

St Neots Health Walks



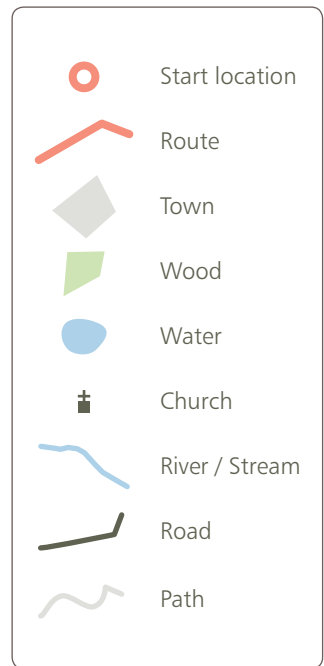
Walks Key

ORANGE Moderate walks last 30 to 60 minutes over 2 to 3 miles. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

RED Advanced walks last 60 to 90 minutes over 3 to 4 miles. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for new walkers, wheelchairs or buggies.

GREEN/ORANGE Moderate walks. These are moderate walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

GREEN/RED Advanced walks. These are advanced walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.



If you have any comments regarding the route (such as overgrown paths, obstructions, etc) please contact the Sports Development Officer on 01480 387047 or email activelifestyles@huntingdonshire.gov.uk

Before commencing a fitness programme, check with your doctor first if you are unfit, sedentary, overweight, obese, pregnant, or have any medical problem, diagnosed or otherwise, that may affect your ability to exercise such as: heart trouble, high blood pressure, diabetes, chest pain, especially when exerting yourself, feeling faint or dizzy spells, or any other medical condition which limits your ability to exercise.

We hope you obtain considerable enjoyment from these walks. At the time of preparation of the maps all routes follow rights of way or permitted paths, but diversion orders can be made and permissions withdrawn. Whilst every care has been taken to ensure the accuracy of the route description, HDC cannot accept responsibility for errors or omissions, or for changes in the details given. The countryside is not fixed. Hedges, footpaths and fences can be moved and redirected. Paths described may be pleasant for walking in fine weather but can become slippery, boggy and dangerous in wet and wintry weather. Wet weather can also cause some streams and rivers to become impassable. On days where visibility is impaired by cloud, mist, rain or fog, some landmarks used as direction aids in the route material may not be visible. Please note that all walks are undertaken at your own risk and HDC accept no responsibility or liability for any loss or injury.

Church Walk

Meeting Point: Riverside Car Park, St Neots

Time: 60 mins

Grade: Orange

Significant hazards to be aware of: water, cars, uneven ground, possible areas of flooding, fallen leaves



Route Instructions

Hazard

- | Route Instructions | Hazard |
|---|-------------------------------------|
| 1. From the information sign next to the Ambiance cafe head up the slope onto Town Bridge. | Cars |
| 2. Turn right along the bridge heading into the town. | |
| 3. Turn right and then left, walking around the south side of the Market Square towards the Amusement Arcade. | |
| 4. Turn right towards the river and follow the path left walking past the river (not crossing the bridge) and staying on the right hand side of the road walking past the church on your left. | |
| 5. Cross the road by old chimney tower and head straight on and then bear right down Cemetery Road. | Cars |
| 6. Take the path left between the wooden fence and the brook. | Uneven ground, fallen leaves |
| 7. Turn right crossing the road by the metal bridge heading towards the sign for 'Brown Square'. | |
| 8. Cross over the road to the left hand side, crossing the entrance to Charles Street and heading down Musgrave Way. | |
| 9. Keeping on the left hand side, crossing Medland Grove and heading into the Park ahead of you. | |
| 10. Walk past the children's play area and then take the path left around the grey building. The path comes out on Cromwell Road opposite the Croyovac factory. | Fallen leaves |
| 11. Turn right on Cromwell Road heading past 'The Bygroves' and Samuel Pepys school and crossing the school entrance. | Cars |
| 12. Go past the public footpath sign by Nursery Gardens and turn right into Duck Lane. | |
| 13. Cross entrance to Naseby Gardens and cross over to the left hand side, crossing the entrance to the garages and Brampton Gardens. | Cars |
| 14. Turn left down Henbrook crossing the entrance to Winhill School. Following the road as it bears left and cross to the right hand side | |
| 15. Cross wooden bridge on the right and head to the right beside the flats and brook and take the path through the park area heading to the right over the metal bridge. | |
| 16. Go left after the bridge and taking a left towards the sign for Duck Lane crossing to the right hand side. | |
| 17. Turn right into Chestnuts Grove taking path on the right towards the trees and the distant church. You come out from the path opposite the Navigation Wharf. Cross the road and head to wooden bridge. | Cars |
| 18. (For a short route/if riverside flooded cross over the bridge and retrace your steps around the market square and back to the car park). Follow the path under the trees and continue on ahead until you come to a clearing with a children's play area on your left and a large white bridge on your right. Take a left over the bridge and follow the path diagonally across the park and then around to the left back to the car park. | |

