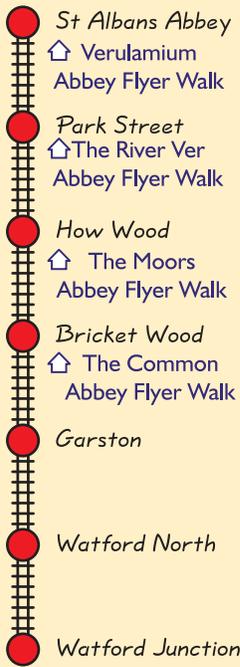


The Abbey Flyer runs between Watford Junction and St Albans Abbey stations. For train times call the Traveline on **0871 200 22 33** (08.00-22.00) or go to [www.intalink.org.uk](http://www.intalink.org.uk)



The Abbey Flyer Users' Group is an independent, voluntary group for this branch line. Ring 01727 752613 or go to [www.abfly.org.uk](http://www.abfly.org.uk) for details.



Produced in Partnership by  
**Countryside Management Service**



The Community Rail Partnership, administered by Hertfordshire County Council, brings together the local community, businesses, local government and the railway to secure the long term future of the Abbey Line railway. For more information or to find out how you can get involved visit our web site at [www.abbeyline.org.uk](http://www.abbeyline.org.uk) or phone **07770 993 162**.



# ABBEEY FLYER



# WALKS

## The Common

from Bricket Wood Station, a 1.5 mile or 4 mile circular walk



**WALK FOR HEALTH IN THE VER VALLEY**

2012 Edition

## BRICKET WOOD COMMON

From School Lane you get a good view of Bricket Wood Common. Parts of the Common are ancient semi-natural woodland, having been there for well over 600 years. However, as little as one hundred years ago there would have been a lot more open heathland. This is because local people with grazing rights over the common used the area to feed their animals. This prevented woodland establishing on the heathland.

Commoners' rights are no longer exercised and therefore woodland has re-colonised areas of heathland. The Common is now sensitively managed to ensure a rich diversity of plant and animal species remains.



Verdigris Agaric

There is a waymarked circular walk around the Common with accompanying leaflet. Visit [www.hertslink.org/cms](http://www.hertslink.org/cms) to download a copy

Loop 2 of the walk follows the course of the River Ver, a chalk stream that starts north of Redbourn in the Chilterns Area of Outstanding Natural Beauty and ends here in Bricket Wood where it meets the River Colne. Chalk streams are an internationally rare wildlife habitat. They support some of our most threatened plants and animals and contribute to the beauty of the landscape.

## WALKING FOR HEALTH

If you enjoyed this walk, why not try walking more often? Join the **Hertfordshire Health Walks**, a programme of short, sociable walks across Hertfordshire. The walks are free of charge, led by trained volunteers and are graded to suit all ages and abilities. The walks take place all year round and often finish at pubs and cafés for a well deserved cup of tea.



Photo courtesy of Paul Glendon/Natural England

Joining the walks is an easy way to get more active and stay active. There are many significant benefits for your health and overall wellbeing from regular walking (particularly brisk walking). These benefits include weight-loss and effective prevention and management of osteoporosis, dementia, cancer, diabetes, depression, high blood pressure and heart disease.

To find out more about **Hertfordshire Health Walks** please contact the **Countryside Management Service** on **01462 459395**, email [healthwalks.cms@hertscc.gov.uk](mailto:healthwalks.cms@hertscc.gov.uk) or visit our website at [www.hertslink.org/cms/healthwalks](http://www.hertslink.org/cms/healthwalks)

The **Countryside Management Service** works with communities in Hertfordshire to help them care for and enjoy the environment. For information visit [www.hertslink.org/cms](http://www.hertslink.org/cms)



