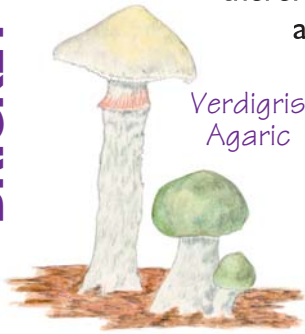


BRICKET WOOD COMMON

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.



There are a number of paths for walkers to use to explore the Common further.

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

Walking is good for you. It can help to increase your fitness, stamina, confidence and well-being. It can also reduce the risk of heart disease, high blood pressure and stress, control body weight and strengthen bones.



Any walking is better than none, but to get the maximum health benefit a brisk walk is better than a stroll. You should work towards walking most days for 30 minutes, at a pace which makes you warm and your breathing slightly heavier than normal - you should still be able to talk while walking.

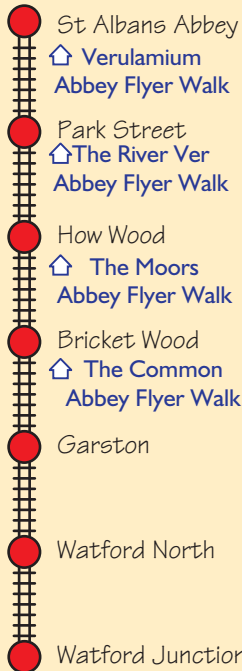
The potential benefits far outweigh the risks, but you should consult your doctor if you have not done any exercise recently or if you are worried about your health.

The Countryside Management Service (CMS) works with local communities across Hertfordshire and north London to enhance and promote enjoyment of the countryside. For more information on Walking for Health contact the CMS on 01727 848168. You might also visit the Bricket Wood Sports Complex, which is off Smug Oak Lane. Facilities open to the public include a gym, swimming pool, tennis courts and much more: telephone 01923 662224.

The Abbey Flyer runs between Watford Junction and St Albans Abbey stations. For train times call Intalink Traveline on 0870 608 2608.



The Abbey Flyer Users' Group is an independent, voluntary group for this branch line and produces a pocket timetable for members: ring 01727 872736 for details.



Produced in partnership by



If you, a neighbour or a member of your community would like this leaflet produced in another language or format (large print or audio cassette), please contact the CMS on (01727) 848168.

ABBHEY FLYER



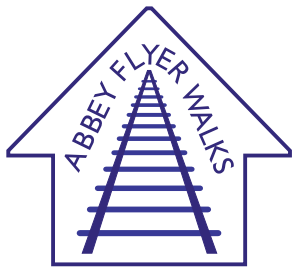
WALKS

The Common

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



WALK FOR HEALTH IN THE VER VALLEY



WALK DIRECTIONS

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 (K) into a field.
- 3 Turn right and take the farm track to School Lane.

Long Route - Loop 2 and then Loop 1 clockwise

- 2 Continue on Drop Lane.
- 4 Turn left and follow the hedge around the training college complex.
- 5 Do not cross the motorway bridge, instead turn right and follow the Ver Valley Walk back to Smug Oak Lane.
- 6 Cross the Lane and head down Riverside Way, which runs parallel to Drop Lane and the river Ver.
- 7 Turn left to return to Point 2 and then go left to complete Loop 1