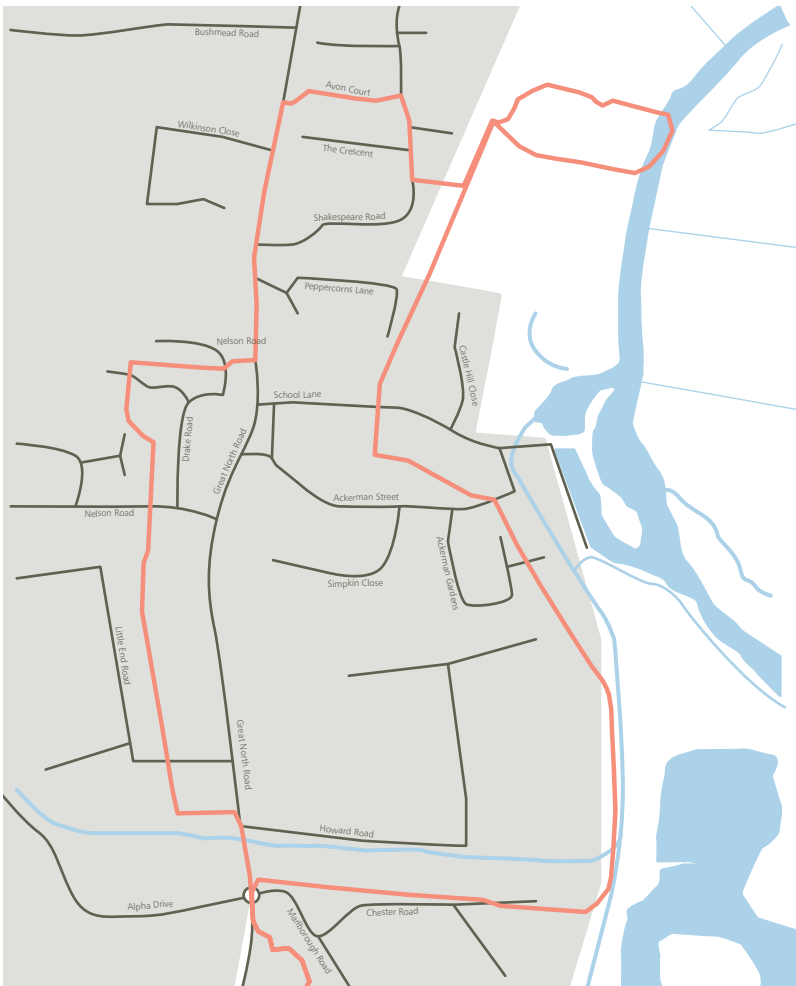
Eaton Socon Pightle

Meeting Point: The Highwayman Car Park, Colmworth Business Park, Eaton Socon PE19 8YP.

Time: 60 minutes

Grade: **Orange**

Significant hazards to be aware of: Traffic throughout.



