

St Ives Health Walks



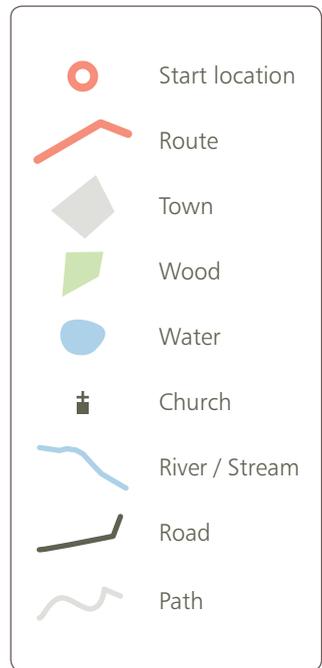
Walks Key

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 (e.g. 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of the maps all routes follow rights of way or permitted paths, but diversion orders can be made and permissions withdrawn.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.

Crystal Lakes

Meeting Point: Chapel on the Bridge, St Ives

Time: 60 minutes

Grade: **Two/Moderate**



Route Instructions

Hazard

1. Head out of St Ives past the Dolphin Hotel and proceed over the causeway keeping to the left hand side.

2. Turn left just before the row of houses and follow public footpath sign

3. Access Wilhorn Meadows through the kissing gate and continue to follow footpath, going under the bypass bridge.

4. Turn right towards the boatyard, crossing over the wooden bridge through the weeping willows.

5. At the entrance/exit to boat yard turn left onto Low road. After 50m turn left and proceed towards the lock.

6. Just before the lock turn right and follow footpath along to river on the left hand side.

7. After 500m cross over footbridge and turn right following footpath over the style.

8. Go over style at junction with Low road, turn right and head back towards St Ives keeping to the pavement on the right hand side of Low Road.

