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Acknowledgements for support to-:  
Fr Peter Martin, Peter Nurse, Cannington Parish Council, Blackmore Farm, Blackmore Farm Shop, The Globe Inn, The Friendly Spirit, Longstones Garage, Leatheas (SPAR) Gurney Manor Mill, E.W.J. Hill & Son, The King's Head, Cannington Bakery, Cannington News, The Rose & Crown, Cannington Quarry, Tincknell Mitsubishi, The Grange,

**Cannington** village is situated approximately three miles west of Bridgwater on the busy A39 Bridgwater to Minehead road, seven miles from junction 23 and six miles from junction 24 on the M5. The village is also the “gateway” to the Quantock Hills.

“Cannington” is reported to mean “Quantock settlement” This spelling of Cannington appeared around the year 1641. Earlier spellings of *Cantetone* and *Candetone* were found in records copied from the Domesday Book. In taxation and valuation records of around 1327 a spelling of *Canyngtone* was found.

Cannington has a number of nature walks all of which provide interesting viewing areas of the countryside and/or historic backgrounds.

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*A CANNINGTON WALK*

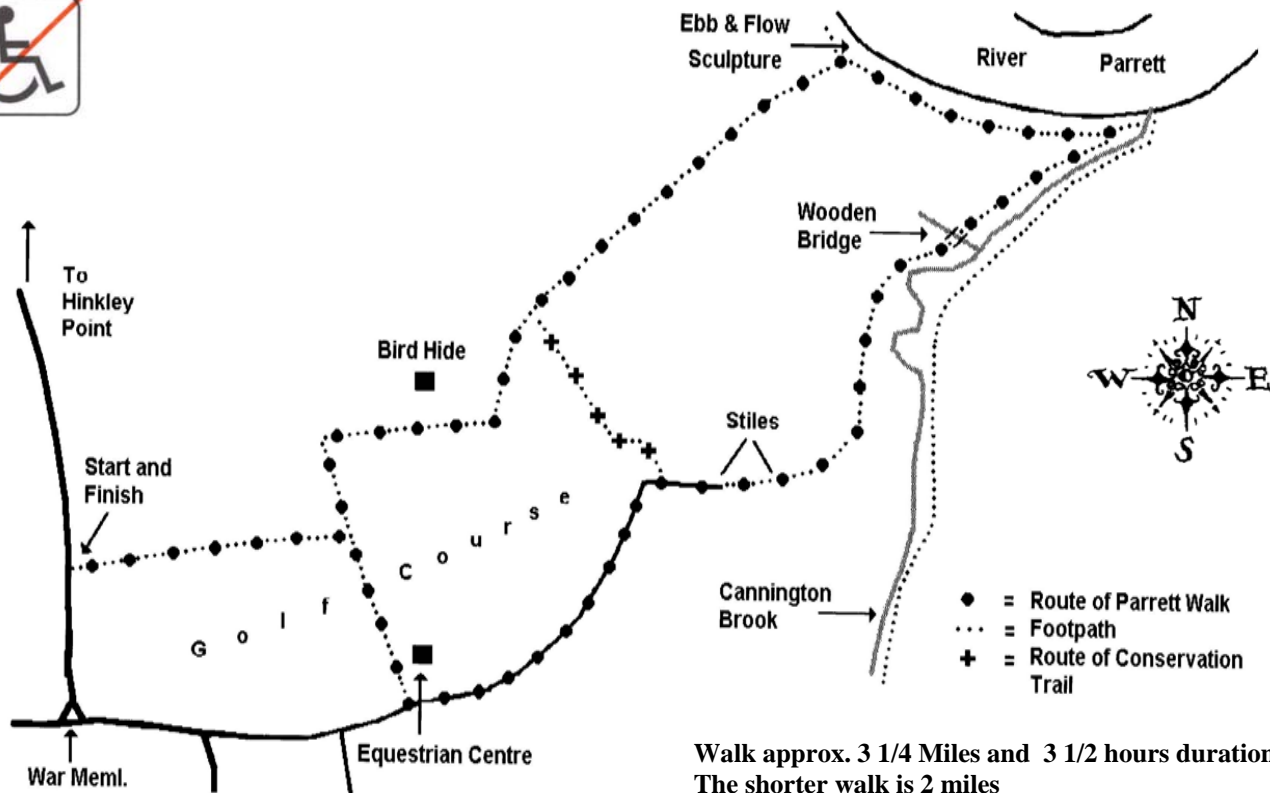



*to  
The Parrett Trail*

**Walk No. 4** Data and Maps supplied by Peter Nurse.  
Cannington Tourism is supported by Cannington Parish Council

Walk starts at the crest of Rodway Hill. Much of the walk is through lands that have been opened up by the College and is a chance to see the elegant bridge and stiles that have been erected. Move off in an easterly direction along the Downs track. Pass the College forge and the engineering workshops. With the golf course on your right, continue until you reach the T-junction. Turn left, signed "Wetlands", and walk down the hill. To your left are visible the cliffs of the abandoned quarry and Cannington Hill. The track turns right at the bottom of the hill, over a cattle grid and into the field where the bird hide is hidden by trees with the wetland scrape beyond. Follow the track to the diagonally opposite corner of the field and cross another cattle grid. Go straight along the track which can be muddy in wet weather; however you can turn right and follow the signposted short route which rejoins the main walk at Marsh Lane. Assuming that you are following the main walk the track ends after one third of a mile at gates comprising a cattle pen. Pass through the pen into the field with the name "Parrett" on a gatepost. Now look ahead and you will see a Parrett Trail sculpture on the skyline. Follow the track along the left side of the field onto the flood bank; turn right towards the sculpture. The wooden sculpture, superbly positioned on the flood bank of the River Parrett, is