## Why try the Shaftesbury Loop?

The Shaftesbury Loop is a 4 mile trip around town and neighbouring countryside, creating a challenging, safe exercise route and fun outdoor orienteering experience.

Regular exercise is an important part of a healthy lifestyle. Exercise can help prevent physical and mental health problems. It can boost your wellbeing and mood, and is a great way to unwind. The Shaftesbury Loop provides both an opportunity for exercise and to enjoy all that Shaftesbury has to offer.

So why not give the Shaftesbury Loop a go, whether you are a beginner or fitness enthusiast, walker or cyclist, resident or visitor, there are scenic short cuts, beautiful rest points and views for all to enjoy!

**Whether you're a resident who enjoys a good stroll, or visiting and want to enjoy the sights… Explore plenty of what Shaftesbury has to offer by taking a trip around the Shaftesbury Loop!**

Explore the wealth of history and heritage around Shaftesbury Town Centre, and take in the famous sight of Gold Hill (rest point A)

Visit the quieter lanes around the town and get in touch with nature at Breach Common (rest point C)

Travel back in time through the streets of Enmore Green and St James. Why not stop off for a break at Rolt Millenium Green? (rest point D)

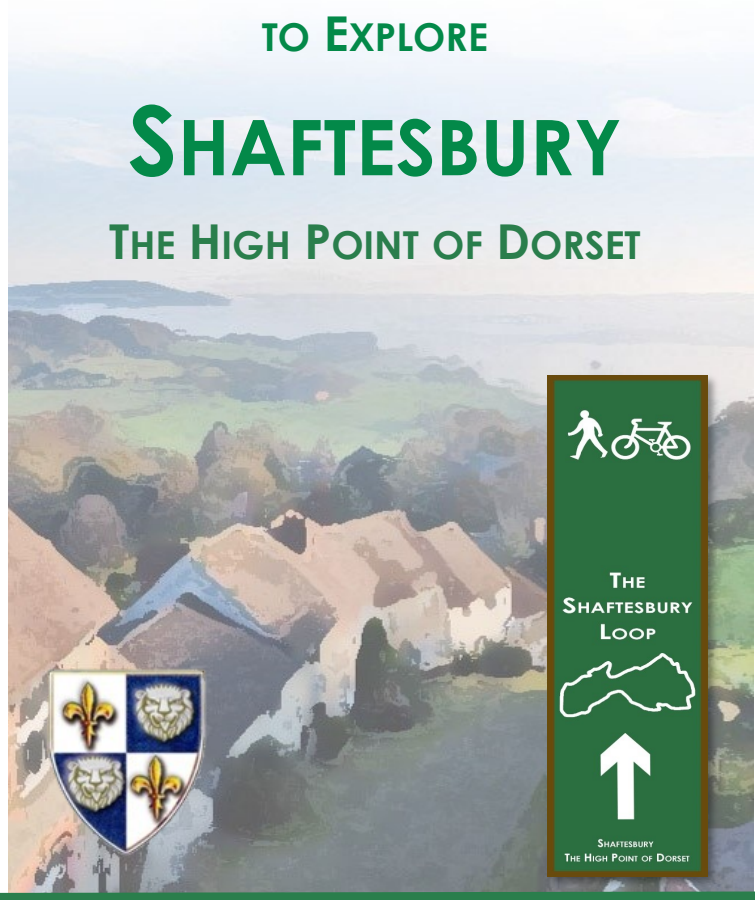
And there are many playgrounds along the way to stop for a rest and keep the family entertained.