9. Turn right at the entrance of the boatyard then turn left and proceed around boatyard with the water on your right.

10. Exit Wilhorn Meadow through the kissing gate. Continue on footpath turning right on to the causeway.

11. Continue ahead passing the Dolphin Hotel and returning back to the Chapel on the Bridge.

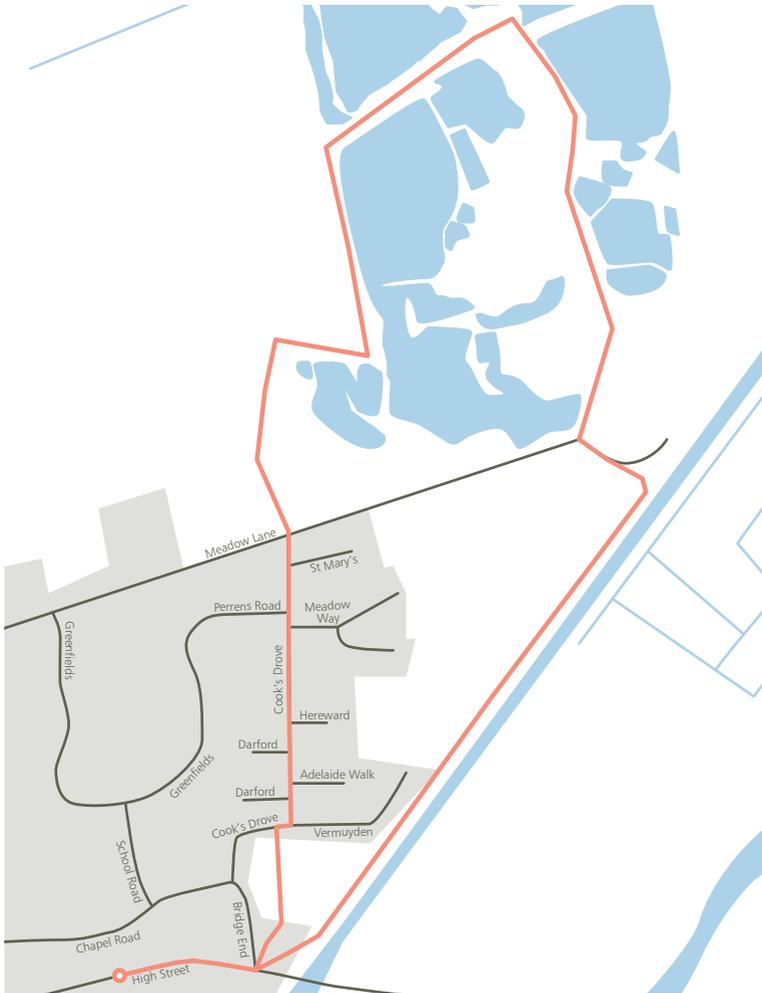
Earith

Meeting Point: Old River View Tea Room, 37 High Street, Earith, PE28 3PP

Time: 50-60mins

Grade: **ORANGE**

Significant hazards to be aware of: River, Traffic



Route Instructions	Hazard
1. With your back to the tea room, turn left towards the river. Cross the road towards Bridge End & walk diagonally across the grass area to a gap in the trees.	Traffic
2. Follow the footpath along the river (river on your RHS) Go through the gate at the end & follow the path to the left hand side.	River
3. Cross the stile & go through the gate towards the Industrial estate. Keep walking & turn right. Be careful of industrial traffic.	Industrial traffic
4. Continue walking towards Fenland Fisheries & then past it. Continue walking taking the muddy lane straight ahead.	
5. Take the public footpath on the left, sticking to the left. (RHS is private property)	
6. Continue along the path, & through the kissing gate & turn left. Keeping walking so that the caravan park is on your LHS.	
7. Cross the road so you are now walking along Cooks Drove on the RHS where the path is.	
8. At the end of the road, follow the road round to the right. Cross the road before the play park so you are now on the playing field.	
9. Cross the playing field & car park & turn right & return to the tea room. (Car Park opposite)	

Fenstanton Stroll

Meeting Point: Car Park, Chequers Street, Fenstanton.

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Muddy in winter. Flooding is possible.



Route Instructions

Hazard

1. Come out of the Car Park and turn left along Chequers Street and cross Honey Hill & take the road, 'The Fen'. This soon becomes a track/footpath.
2. Follow the track which curves to the right and turn left to follow the well-used grass footpath heading north towards the river.
3. At the river turn right and follow clear footpath along river bank through kissing gates to the Busway road bridge.
4. Turn right and follow path at side of the bridge and join the cycleway at side of busway.
5. Follow the busway path for about 200 metres and after a concrete culvert turn right onto track with flooded gravel pit on the left.
6. Head south back towards Fenstanton turning 45 degrees right after approx. 800 metres. Follow track back to point 'A'.
7. After a few yards take a left turn signed as Eric Mott Way towards the church.
8. The path turns sharp left and then sharp right and right again around the school field towards the churchyard.
9. Turn left and then right across graveyard and into School Lane.
10. Follow the lane a short way to Honey Hill. Retrace steps to Chequers Street carpark.

Hemingford Grey

Meeting Point: Chapel on the Bridge

Time: 75 -90 minutes

Grade: **Red/Advanced**



Route Instructions

Hazard

1. Turn right onto the footpath past the Dolphin Hotel signed Hemingford Grey.
2. Bear right onto the meadow, towards the river. Walk along the river towards the top left hand corner of the meadow.
3. When you reach the trees go through the kissing gate on your right leading to Hemingford Grey.
4. Once through the kissing gate, follow the path leading into Meadow Lane.
5. Bear left into Mill Lane. Continue walking until you reach Church Street.
6. Turn left, walking past a public telephone into High Street.
7. Turn left into St Ives Road, staying on the left-hand side. Walk past the shop on the right and the primary school on the left
8. Turn into Filberts Walk turn left into London Road and head over the Causeway to the Dolphin Hotel and to return back to the chapel of the bridge.

