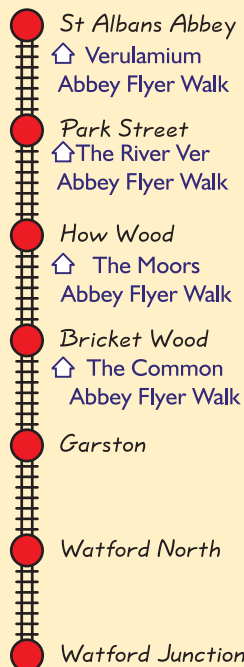


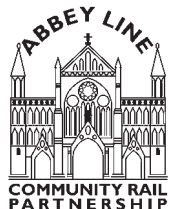
The Abbey Flyer runs between
Watford Junction and
St Albans Abbey stations.
For train times call the Traveline on
0871 200 22 33 (08.00-22.00)
or go to **www.intalink.org.uk**



The Abbey Flyer Users' Group is an independent,
voluntary group for this branch line.
Ring 01727 752613 or go to **www.abfly.org.uk**
for details.



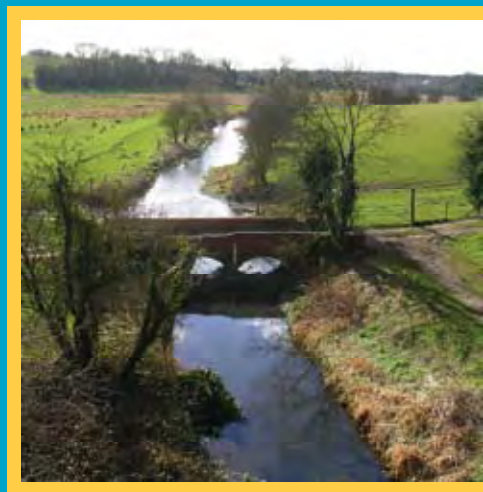
Produced in
Partnership by
**Countryside
Management
Service**



The Community Rail Partnership,
administered by Hertfordshire
County Council, brings together
the local community, businesses,
local government and the railway
to secure the long term future
of the Abbey Line railway.
For more information or to find
out how you can get involved
visit our web site at
www.abbeyline.org.uk
or phone **07770 993162**.



ABBKEY 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

Cover photo by David Horton

2012 Edition

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

If you enjoyed this walk, why not try walking
more often? Join the **Hertfordshire Health
Walks**, a programme of short, sociable
walks across Hertfordshire. The walks are
free of charge, led by trained volunteers
and are graded to suit all ages and abilities.
The walks take place all year round and often
finish at pubs and cafés for a well deserved
cup of tea.



Joining the walks is an easy way to get more active and stay active.
There are many significant benefits for your health and overall
wellbeing from regular walking (particularly brisk walking). These
benefits include weight-loss and effective prevention and
management of osteoporosis, dementia, cancer, diabetes,
depression, high blood pressure and heart disease.

To find out more about **Hertfordshire Health Walks** please
contact the **Countryside Management Service** on **01462
459395**, email **healthwalks.cms@hertscc.gov.uk** or visit our
website at **www.hertslink.org/cms/healthwalks**

The **Countryside Management Service** works with communities
in Hertfordshire to help them care for and enjoy the environment. For
information visit **www.hertslink.org/cms**

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 Leave Park Street Station and turn left onto Watling Street. 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 After leaving Sopwell Nunnery Green Space cross Cottonmill Lane and take the path opposite, between the river and the Sub Aqua Club swimming pool.
- 7 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.

You may see waymarks for the Ver Valley Walk or River Ver Trail. This series of circular walks and linear trail follow the River Ver. Leaflets for these, others in the Abbey Flyer series and for places to visit further into the Hertfordshire countryside can be found at www.hertslink.org/cms



This walk explores part of Watling Chase Community Forest. For more information visit www.hertslink.org/cms/wccf

