

# VERULAMIUM - A HAVEN FOR WILDLIFE

Verulamium Park hosts a large lake and the River Ver, a chalk stream starting north of Redbourn. 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.

Many birds, including herons, nest on the island in the centre of the lake, where they are safe from predators. Bats use the river and lake for drinking and feeding, and roost in nearby features such as old barns, mills and trees. They can be seen swooping over the lake at dusk in the summer months.

Chalk streams like the Ver are fed from *groundwater*. Groundwater is stored in layers of chalk rock which soak up water like a sponge; this is known as the *aquifer*. At various points the water emerges in the form of springs which feed the river. Our water is taken from the aquifer too; we can help to protect the River Ver and its wildlife by using water wisely in our homes.

*The Chilterns Chalk Streams Project is working with local communities to conserve chalk streams and their wildlife and to promote enjoyment and understanding of the countryside.*



## 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.

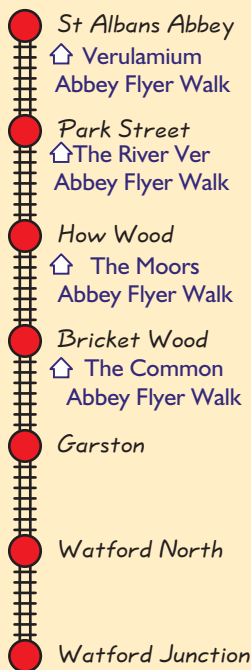
**The potential benefits far outweigh the risks,** but you should consult your doctor if you have not done any exercise recently or if you are worried about your health.

*For more information about Walking for Health, contact the Countryside Management Service on (01727) 848168. You might also like to visit Westminster Lodge leisure centre, which adjoins the route of this walk. Facilities open to the public include a gym, sauna, swimming pool, tennis courts and much more; telephone (01727) 846031 for details.*

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

## Verulamium

from St Albans Abbey Station,  
a 2 mile circular walk



WALK FOR HEALTH IN THE VER VALLEY

## INFORMATION ABOUT THE ROUTE

- Start:** St Albans Abbey Station, off Holywell Hill
- Distance:** 2 miles (3.5 km)
- Time:** 1 - 1.5 hours
- Rating:** Easy, suitable for pushchairs
- Seasonal:** The paths are almost all surfaced, so this walk can be done at any time of year.

You may see waymarks for the *Ver Valley Walk*. A leaflet for this linear route from Redbourn to Bricket Wood may be obtained from the CMS by telephoning (01727) 848168.



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

- 1 From the Station cross Holywell Hill using the pedestrian crossing. Follow the drive past Westminster Lodge sports & leisure centre.
- 2 Either follow the footpath through the churchyard or cross through the car park in front of the museum.
- 3 Climb Abbey Mill Lane and turn right towards the Abbey, just before the Arch.
- 4 At the south entrance to the Abbey turn right and go down the hill.
- 5 Cross the River Ver using the footbridge and then cross Holywell Hill to return to the Station



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.