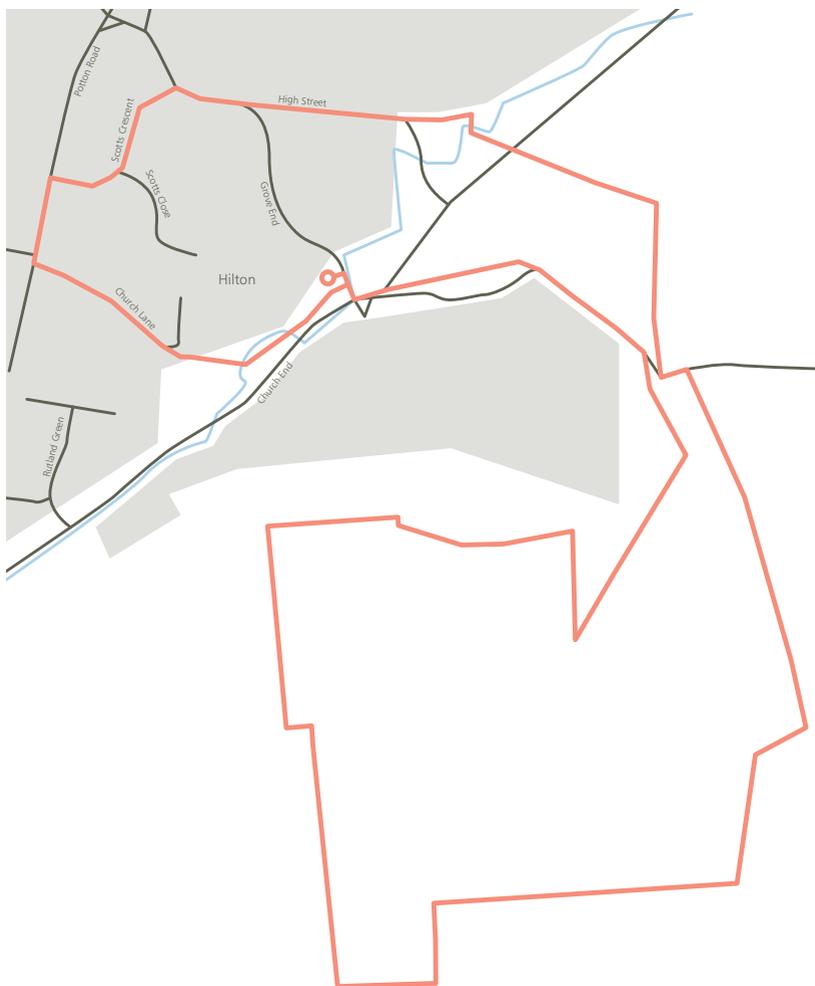
Hilton Walk

Meeting Point: The car park next to the village hall.

Time: The car park next to the village hall.

Grade: **ORANGE**

Significant hazards to be aware of: Muddy & slippery. Style crossing; Farm livestock (cows or horses).



Route Instructions

Hazard

1. Walk out of the back of the car park along the footpath, over two small bridges & into the churchyard.
2. Follow the path out of the church yard & onto the path on the right of the street.
3. Turn right at the end of Church Lane/Sparrow Way onto the main road through the village.
4. Turn right down Scotts Crescent.
5. Follow Scotts Crescent round & merge onto the High Street, turn right.
6. Keep to the left on footpath onto the green and following an access track to houses until you spot a small bridge on your right hand side, follow the track across bridge towards the main area of the green.
7. Cross the road onto the main field, & cross past the nearest goal post.
8. Cross over the small bridge, walk to the left hand side of the next field.
9. Turn left at the end of the field – down the track towards field gate with style on right hand side. This can be extremely muddy in wet weather and there may be livestock in the field. If either of these appear to be a problem, take **alternative route** from 14. below, otherwise.....
10. Cross style and follow the edge of the field with hedge on your right to farm gate way into lane. This also can be very wet and muddy in wet weather.
11. Go through gate and follow farm track, first towards farm buildings, then veering left around the outside of the meadow fence. Continue to follow obvious path around the outside of wide meadow area, you will be walking on grass between the hedge and the fencing.
12. Continue around the outside of the meadows, eventually completing a circuit of the meadows and returning to point 9 above.
13. With field gate behind, take farm track back towards village with green on right and large detached houses on the left. Continue for approx 200 metres and arrive back at village hall.