Route Instructions	Hazard
1. Leave The Highwayman car park; turn left cross towards Car Wash before the roundabout. Turn right on main road and cross Howard Road.	Traffic
2. Cross main road at pedestrian traffic lights and continue towards Little End Road.	
3. Turn left into Little End Road and cross road when safe. Right onto path just before ATS.	
4. Cross the road and continue on the path which is slightly to the right.	
5. Cross road, left and turn right onto path just after small car park. Follow until the end and turn right, then left at the main road.	
6. Cross Wilkinson Close, cross the main road at the pedestrian traffic lights and follow the path into houses.	
7. Turn right at the end and cross the road when safe. Turn left into Stratford Place.	
8. Turn left so you are now on the back path, walk past the stile and use the main entrance to the Pightle.	Bicycles
9. Walk around the Pightle for 10-15 minutes.	
10. Turn left on the back path and follow until you cross Willow Bridge path.	
11. Then cross Peppercorn Lane and keep left at the Churchyard.	
12. Turn left in School Lane, cross the road when safe. Take the first right before the River Mill complex.	
13. Keep walking straight with the brook on your left, ignoring all the other footpaths.	Overhanging branches, slippery
14. At the made up road, turn right into the industrial estate.	
15. Keep straight and turn left at the main road, walking back towards the Highwayman car park.	Traffic

Route Instructions	Hazard
1. Starting at the car park, head out onto Huntingdon road, turning left towards the town centre and use the controlled crossing to cross Huntingdon Road. Walk briefly back to 'The Crescent'.	Road Crossing of busy road.
2. Go into 'The Crescent' and follow it as it bends left, then right and head towards shop at end of the road. Turn left into Leys Road and soon turn right into Hawthorn Road.	Possible traffic in urban road
3. At the bend follow Hawthorn Road to the left, with New Street running parallel to it over the hedge, until you come to the exit point at the hedge onto New Street (B1041).	Fast traffic
4. Turn left and walk along the pavement parallel to New Street to the corner of the field on the opposite side of the road.	Fast traffic
5. Cross the road and take un-surfaced lane next to Peacock's buildings, at end of lane enter Lammas Meadow through kissing gate on the right. Note the cattle in the field are used to walkers BUT may be curious and should always be treated with caution.	Cattle
6. Cross the first field diagonally left to the gate which may be muddy due to wet weather and cattle. Follow the path around the edge of the field first around the marina and then alongside the river bank.	Mud, river edge
7. The path turns right to a kissing gate and heading to the far left of the field. This area may be under water in winter. Go through gate onto New Street.	Water and soft ground
8. Cross the road carefully using the controlled crossing at traffic lights, turn right then immediately left into the left hand side of the rugby field until you reach the gate in corner.	Road crossing, dog mess
9. Turn right along the road, passing the entrance to Chamberlain Way and carefully cross Huntingdon Road near the double roundabouts. At this point any walkers, who wish, can head directly back to the car park.	Traffic at road crossing
10. To complete the full walk, head up hill in the park following a surfaced footpath. Follow this path to the brow of the hill, turning right and then right again, going back down the hill and across the grass to the starting point at the car park.	

Kimbolton Hills

Meeting Point: Kimbolton High School, High Street, PE28 0EA

Time: 60 – 75mins

Grade: **Red/Advanced**

Significant hazards to be aware of: Uphill, muddy, traffic



Route Instructions	Hazard
1. Enter the School grounds.	
2. Follow the marked path to a stile, cross the stile and follow the footpath up the hill across a field.	Uphill, sticky and wet
3. From the stile the path follows a straight line up the hill. On reaching level ground look for a path bearing 45degrees to the right, Join a stony track and turn right.	
4. Continue past the Cricket Field in the same direction along the road.	
5. Look for a footpath on the right; follow this path behind the Fire Station until you emerge on the main road opposite the church.	
6. Cross the road and turn left, just past the church is an alleyway straight ahead. Follow this path over the River Kim to the cemetery gates. Turn left and follow the cemetery wall round to the right.	
7. At the end of the cemetery wall is a lane with a path opposite, cross the road and continue into the field onto a path up and over the brow of the hill	
8. Follow this path over three fields until you meet a crossing path and there turn right.	Pollen from oil seed
9. Follow this path down the hill towards Kimbolton until it meets a rough track; continue ahead along this track to pass an isolated house towards the main road, crossing the River Kim.	
10. At the main road turn right and follow the pavement back to the Castle Gatehouse, returning back to your starting point.	Busy road, narrow pavement

