

# A WALK THROUGH THE WATER MEADOWS

Most of this walk follows the River Ver, which rises north of Redbourn and joins the River Colne at Bricket Wood. The Ver is a classic chalk stream - shallow with gravel beds and clear water. Chalk streams are one of Europe's most threatened habitats. They support some of our most threatened plants and animals and contribute to the beauty of the landscape. *The Chalk Streams Project has been set up in the Chilterns to protect this natural asset and to raise awareness of their importance to biodiversity.*

The Ver Valley Meadows are flood meadows, a valuable habitat supporting a diverse range of grasses, rushes and sedges. The meadows are regularly grazed and this management regime maintains the diverse mosaic of plants. A number of birds can be spotted using the meadows - kingfishers feed here and use the banks of the river to nest in.



Bats use the river and nearby lakes and ponds for drinking and feeding. They use local features such as old barns, mills and trees to roost in. Bats can be easily spotted swooping over the river just after dusk in the summer months.

*If you are walking with a dog, please ensure it is kept under control when there is livestock in the meadows.*

## 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 breathing slightly heavier than normal - you should still be able to talk while walking.

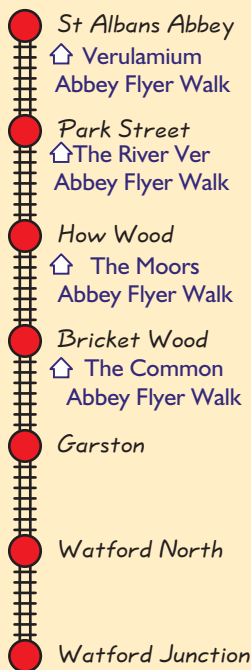
**The potential benefits far outweigh the risks,** but you should consult your doctor if you have not done any exercise recently or if you are worried about your health.

*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 about its work, Walking for Health, or the other leaflets in the Abbey Flyer series, please telephone (01727) 848168.*

The Abbey Flyer runs between Watford Junction and St Albans Abbey stations. For train times call the Hertfordshire Traveline on 0845 7244344.



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



# ABBHEY FLYER



# WALKS

## The River Ver

from Park Street Station to St Albans Abbey Station, a 2.5 mile linear walk



WALK FOR HEALTH IN THE VER VALLEY

## INFORMATION ABOUT THE ROUTE

- Start:** Park Street Station, Watling Street
- Finish:** St Albans Abbey Station, Holywell Hill
- Distance:** 2.5 miles (4.5 km)
- Time:** 1.5 - 2 hours
- Rating:** Easy, some steps
- Seasonal:** Very wet in winter, wellingtons are recommended; in summer, wear sturdy shoes





## WALK DIRECTIONS

The Abbey Flyer waymarks will guide you along this linear walk, which is designed to be walked from Park Street to St Albans. You might find it most convenient to catch the train first, rather than trying to pace yourself to make the connection for the return journey.

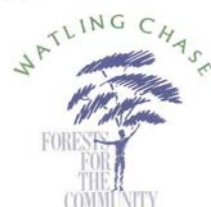
- 1 Turn left out of Park Street station and follow the road to Burydell Lane.
- 2 Cross the river and pass under the A414.
- 3 Cross back over the river then, keeping it on your left, follow it all the way to the road.
- 4 Turn left at Cottonmill Lane and follow the road up through the outskirts of St Albans.
- 5 Turn right at the signpost to Sopwell Mill Farm and then left to cross the recreation ground to the river.
- 6 Turn left for St Albans Abbey station.

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.