Alternative for muddy conditions or animals in field.

14. Take the path on the left hand side of the field, walking between a thorn hedge and the net fencing of the meadows. Continue to follow this path, taking care of slippery sections and continue around meadows, eventually arriving at a 'tee' junction.
15. Take the right hand path and continue around the meadow until returning to the same place and then retrace steps back to point 9.
16. With field gate behind, take farm track back towards village with green on right and large detached houses on the left. Continue for approx 200 metres and arrive back at village hall.

Mud and live stock.

Holywell

Meeting Point: Car park at Pike and Eel Pub, Needingworth, PE27 4TW

Time: 60-90 minutes

Grade: **ORANGE**



Route Instructions

Hazard

1. Facing the pike and Eel and the river, turn right onto the footpath along the top of the flood bank.

2. Follow the path for approximately one mile along the riverbank until you reach the 'Ferry Boat Inn' at Holywell.

3. Continue ahead along the road in front of the cottages and follow the road to the church.

4. From here you can see the 'Holy well' to the left of the church which is how the village received its name.

5. Continue along the road until you approach a 'T' Junction and turn right.

6. Continue straight ahead ignoring the road to Needingworth on the left until you come to the riverside.

7. Turn left in front of the 'Ferry Boat Inn' and rejoin the path along the flood bank.

8. Continue ahead for approximately one mile returning back to the Pike and Eel car park.

Route Instructions

Hazard

1. Exit the car park through the gap in the edge at the bottom of the car park. Passing St Ives cadet force building on the left.

2. Turn left onto the footpath walking along side the football club on the left hand side and proceed to the end.

3. Turn left at Green Lees road, proceed up High Lees road.

4. Turn right at the 'T' Junction and then left at Houghton road

5. Cross over Houghton road at the traffic lights; proceed up Hill Rise keeping to the right hand side.

6. At the junction with Ramsey Road turn right and cross over Ramsey Road.

7. Turn left just before the first set of traffic lights and proceed along the footpath for 400m.

8. Turn right and follow the footpath & cycleway passing Wheatfield's School on the left hand side.

9. At 'T' Junction with Erica Road turn right and proceed down Burstellars Road.

10. Turn Right at the Junction with St Audrey Lane. Cross over St Audrey's Lane at the traffic lights and then cross over Ramsey road and proceed on right hand side.

11. Turn Right at Paragon Road, crossing over to the footpath along side of Slepe Park.

12. At the far right of the park follow the narrow footpath and proceed through three cycle barriers.

13. Continue along West Leys and Westbury Road to 'T' junction to footpath at the football pitch.

14. Turn left and return One Leisure car park.

Ouse Walk

Meeting Point: St. Ives Library, Meadow Lane, St.Ives, PE27 5AN (Pay & Display car park)

Time: 1 hour

Grade: **ORANGE**

Significant hazards to be aware of: Traffic, Uneven ground, Overhanging branches.



Route Instructions	Hazard
1. Leaving the library, turn left & walk towards the bypass, crossing the road when safe & heading to the guided bus park.	Traffic
2. When crossed, cross again so you are now walking besides the lake on your right hand side.	
3. Follow the path & cross the bridge.	
4. After the bridge you need to take a sharp right at the gravel path (as if you are going back on yourself)	Uneven ground
5. At the end of the gravel footpath, turn right so that you are walking underneath the bridge with the river on your left.	Stinging nettles, overhanging branches
6. Follow the path along until you reach the stile, cross safely & continue across the meadow. River on left hand side.	Cows
7. Crossing the stile & the wooden bridge & turning right.	Stinging nettles
8. Keep following the path until it leads you up to join the path by the side of the guided bus route.	
9. You then need to SAFELY! Cross the bus way & follow the path along the right hand side.	Crossing road – traffic
10. The path will lead you to back to the guided bus station, cross the road & head back to the library.	

