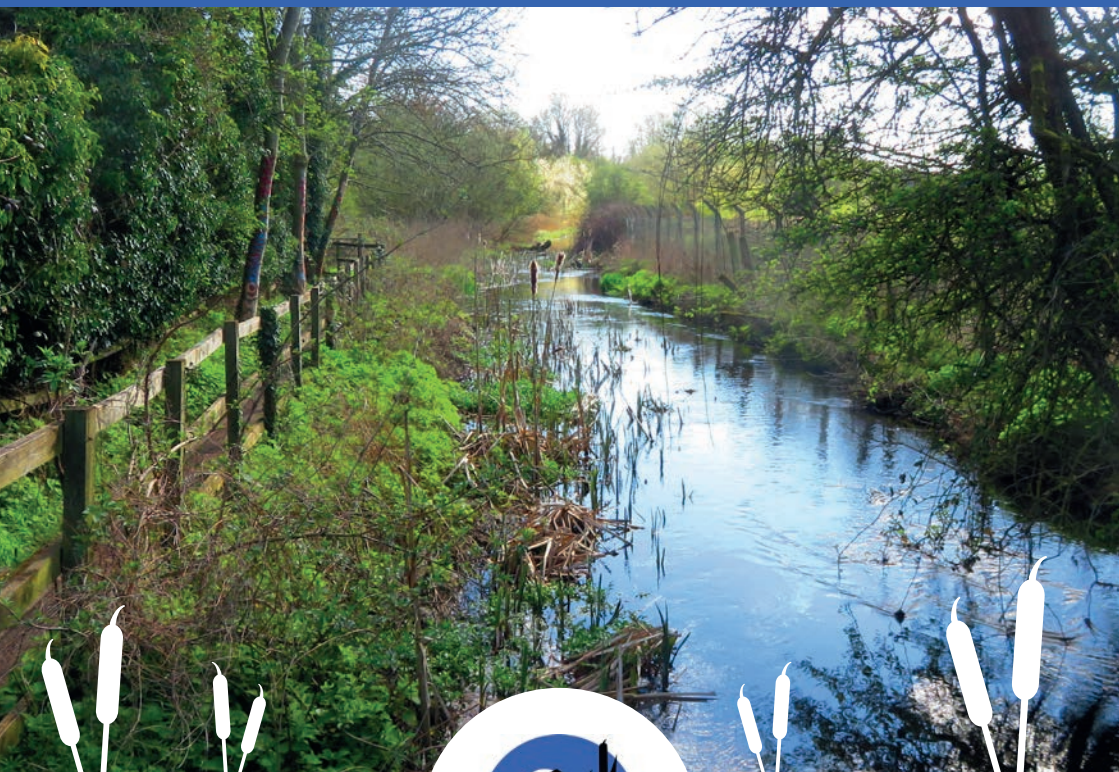


# Exploring the Colne Valley from Uxbridge



# The Colne Valley Regional Park

The Colne Valley Regional Park covers 43 square miles and is the first taste of countryside west of London.

With a mosaic of habitats interspersed with bustling urban centres, this Regional Park has a unique and beautiful character. Uxbridge is located at the heart of the valley and is one of its busiest cities. Even so, there is lots of beautiful countryside to explore right on its doorstep.



# Alderglade Nature Reserve



Alderglade Nature Reserve is a small nature reserve owned and managed by Herts and Middlesex Wildlife Trust in between the Frays River and the Shire Ditch. Consisting of a mixed species woodland, Alderglade Nature Reserve is home to a variety of interesting species including woodpeckers, kestrels, sparrowhawks and water voles.

Photo by Debbie Bull

# Routes into the countryside

You can access the countryside by following the walking routes on the below map:

- **Black route:** Take the turning onto Braybourne Close from the High Street and walk north, keeping the Frays river on your right hand side. Follow the path along the river, past the entrance to Alderglade Nature Reserve on your left and join up with the yellow route.
- **Yellow route:** Take the farm track off Harefield Road and cross the bridge over the Frays River. Turn right, keeping the river on your right and follow the path round to the left. Cross the shire ditch before continuing under the A40 to reach the Grand Union Canal.
- **Red Route:** The Colne Valley Trail follows the Grand Union Canal through the centre of Uxbridge. You can join the canal from a number of places including the Swan and Bottle Pub.
- **Green route:** As shown by the green route on the map below, these routes are easily accessible via a short walk from Uxbridge station.



# Local Wildlife

The Frays River is home to a population of endangered water voles and an abundance of fish and other wildlife. Keep your eyes peeled for kingfishers darting low over the water. The Grand Union Canal is another great place to see kingfishers along with other fish eating birds like the heron and little egret.

The beautiful mandarin duck, little grebes, coots and moorhens are also regularly spotted on the canal. The woodlands at Aldergrade Nature Reserve and Denham Country Park are home to a variety of birds as well as muntjac deer, weasels and bats.



## Getting About



Uxbridge train station is on both the Metropolitan and Piccadilly lines. From the station it is a short walk to join up with the canal.



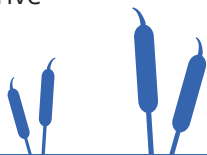
Uxbridge is served by various busses with the 101, 104, 105, U4 and U7 all running close to the High Street and Braybourne Close.



Can be accessed via the M25 and M40 as well as the A40 via Denham roundabout.

## Contact Us

Colne Valley Park Visitor Centre  
Denham Court Drive  
Denham  
UB9 5PG



T: 01895 833 375

E: [enquiry@colnevalleypark.org.uk](mailto:enquiry@colnevalleypark.org.uk)

W: [www.colnevalleypark.org.uk](http://www.colnevalleypark.org.uk)