Loves Farm Wander

Meeting Point: St Neots Football Club, Rowley Park Stadium, Kester Way, St Neots, PE19 6SN

Time: 50 mins

Grade: **Orange**

Significant hazards to be aware of: Cyclists

Route Instructions

Hazard

1. Head up the steps and through the gate at the far end of the car park. Turn left into the woods.
2. Continue to follow the path through the woods.
3. Coming out of the woods, follow the path straight.
4. Cross the road and continue following the path.
5. At the crossroads turn right and follow the path and cross the bridge.
6. Turn right at the crossroads and carefully cross the road.
7. Follow the path with the brook on your right hand side.
8. Turn right at the end and cross the bridge, walking with the play park on your left.
9. Turn left and continue to follow the path. Turn left again and cross the bridge.
10. Turn right at Gorham Way.
11. Turn right and cross the bridge taking the footpath to the right.
12. As the path splits take the path to the left. Turn right following the wooden fence.
13. Turn left and cross the road. Take the footpath keeping the school on your left.
14. At the end of the path turn left and return through the gate back to the car park.

Route Instructions	Hazard
1. Starting with your back to the cafe, head right round the edge on the car park, veering left towards the bridge.	Swans
2. Walk under the bridge, turn left & follow the path. Where it forks by the lamp post, take the path on the right. You will then be walking with the river on your right. At the end of the path turn left.	Flooding
3. Just before the path rises to meet the road, turn left on the grass with the road on your right.	
4. When you get to the 'secret garden' wooden fence entrance either go through the garden and take a circular path around the garden to exit from the same gate or head straight back under the bridge	
5. Take the path left towards the river and walk over the two bridges that follow the river	
6. Cross the wooden bridge heading towards the large bridge that leads to Eynesbury, but instead of crossing the big bridge, take the path right again walking alongside the river, the road bends right and follow this past the skate park and the children's play area.	
7. Take the path on your right alongside the play area and head back to the car park.	

Meadow Trail

Meeting Point: Paxton Pits car park

Time: 60 minutes

Grade: **Orange**

Significant hazards to be aware of: Vehicles, water, brambles, uneven ground, roots.



Route Instructions	Hazard
1. Starting from the car park head towards the visitors centre crossing the road taking the path directly behind the centre following signs for the Meadow Trail.	Vehicles
2. Go through the kissing gate.	Brambles
3. Following the path and signs first head right and then left crossing the wooden boards, bearing left as you approach the trees.	Water
4. Bear right walking past bench and life buoy.	
5. Head up the wooden steps, through the kissing gate and turn right following the path through the kissing gate.	
6. Turn left walking with the allotments on your right.	
7. At the crossroads turn left following signs for Meadow Trail.	Roots
8. At the junction ignore the sign for the visitors centre (cut straight back to the centre if desired) and go straight on following sign for Ouse Valley Way and River Trail.	
9. At the small sign for the Ouse Valley Way and River Trail (wooden stake on your right), turn right and walk along the river. (Optional short cut can follow the path round to the left back to the visitors centre)*	Water
10. The path along the river bends left and eventually comes to a T junction- here turn right following the path.	
11. Turn left heading towards the map information board and follow gravel path straight on heading for the hides and visitors centre.	
12. Follow the path left passing the raised lake viewing platform on your right and the Hayden Hide.	
13. Head straight on where you pass a sign for the river trail to your left (* this is where you come out if you cut back at point 9).	
14. Go past the education centre, through the kissing gate and back to the visitors centre.	Vehicles

