

Other Walks

This is one of a series of circular walks in the Colne Valley Regional Park, produced by Groundwork.

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- 8 Grand Union Canal

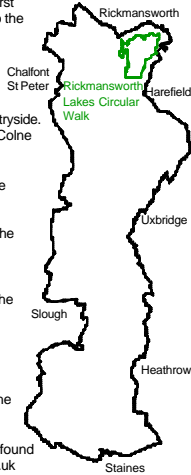
Colne Valley Park

The Colne Valley Park, which was established in 1967, is the first large area of countryside to the west of London.

The Park covers 43 square miles of varied scenery ranging from semi-urban to unspoilt countryside. The four **Key Aims** of the Colne Valley Park are:

1. To maintain and enhance the landscape.
2. To resist urbanisation of the Colne Valley Park.
3. To conserve the nature conservation resources of the Park.
4. To provide accessible facilities and opportunities for countryside recreation which do not compromise the above.

Further information can be found at www.colnevalleypark.org.uk



This leaflet has been produced by Groundwork Thames Valley with the support of:



Friends of the Colne Valley Park

The Friends act as a support group, undertaking fundraising and recruiting volunteers for the Colne Valley Park. For further information and membership details please call in at the Colne Valley Park Visitor Centre or phone (01895) 833375



Groundwork Thames Valley

Groundwork Thames Valley is a local environmental charity working in partnership with the following local authorities in the Colne Valley Park:

Buckinghamshire County Council
Chiltern District Council
London Borough of Hillingdon
Royal Borough of Windsor and Maidenhead
Slough Borough Council
South Bucks District Council
Spelthorne Borough Council
Surrey County Council
Three Rivers District Council

If you would like any further information about Groundwork or about other walks in the Colne Valley Park please contact us on (01895) 832662 or call in at the Colne Valley Park Visitor Centre based in Denham Country Park.



Colne Valley Park



Rickmansworth Lakes

A 6 mile (3 ½ hour) walk beside lakes and through chalk farmland near Rickmansworth and Harefield. Shorter routes 3 ¼ miles (2 hours) and 4 ½ miles (2 ½ hours)



The Route

Rickmansworth Lakes Circular Walk is situated in the north-west of the Colne Valley Park. The route passes alongside lakes, the River Colne, Grand Union Canal, through ancient woodland and chalk farmland near Rickmansworth and Harefield.

The route is described in an anti-clockwise direction starting from the Aquadrome at Rickmansworth, but it can be joined at any point and followed in either direction.

Other Routes

The **Colne Valley Trail** is a linear route for walkers, cyclists (and horseriders in places). It runs along footpaths, bridleways, canal towpaths and quiet country lanes from Rickmansworth down to Colbrook and Langley.



The **Hillingdon Trail** is a 20 mile trail for walkers from Springwell Lock to Cranford Park. The route runs through a wide range of habitats where wildlife can be seen at close quarters.



The **London Loop** is a 150 mile circular walk through countryside on the edge of London. It has been designed to link public open spaces with bus routes, tube and railway stations so visitors can enjoy as little or as much at any one time.

Leaflets and further information on all of the above routes can be obtained from the Colne Valley Park Visitor Centre in Denham Country Park.

Refreshments

There are plenty of pubs in which you can take a well earned rest near the route. The **Coy Carp** is sandwiched between the Canal and the Colne on Coppermill Lane. The **Rose and Crown** can be reached by turning right along Harefield Road when you reach point 6 and the **White Bear** is situated next to the Canal on the outskirts of Rickmansworth town centre.

There are many other pubs and cafes to be found in the centres of Rickmansworth and Harefield. Refreshments are also available at **Rickmansworth Aquadrome** at weekends between Easter and the end of August.

Information for people with disabilities

By starting at Rickmansworth Aquadrome then taking short cut 1 less able people will be able to enjoy a flat walk around lakes, the River Colne and the Canal. This route may not be suitable for wheelchair users because of some narrow kissing gates.

The paths just to the south of Rickmansworth through Greenbroom Spring and across the Golf Course have been made accessible for less able people but unfortunately due to steep slopes wheelchair users may be unable to use these paths.

A wheelchair accessible easy access trail has recently been opened around Rickmansworth Aquadrome.

Car Parking

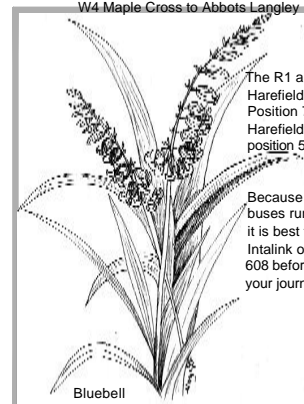
Parking is available at the Rickmansworth Aquadrome where the walk starts. You can also park at Springwell Lane where there are 2 public car parks. There is a Pay and Display Car Park in Rickmansworth - follow the signs from the outskirts of the town centre.

Public Transport

Rickmansworth Railway Station is served by Chiltern Railways between London Marylebone and Aylesbury. For further information and telesales please call Chiltern Railways on 08705 165165.

Rickmansworth is also served by the Metropolitan Line between London and Amersham. This is a "Metro" service with trains running every few minutes! For 24 hour information on London Underground services call 020 7222 1234.

The following buses stop in Rickmansworth:
5/6 Rickmansworth to Watford
321 Rickmansworth to Luton Airport
336 Chesham to Watford
724 Heathrow Airport to Harlow
R1 Uxbridge to Mount Vernon Hospital
R4 Chorleywood to Watford
W4 Maple Cross to Abbots Langley



Bluebell

The R1 also stops on Harefield Road near Position 7 and at Harefield Hospital near position 5

Because some of the buses run infrequently it is best to contact Intalink on 0870 6082 608 before starting your journey.