Route Instructions	Hazard
1. Leave Lakeside Lodge car park once you reach the bottom of the road turn left.	Traffic
2. Continue to the road, ignore the first footpath sign on your right and continue straight until you reach the second footpath sign on your left before you reach Stroud Hill Park.	
3. Turn left through the gap in the trees entering onto the golf course, stay to the right hand side of the rope and follow around.	
4. Turn right once you reach the gap in the hedge passing the caravan site on your right and continue to follow path up the hill (caution: electric fence on left).	
5. Continue following the footpath passing over the bridge following which links the two fields.	
6. Continue on the footpath passing the village on your left hand side and a few farm animals	
7. Once you reach a small wood area, turn left & this leads onto a gravel path. Carry on straight until you reach the Mad Cat Inn.	
8. Turn right down Warboys Road and then right again at the footpath sign; follow through with the farm on your left. Continue to the bottom of the path.	
9. Turn right at the end of the footpath onto the main road (Fen Road).	Traffic
<p>10. Once you have reached this point there are two options:</p> <p>Follow the main road straight down for $\frac{3}{4}$ mile to return back to the starting position. (Walk will take 60 mins).</p> <p>Follow this main road down until you reach the first foot path sign on right. Take this path and follow it all the way round, turning left after the first two corners. Follow path passing the village on your right and this time down Stroud Hill, along to the golf course and passing through the gap in the fence. Turn right and return back to the starting position. (Walk will take 60 - 75 mins).</p>	Busy traffic on roads.

RAF Wyton

Meeting Point: Co-Op Car Park, Constable Road, PE27 3ER

Time: 60 minutes

Grade: **ORANGE**



Route Instructions

Hazard

1. Leave car park at far end of housing estate at the right hand side of the 'Co-op' store.

2. Follow the path through the housing estate a joining with Ramsey Road.

3. Turn right at the end of the road at junction with Marley Road.

4. Cross over and proceed along Old Ramsey Road past the cemetery.

5. After $\frac{3}{4}$ of Mile turn left at the footpath sign and go through the gate onto track towards RAF station.

6. Proceed along path for $\frac{1}{2}$ mile to the edge of RAF Wyton.

7. Turn around and retrace steps along the footpath and through the gate.

8. At the cemetery cross over Ramsey Road and turn Right at Marley Road.

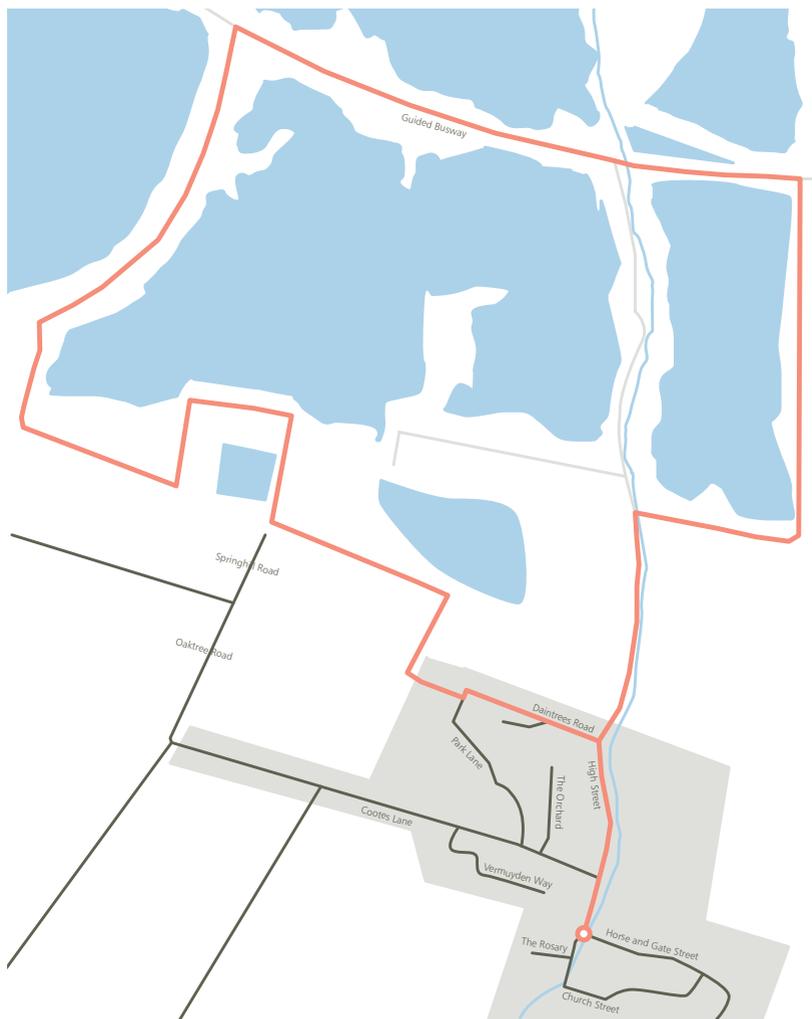
9. Follow the path through the housing estate returning back to the Co-Op Car Park.