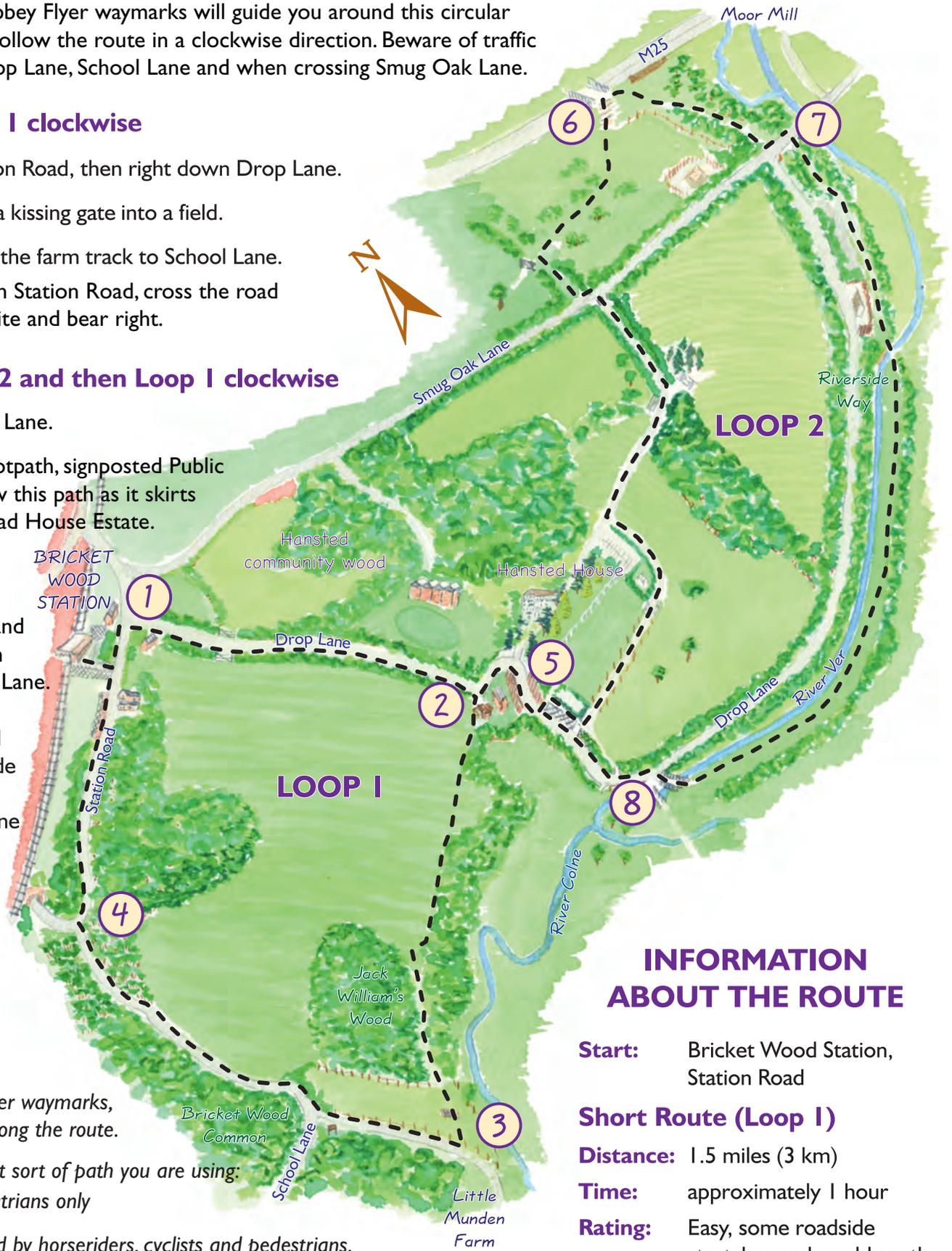
The Abbey Flyer waymarks will guide you around this circular walk. Follow the route in a clockwise direction. Beware of traffic on Drop Lane, School Lane and when crossing Smug Oak Lane.

### Short Route - Loop 1 clockwise

- 1 Turn left onto Station Road, then right down Drop Lane.
- 2 Turn right through a kissing gate into a field.
- 3 Turn right and take the farm track to School Lane.
- 4 At the junction with Station Road, cross the road to the verge opposite and bear right.

### Long Route - Loop 2 and then Loop 1 clockwise

- 2 Continue on Drop Lane.
- 5 Turn left onto a footpath, signposted Public Footpath 76. Follow this path as it skirts around the Hansted House Estate.
- 6 Do not cross the motorway bridge, instead turn right and follow the footpath back to Smug Oak Lane.
- 7 Cross the Lane and head down Riverside Way, which runs parallel to Drop Lane and the river Ver.
- 8 Turn left onto Drop Lane and follow the road to return to point 2.



In addition to the Abbey Flyer waymarks, you will see other arrows along the route.

The plain arrows show what sort of path you are using:

 footpaths are for pedestrians only

 bridleways may be used by horseriders, cyclists and pedestrians.

You may see waymarks for the Ver Valley Walk or River Ver Trail. This series of circular walks and linear trail follow the River Ver. Leaflets for these, others in the Abbey Flyer series and for places to visit further into the Hertfordshire countryside can be found at [www.hertslink.org/cms](http://www.hertslink.org/cms)



This walk explores part of Watling Chase Community Forest. For more information visit [www.hertslink.org/cms/wccf](http://www.hertslink.org/cms/wccf)

## INFORMATION ABOUT THE ROUTE

**Start:** Bricket Wood Station, Station Road

### Short Route (Loop 1)

**Distance:** 1.5 miles (3 km)

**Time:** approximately 1 hour

**Rating:** Easy, some roadside stretches and muddy paths

### Long Route (Loops 1 & 2)

**Distance:** 4 miles (6.5 km)

**Time:** approximately 2 hours

**Rating:** Moderate, some roadside stretches and muddy paths

### Seasonal Information

Very wet in winter, wellington boots a must. In summer, wear sturdy shoes.