# The Shaftesbury Loop

## Cycling and Walking to Explore

# Shaftesbury

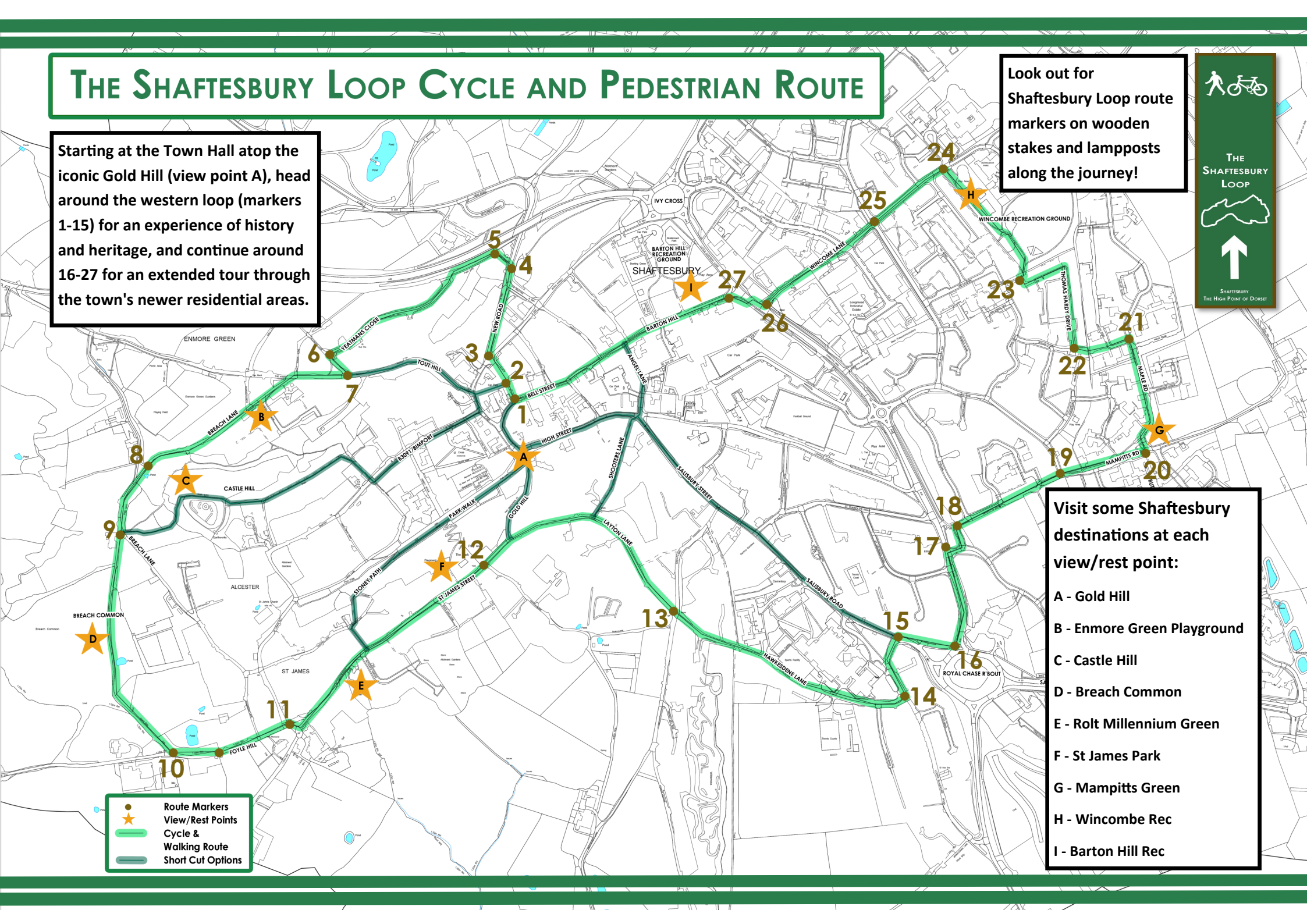
## The High Point of Dorset



# The Shaftesbury Loop Cycle and Pedestrian Route

Starting at the Town Hall atop the iconic Gold Hill (view point A), head around the western loop (markers 1-15) for an experience of history and heritage, and continue around 16-27 for an extended tour through the town's newer residential areas.

Look out for Shaftesbury Loop route markers on wooden stakes and lampposts along the journey!




Route Markers
View/Rest Points
Cycle & Walking Route
Short Cut Options

The Shaftesbury Loop
Shaftesbury
The High Point of Dorset

Visit some Shaftesbury destinations at each view/rest point:

- A - Gold Hill
- B - Enmore Green Playground
- C - Castle Hill
- D - Breach Common
- E - Rolt Millennium Green
- F - St James Park
- G - Mampitts Green
- H - Wincombe Rec
- I - Barton Hill Rec