RSPB Fen Drayton

Meeting Point: Three Tuns Pub, Fen Drayton

Time: 90 minutes

Grade: **ORANGE**



Route Instructions

Hazard

1. Proceed along high street into Holywell Ferry Road for 500yds, Turn right over bridge and follow road bearing left.
2. Continue straight on for 500yds to guided bus junction, turn left and follow guided bus route for one mile.
3. Turn left through gate and follow path with the lakes on your right hand side.
4. Proceed through gate and continue along footpath.
5. Turn right and continue ahead returning back to Three Tuns pub

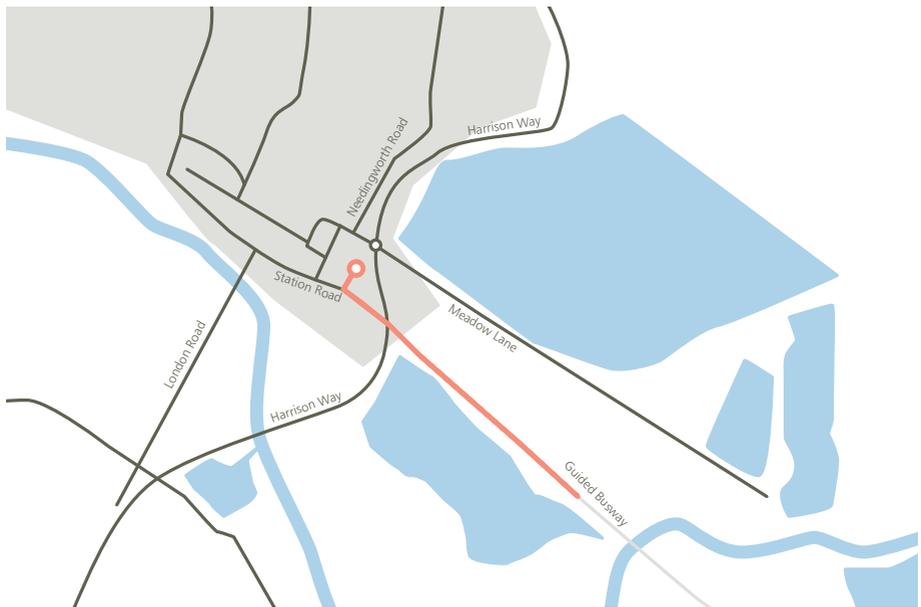
Short walk

Meeting Point: St Ives Library, Meadow Lane, St Ives, PE27 5AN

Time: 20 minutes

Grade: **Green**

Significant hazards to be aware of: Traffic



Route Instructions	Hazard
1. Starting from the car park, head to the exit of Waitrose and take the path towards the crossing for the guided busway- cross the road using the crossing when safe to do so	Vehicles
2. Take the path up towards the bustops on the left hand side	
3. At the second crossing move to the right hand side path and head up the cycle path	
4. Follow the path along over the bridge and towards Fen Drayton for about 10-15 minutes	
5. Turn around and retrace your steps, crossing over the bus route, using the crossing and cross back over the main road using the crossing, heading back to the car park.	Traffic