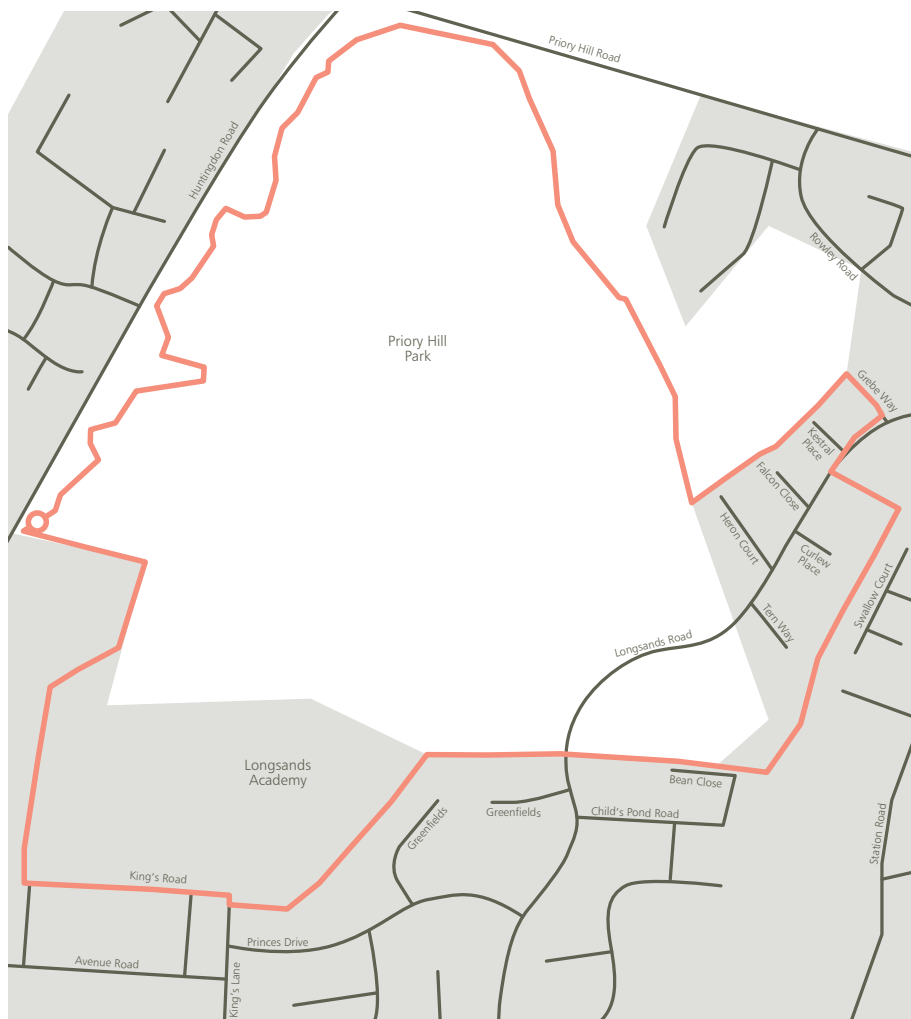
Park Walk

Meeting Point: Priory Hill Car Park, St Neots

Time: 60 minutes

Grade: **Orange**

Significant hazards to be aware of: Cars, tree roots.



Route Instructions	Hazard
1. From the car park, walk alongside the hedge to the right of the sports pavilion and take the path on your right heading away from Priory Park.	
2. Follow this path towards the Infant School, through the car park, past the school and on through the cycle barriers.	Cars
3. Turn left into Kings Road and you will come to Longsands College. Take the path to the right of the college; this will lead you to Longsands Road.	
4. Cross over and continue past Priory Junior School into Bean Close.	Cars
5. Take the left hand footpath and walk past a small play area.	
6. When you reach a T junction in the path, turn left into Raven Close and right into Longsands Road. Cross over and turn left into Grebe Way.	Cars
7. Turn left onto the public footpath beside the small wood.	
8. When you reach a surfaced path turn right through the trees and out onto Priory Park.	
9. Where the paths meet turn right and follow this path around the park anticlockwise, down the far end of the field and then left walking either alongside or in the trees back to the car park.	Tree roots