named "Ebb and Flow" and was erected in 1996. It is well worth stopping here to admire the view of the sweep of the river. "Ebb and Flow" thoughtfully incorporates a bench! At low tide the bed of the river is dotted with sea birds, while at high tide the water surges past a few feet below the sculpture. Having recovered your breath, follow the flood bank upstream keeping the river on your left. After one third of a mile you will reach where Cannington Brook enters the River Parrett through a system of sluices. The brook is actually called Stallington's Clyde at this point. Do not cross the brook, but turn right and keeping the brook on your left, pass through a gate. Walk along the grassy bank, which has thoughtfully been left unploughed. Directly ahead you will see an electricity transmission pylon and the stylish bridge erected by the college crossing a ditch feeding Cannington Brook. Cross the bridge, Dogs may have to be carried, walk past the pylon and onto a track which leads into a field. When the brook swings sharply left, keep following the

**Not suitable for wheelchairs.**



. This field is criss-crossed with the shallow drainage ditches known as gripes. After a bit the brook rejoins the track and then swings away for a second time. Now follow a slightly raised track to your right. Follow this to the far right hand corner of the field and near the corner there is a squeeze stile, cunningly decorated with heron eating eel motifs. Once through this stile, turn left and follow the hedge to the gate. An iron bird perches on a post by this stile. Climb the stile by the gate and you are in Marsh Lane. This is a traditional English country lane; wild roses, blackberries, oak trees and birds rustling in the hedges. Walk along Marsh Lane for just over 1/2 mile until you reach the track turning right by the Equestrian Centre. At this point you can bear left along Marsh Lane and East Street to the village centre.

At this point you can bear left along Marsh Lane and East Street to the village centre. Alternatively you can turn right and walk uphill until you reach the track on the ridge of the downs. From here, people with sharp eyes (or binoculars!) will be able to make out the Ebb and Flow sculpture on the riverbank. Turn left and retrace your steps over the Downs back to the car park.

All persons using these walks do so at their own risk and are advised that some areas may be muddy. Please remember to close any gates encountered on the walk. Dog owners are reminded that this walk crosses farmer's land and may have animals either on this land or in adjacent fields. Please ensure that dogs are kept on a lead at all times. Also be aware that it is a fineable offence not to clear up should the dog foul the area.