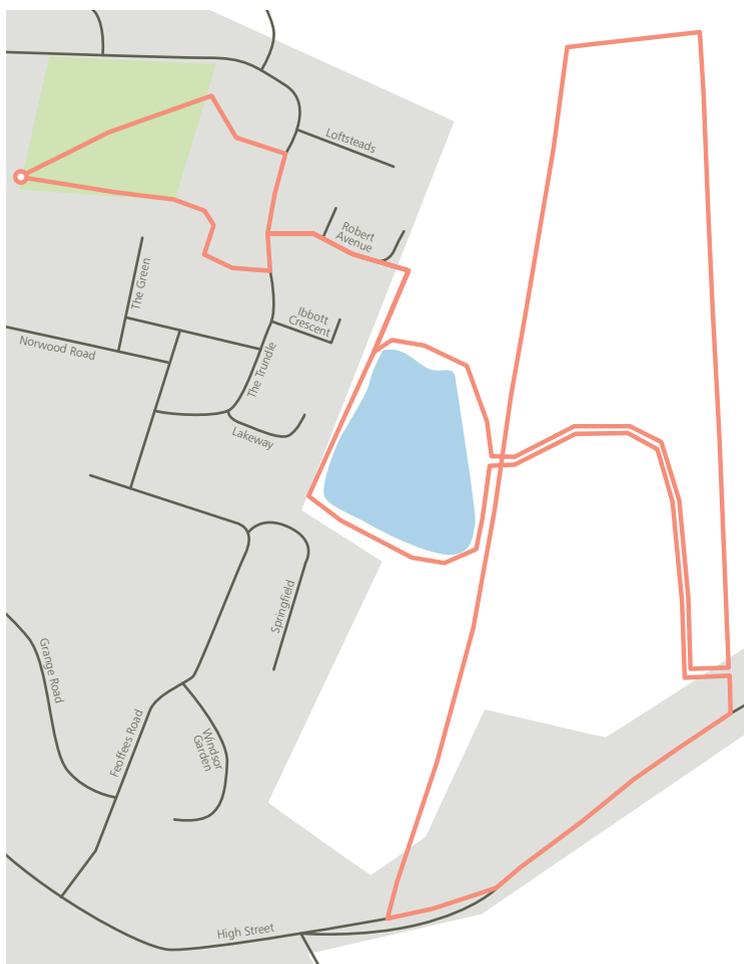
Somersham Walk

Meeting Point: Victory Hall Car park, Parkhall Road, Somersham PE28 3HE

Time: 60 Minutes

Grade: **ORANGE**

Significant hazards to be aware of: Roads, Waters edge, uneven ground, barbed wire.



Route Instructions

Hazard

1. From the car park go through the gate crossing the field diagonally passing the play park on the left hand side.
2. When you get to the left side of the field take the gate on the right which leads into houses (as opposed to the other which leads to the road).
3. Take the path left at the T junction when you come out into the road and then turn right meeting the Trundle.
4. Take care crossing the road and head down Robert Avenue
5. Cross the road to follow the footpath on your right between the house and trees.
6. Follow the tarmac path to the right and at the lakes edge take the path to the left.
7. Just after you pass the life aid there is a fork in the road- take the muddy path to the left so you pass the bin on your right hand side.
8. Turn left up a slight hump (careful of the bricks sticking up). **Uneven ground**
9. Cross straight over the path following the footpath signs.
10. Follow the path to the right so that you are heading into the trees, there is a (sheep) field to the right of you and you are aiming to follow it round about 1/2 of its circumference.
11. The trees open up to a field after about 200m (this is called the dog field hence our diversion from it!) but take the path to the right carrying along the side of the (sheep) field.
12. You come to the vehicular access to the fenced field (two deep grooves made by tyres) and a sign on your left. Here you head left towards the sign for the nature reserve and take the path that leads in a straight line (leaving the metal gate behind you).
13. Follow the path past the no horses sign and following it as it bears right through the trees.
14. You reach a barbed wire fence (be careful!) and turn left following the path through the trees turning right following the slight gravel path and turn left with hedgerows either side. Walk straight down this path (you will pass the bricked hump that you passed in point 8) and head straight to the metal gate which is another entrance to the nature reserve (there are signs here to mark it). **Barbed wire**
15. Go through the entrance and turn left following Chatteris Road, passing houses on your left hand side until you reach Brook Cottage.
16. Turn left just after the cottage back into the nature reserve (you will see the sign and the sheep field you passed in point 12)
17. Take the path to go anticlockwise around the field [this is the path you used in point 11 but the only other path is to go clockwise around the (sheep) field and this has lots of tree trunks as hazards in the path].
18. Cross back over the small hump (point 8) and head back to the lake.
19. The lake will be in front of you so follow the path left all the way around going clockwise around the lake (where you haven't yet walked). **Waters edge**
20. Take the path back to the entrance from the houses into Robert Avenue.
21. Follow the path on the left hand side and cross the road into Harvey Drive keeping on the right hand side of the drive.
22. You come across a small grassy area on your right, take the path along side it and then turn left to take the gate back into the park and cross back into the car park.