Pocket Park

Meeting Point: Riverside Car Park, St Neots, PE19 7SD

Time: 60 mins

Grade: **Orange**

Significant hazards to be aware of: Water, uneven ground, swans



Route Instructions	Hazard
1. Starting from the metal gated entrance to the park (next to the cafe) head straight through the park passing the children's play area on your right. Follow the path bearing first right and then left towards the small wooden bridge.	
2. Cross first the small wooden bridge and then cross the large metal bridge heading towards the houses in front of you.	
3. Turn right through the car park.	Cars
4. Take the steep slope (stairs and slope) down to the join the boardwalk near the river. Follow this walk through the wood: emerge into the caravan park and continue alongside the river.	Roots underfoot
5. Cross five small wooden bridges walking alongside the river (first through a wooded area, then two fields and then another wooded area) until you reach the weir.	
6. At the weir go up the steps but do not cross the river. Either continue along the path with the river on your right until you reach the second weir or take the path to your left heading first down a slope and then through the woods with a stream on your left and crossing the stream using the wooden bridge.	Narrow path/river
7. Both of the above paths take you out into Pocket Path which is a circular gravel path around a nature reserve area- follow the path either way around until you reach the large wooden gate and information board point which takes you out of the Park.	
8. Take the path straight ahead alongside the wooden posts heading to the metal sculptures that you can see on your left.	
9. You come out onto at a tarmac path, first turn right and then left heading towards the caravan park.	
10. When you reach the tarmac path end you are at the entrance to pathway that goes alongside the caravan park fence, take this path coming out at the caravan entrance and walk back to the large metal bridge.	Cars
11. Cross the bridge and (depending on time) either retrace your steps back to the car park or take the path to your left and follow this tarmac path around past the skate park and then bearing right with the children's play area on your right until you return at the car park.	

Reserve Ramble

Meeting Point: Paxton Pits Visitors centre, PE19 6ET **Time:**

60 mins

Grade: **Orange**

Significant hazards to be aware of: Traffic and tree roots.



Route Instructions	Hazard
1. Turn right out of car park follow the Quarry Road until you see the second sign for the sailing club.	Traffic
2. Turn right just before the sign and the car access road and follow the footpath that runs parallel with the road.	
3. At the fork in the path, turn right and follow the path around the lake.	Tree roots – slippery
4. Take the first turning right which leads in-between the two lakes and follow the path as it bears right.	
5. At the clearing follow the path left past the entrance to the sailing club and taking the road back to the main road 'Quarry Road'.	
6. Turn left and follow the road back past the car park and visitors centre and then follow the Heron Trail arrows to avoid the road.	
7. Through the kissing gate and continue along the path past the education centre (still following the Heron signs.)	
8. Follow the path right past the Kingfisher Hide and join the grass path that passes the information board on your left.	
9. Turn right to follow the footpath (avoiding the river viewpoint) and follow the path straight on (ignoring the path that turns left just before the grazing fields.)	
10. Turn right just before the metal gate, follow the path. Turn left at the end through the hedge.	
11. Follow the path to the right to join up with the main track.	
12. Turn left and follow the path back past the education centre and back to the visitors centre.	

