

Distance from start (miles)	Instruction	Surface
0.60	Exit Baggeridge onto St Michaels Rd	Road
	Continue straight onto High Arcal Rd	Road
	Turn right onto The Straights	Road
1.42	Turn right onto Eaton Crescent	Road
	Turn left onto Manor Drive	Road
	Turn left into Brick Kiln Lane	Road
1.59	Turn right into Hopyard Lane	Road
	Straight on into Guys Lane	Road
1.97	Turn right onto Cinder Rd	Road
2.06	Turn right followed by steps down to left	Track
2.07	Turn left along railway path	Track
2.50	Keep straight on path	Track
2.80	Keep straight on path	Track
3.10	Cross Queen Street	Road
3.24	Keep right on track	Track
3.52	Keep left after going through green gates	Track
3.55	Go through right hand set of green gates	Track
3.70	Keep right on track	Track
3.91	Through gate and cross Pensnett Road	Road
3.92	Cross road, go through gateway 'Fens and Buckpool Nature Reserve'	Road
4.65	Stourbridge Top Lock - Tuen left over canal bridge	Canal
5.85	Low Bridge - DUCK !!	Canal
7.10	CONTROL POINT 1 - MERRY HILL	Canal
8.55	Cross canal footbridge passing Blower Green Pump House	Canal
9.24	Keep right avoiding cattle bridge	Canal
11.00	Cross over Toll End Works Bridge	Canal
11.30	Netherton Tunnel Entrance - Canal on your right side - SWITCH ON LIGHTS	Canal
13.04	Tunnel exit	Canal
13.14	Turn left after tunnel exit after house	Canal
14.60	Steps off towpath along Beehive Walk	Canal
14.65	CONTROL POINT 2 - THE FOUNTAIN INN	Canal

15.00	Cross bridge to go under Factory Bridge at Barge & Barrel Pub	Canal
15.80	Coseley Tunnel - SWITCH ON LIGHTS	Canal
16.15	TOWPATH CLOSURE - Diversion via below Havacre Lane, Biddings Lane, Meadow Lane, Anchor Lane, rejoining at Deepfields Junction	Road
17.20	Rejoin towpath after diversion	Canal
20.20	Continue on towpath direction City Centre cycle route 81	Canal
22.50	CONTROL 3 - ALDERSLEY	Canal
24.00	Exit canal to right to join railway path over lattice metal bridge	Track
24.90	Go through 2 sets of metal gates to continue on railway path - Smethstow Valley Local Nature Reserve	Track
29.00	Continue on railway path under road	Track
30.50	Turn left down steps off railway path, turn right at bottom of steps along A449	Track
30.70	Turn right at traffic lights, direction Dudley B4176	Road
30.85	Enter Himley Hall West Gate	Road
31.50	Enter Baggeridge Country Park	Track