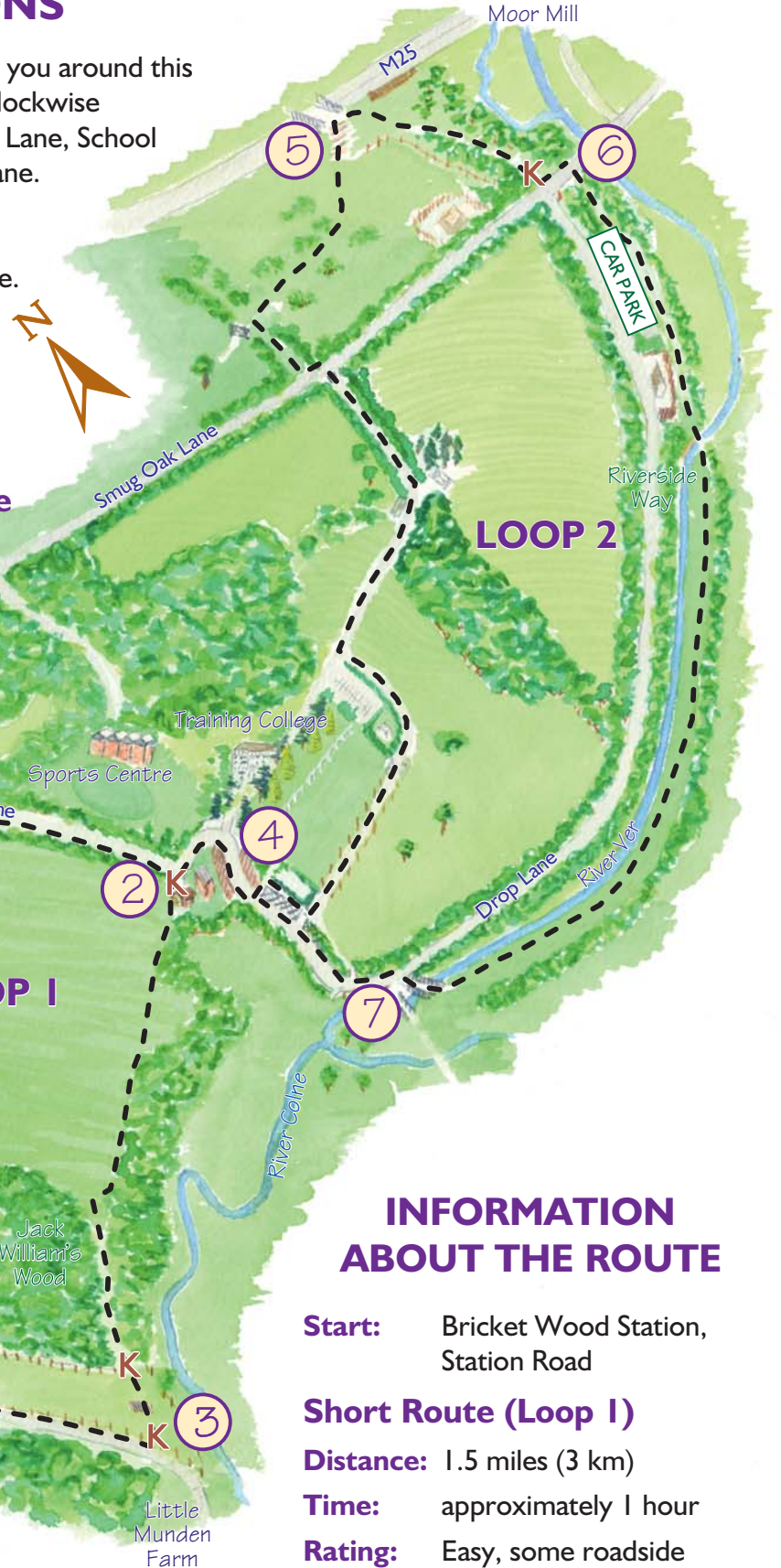
In addition to the Abbey Flyer waymarks you will see other arrows along the route. The plain arrows show what sort of path you are using.

-  footpaths are for pedestrians only
-  bridleways may be used by horse-riders, cyclists and pedestrians.

The Ver Valley Walk is a linear route between Redbourn and Bricket Wood. A leaflet is available from the CMS, (01727) 848168.



This walk explores part of Watling Chase Community Forest. Watling Chase has a thirty year programme to improve the countryside around towns. This will make the area a more attractive place in which to live, work and enjoy leisure time, and benefit wildlife too.



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.