Riverside Ramble

Meeting Point: Riverside Car Park, St Neots, PE19 7SD

Time: 60 minutes

Grade: Orange

Significant hazards to be aware of: Swans, flooding, dog mess, cyclists



Route Instructions	Hazard
1. From the car park, with your back to the car park, head right around the children's play area and follow this path round until you reach the road.	
2. Follow the road right passing the bowling centre on your right and then take the path to your left walking behind the houses, alongside the fence.	Cyclists
3. You come into a churchyard, keep left through the churchyard and then turn left following the pavement to the Riverside Mill Tavern.	
4. Turn right beside the river and cross the two bridges over Eaton Socon Lock.	
5. Take the steps down to your left, and walk along the riverbank following the Ouse Valley Way signs. With the river on your left you will walk through open fields across several small bridges.	Flooding
6. Continue along the riverbank, through the camp site into a small area of woodland.	
7. Follow the path up the slope/steps into Coneygear car park and head left over the large metal bridge.	
8. Go straight on until you cross a wooden bridge and then take the path to the right, walking alongside the river and then back to the car park.	Swans

Short Walk

Meeting Point: Riverside Car Park, St Neots, PE19 7SD

Time: 20 mins

Grade: **Green**

Significant hazards to be aware of: Water, swans



Route Instructions	Hazard
1. From the car park, with your back to the cafe, head left with the children's play area on your left.	
2. Follow the path left, past the skate park and alongside the river.	
3. Take the path left away from the large metal bridge crossing a small wooden bridge.	Water
4. Take the path to your right, alongside the river and over a couple of bridges.	
5. Take the tarmac path to your left and back to the start place.	Swans

Three Lakes Walk

Meeting Point: Paxton Pits car park

Time: 60 minutes

Grade: **Orange**

Significant hazards to be aware of: Uneven ground, dips in the ground, traffic, tree roots.



Route Instructions	Hazard
1. Starting from the car park head towards the visitors centre taking the path out the corner of the car park. Cross the bridge and follow signs for the Heron trail.	
2. Follow the path round to the right and go through the kissing gate.	
3. Cross over the road to use the gate on the right hand side.	
4. Follow the path and continue straight ahead on the tarmac path.	
5. When the path forks out – take the grass path to the left.	
6. Turn left when you reach the gravel pits and follow the grass path. At the T junction, turn right.	
7. Take the small grass path to the right and go up the verge. Keep following the path along cross both of the dips carefully.	
8. Follow the path straight on with the lake on your right hand side. Continue to follow the path straight and don't follow it around the lake.	Dips
9. Walk through the small wooded area and turn left, walk with the A1 on your right hand side, follow the path round to the left.	Vehicles
10. Continue to walk straight with the second lake on your left.	
11. Following the road round, take the left path after the small lake on your left hand side. Walk through the wooded area so the third lake is on your right.	Tree roots.
12. Continue to follow the path until you reach the sailing club and then head up the grass towards the exit of the sailing club.	
13. When out of the sailing club, turn left and return to the car park.	

Willow Bridge Walk

Meeting Point: Riverside Car Park, St Neots, PE19 7SD

Time: 60 minutes

Grade: **Orange**

Significant hazards to be aware of: Flooding, swans, cyclists



Route Instructions	Hazard
1. Meet next to café and walk southwards into the park with children's play ground on the right.	Swans
2. Follow paved footpath bearing left towards wooden bridge, cross, then head for large metal footbridge across River Great Ouse and cross this too.	Flooding and occasional cyclists on bridge
3. Turn right through car park and take the path between hedge and fence on the left hand side of the caravan camp-site entrance.	Occasional cyclists
4. Continue along tarmac path until meeting the path towards the Willow bridge. The bridge is clearly visible as a long, low cycle/footbridge across the river. Turn right and cross the bridge.	Occasional cyclists
5. Follow path on edge of cricket field and turn left at footpath. Keep left through churchyard and at lane turn left past the Riverside Mill Tavern	Occasional traffic in lane
6. Walk in front of Tavern and branch right, following signed footpath over bridges and Eaton Socon lock and weir. Turn left and descend concrete steps on left to footpath along river heading back to St Neots. Follow Ouse Valley Way signs along edge of river and under the Willow Bridge.	Flooding
7. Follow path through camping and caravan site into small area of woodland with duckboards.	Flooding
8. Follow path up slope into carpark (point 3, above) and retrace route back over metal footbridge and through the park to starting point.	Flooding and Swans. Occasional cyclists on bridge