

Strid Wood Nature Trails



Please keep dogs on leads at all times as they disturb the wildlife, damage the ground flora and scare some visitors.

It is an offence to pick flowers or remove anything from this woodland. Please leave the wood as you find it for future visitors to enjoy.

Cycling is not permitted in the woodland.

●●● GREEN TRAIL

START
Cavendish Pavilion

DISTANCE & TIME

Cavendish Pavilion to Strid:
1.7km / 1 mile - 30 minutes
Cavendish Pavilion to Strid Wood Visitor Centre:
2.6km / 1.6 miles - 50 minutes
Cavendish Pavilion to aqueduct:
2.8km / 1.7 miles - 55 minutes
Cavendish Pavilion to Barden Bridge:
3.7km / 2.3 miles - 70 minutes

TERRAIN
Easy, with inclines

PUSHCHAIRS & WHEELCHAIRS
Pushchairs - Yes
Wheelchairs - Yes, to the Strid. Steep in places beyond the Strid to Strid Wood Visitor Centre

STRID WOOD VISITOR CENTRE & CAR PARK

●●● ORANGE TRAIL

START
Cavendish Pavilion

DISTANCE & TIME

Cavendish Pavilion to aqueduct:
2.9km / 1.8 miles - 55 minutes
Cavendish Pavilion to Barden Bridge:
3.8km / 2.4 miles - 70 minutes

TERRAIN
Moderate, steep in sections

PUSHCHAIRS & WHEELCHAIRS
Pushchairs - Yes, narrow in places
Wheelchairs - No

YOU ARE HERE

CAVENDISH PAVILION

●●● CUMBERLAND TRAIL

START
Strid car park

DISTANCE & TIME
0.8km / 0.5 miles - 15 minutes

TERRAIN
Easy

PUSHCHAIRS & WHEELCHAIRS
Yes

●●● BLUE TRAIL

START
Off Green Trail

DISTANCE & TIME
1.4km / 0.87 miles -
35 minutes to walk one way

TERRAIN
Moderate

PUSHCHAIRS & WHEELCHAIRS
Pushchairs - Yes, narrow in places
Wheelchairs - No

●●● RED TRAIL

START
Off Green Trail near Cavendish Pavilion

DISTANCE & TIME
0.6km / 0.37 miles -
20 minutes to walk one way

TERRAIN
Difficult, steep in places with steps

PUSHCHAIRS & WHEELCHAIRS
No

●●● PURPLE TRAIL

START
Off Green Trail near Cavendish Pavilion

DISTANCE & TIME
0.3km / 0.2 miles -
10 minutes to walk one way

TERRAIN
Moderate, with steps

PUSHCHAIRS & WHEELCHAIRS
No