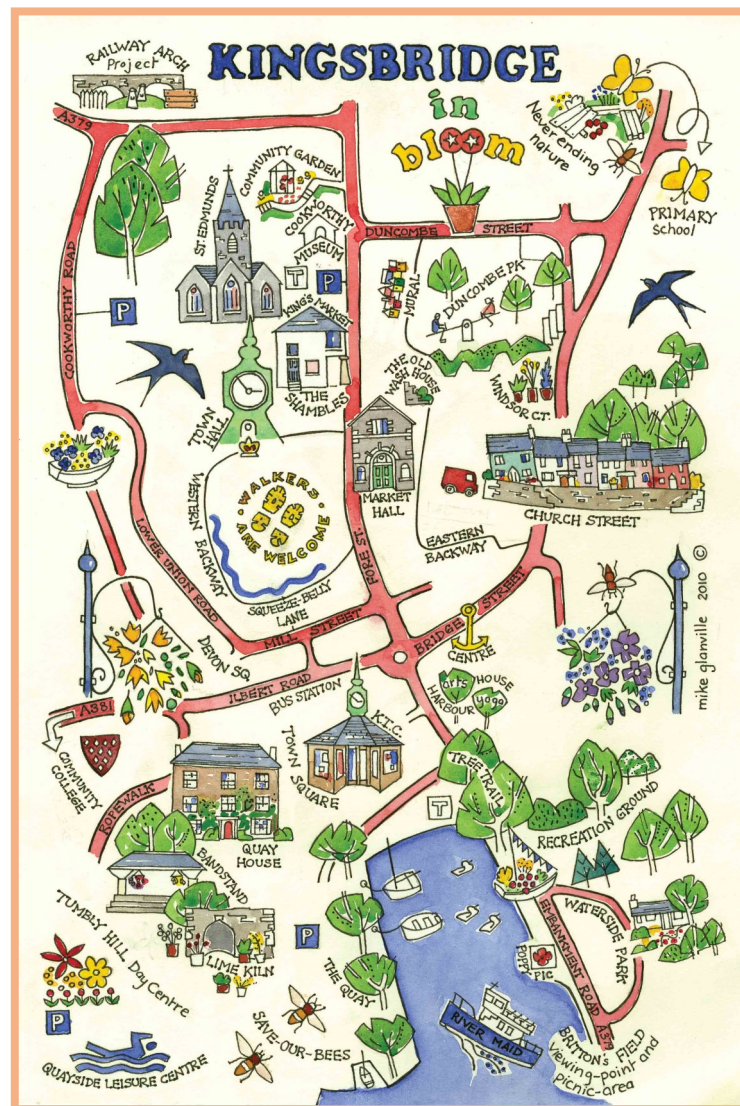
Leaflet produced by:

Kingsbridge Town Council,

Quay House, Ilbert Road, Kingsbridge. TQ7 1DZ.

Tel: 01548 853296

Email: [reception@kingsbridge.gov.uk](mailto:reception@kingsbridge.gov.uk)



We are grateful to Professor Greg Watts,  
Professor of Environmental Acoustics,  
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Tranquillity Trail concept .

# KINGSBRIDGE

Winner of National Britain in Bloom RHS Gold



## TRANQUILLITY TRAIL

Being surrounded by nature has been found to be hugely beneficial for health and wellbeing especially if we can hear the sounds of nature.

The Tranquillity Trail takes you on a circular route, allowing you to appreciate nature even in the midst of a thriving town like Kingsbridge.





## Kingsbridge Information Centre

### The Tranquillity Trail route (allow 1-2 hours)...

From Kingsbridge Information Centre, facing the water take the right hand quayside path adjacent to the estuary. Turn right across the car park at the first green crossing and you will find the entrance to Lime Kiln in front of you.



This is a lovely enclosed area with the old lime kiln on one side and a beautiful array of potted flowers.

Walk back across the carpark and continue along the quayside path (passing the Leisure Centre which is open to all and has a good café with wonderful estuary views) to the end where you will be able to sit and enjoy the marine activity, bird life and beautiful views of the estuary.



Once refreshed, walk back along the quayside path to the bandstand in the square. Mount the steps and follow the path that leads past Quay House and the library, cross the road at the crossing and continue down the lane opposite towards Mill Street. In front of you will be The Hermitage and to the left of this you will find Squeezebelly Lane - the reason for this appellation will soon become clear!

At the top of the lane turn left onto Western Backway, a peaceful little gem of a wild flower lined path, bounded by stone walls that follow an ancient leat once powering the mill wheels of medieval Abbots Mill.

Follow alongside the leat and then up steeply to the right. This quiet section of path is known as White Hart Passage and leads onto Fore Street.



Turn left onto Fore Street, looking out for steps once you have passed Kings Cinema on your left. Ascend the steps into St Edmunds Churchyard and follow the path past the church to the grassed area beyond with picnic tables and expansive views of green hills to the west - time to pause and reflect.

Then back out onto Fore Street and left again, past the shops and the Cookworthy Museum (free entry to the garden and open Easter to end of October). A little further on you will find the entrance to the Community Garden with further views of the hills, a garden full of beautifully arranged different species of plant, shrubs and trees and vegetable plots where you can pick



## Kingsbridge Community Garden

Retrace your steps back onto Fore Street, cross the road, turn right and follow to The Kings Arms Hotel where you will find Kings Arms Passage. Walk down this tranquil, steep lane dating from Medieval Kingsbridge.

Once at the bottom you will see Duncombe Park in front of you, another lovely green area for a possible pause before turning right onto Eastern Backway and then walk either :-



a) along the length, past the site of the Old Wash House until you get to Church Street or

b) for a longer trail, turn right and follow until you find Wistaria Place on your right, walk up the hill, back out onto Fore Street, turn left and walk along until you come to Riverview Place where you can turn left and walk back down to Eastern Backway, giving you a taste of undisturbed Kingsbridge.



Next cross over Church Street and will see the delightful Church Street Garden with the colourful array of flowers and the children's' play area. To continue, pass under the covered passage into Ebrington Street with it's quaint terrace housing and attractive planting near the entrance to Saffron Park.