

THE MOORS AND GRAVEL PITS

This area, known as Frogmore Pits, once provided good quality gravel for road building. The lakes and surrounding area, including the "moors", are landscaped former gravel workings and can now be used for fishing, and walking. Frogmore Pits is the site of an ancient settlement, dating back thousands of years.

The River Ver runs through Frogmore Pits. Chalk streams such as this are among Europe's most important wildlife habitats. They support some of our most threatened plants and animals and contribute to the beauty of the landscape.

Bats use the river and lakes for drinking and feeding and roost in nearby features such as old barns, mills and trees. In the summer they can be seen swooping over the lakes at dusk. Many water birds nest on the islands, safe from predators such as foxes and cats.

The Moors, the area of wet grassland by the railway line, is a haven for water loving plants and animals. Many small *ephemeral* ponds appear in the wetter months: these are important for amphibians and insects. In the summer the area teems with damselflies and dragonflies. Wetland birds are seen each year and skylarks nest in the drier areas. Wet grassland is a rare habitat in St Albans and is valued and enjoyed by local people.



Snipe

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.

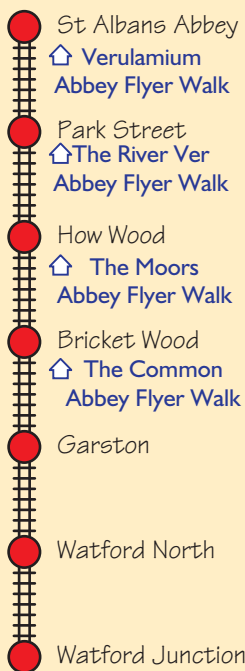
The potential benefits far outweigh the risks, but you should consult your doctor if you have not done any exercise recently or if you are worried about your health.

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

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



The Moors

from How Wood Station,
a 2 mile circular walk





WALK FOR HEALTH IN THE VER VALLEY

INFORMATION ABOUT THE ROUTE

- Start:** How Wood Station, Park Street Lane
- Distance:** 2 miles (3.5 km)
- Time:** 1 - 1.5 hours
- Rating:** Moderate, some steps, uneven ground
- Seasonal:** Very wet in winter, wellington boots a must. In summer, wear sturdy shoes.

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.



WALK DIRECTIONS

The Abbey Flyer waymarks will guide you around this circular walk. Follow the route in a clockwise direction.

- 1 Cross the railway line through the kissing gates (K) and follow the footpath to the left down a flight of steps.
- 2 Cross the footbridge over the River Ver - continue straight across the car park and up the steps.
- 3 Go through the metal gate and follow the track in front of the builders' centre. Turn right onto a bridleway - follow this under the M25.
- 4 At the end of the road, leading from the Mill and Hotel, turn right and cross the Ver. Turn right again through a kissing gate.
- 5 Cross the M25 on the footbridge. Turn left along the track for 30 m then right through a metal kissing gate and through a small woodland plantation.
- 6 Follow the waymark posts, avoiding wet pools.



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.