Route Instructions

Hazard

1. Leave the car park as if you were walking back to St Ives and walk along the public footpath signed Houghton and Wyton.

2. Turn right at the Scout HQ, walk along Thicket Path.

3. Continue along the path until you reach the barrier. Take the steps on the right hand side leading up into the woods

4. Turn left on the gravel path and follow it all the way through the wood.

5. Upon reaching some more stepping leading down take these to rejoin the Thicket Path.

6. Continue along the thicket path to Houghton village square. Turn left to Houghton mill.

7. Turn left with mill on your right hand side and proceed across way marked path across caravan/camping site.

8. Go through the gate onto the narrow path by the brick wall & turn right. At the end of the path turn left.

9. Turn right back onto the thicket path and follow along until you reach back to St Ivo Indoor Leisure Centre.

Town Walk

Meeting Point: St Ivo Indoor Leisure Centre

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Traffic throughout.



Route Instructions

Hazard

1. Leave the car park and walk along the public footpath signed to Houghton and Wyton.

2. Turn left at the Scout Hut and walk along the path towards Holt Island.

3. Walk through the churchyard, or go around the church- both paths will lead you back to the river.

4. Keeping to the right, walk along follow the path past the Norris Museum. This lead into Broadway and then Merryland.

5. Turn right into Bridge Street. Cross onto The Quay and walk along the road until the end past the 'Oliver Cromwell' pub.

6. Turn Left into Priory Road, then follow the road until you come to the cross roads next to cafe.

7. Turn left into Market Hill and walk to the Free Church. Cross over the road. Continue along the road to poundland.

8. Turn right into Crown Place. Cross East Street into Crown Walk and stay on the right hand side walking to the park.

9. Turn right in the park & follow the path around the park, passed to childrens play groud and concrete building, then take the next exit by a painted wall.

10. Walk down the alleyway heading towards the Broad Leas.

11. You will come out opposite Eastfield Infant School. Cross over the road walk left down the path next to the Letterbox. This runs along the side of the schools. Walk along the pathway at the side of the park & school play area.

12. You will reach Ramsey road. Turn right crossing the road at the pelican crossing and continue until you reach Paragon Road. Turn left into Paragon Road and continue walking until you reach a footpath on the left. Walk down the footpath passing behind the childrens playground, continue along the footpath which leads into Westwood Road.

13. Turn right along Westwood Road and return back to St Ivo Indoor Leisure Centre.

Traffic

Crossing road.

Woodhurst

Meeting Point: Co-op Car Park, Constable Road, PE27 3ER

Time: 90 minutes

Grade: **Red**



Route Instructions

Hazard

1. From the car park, cross Marley Road and turn right on the grass verge. Take the track on your left sign posted as a public footpath.

2. Take the left-hand fork of the path, turn right onto the footpath and follow the hedge line for about 800m.

3. Go straight over the footbridge at the end of the field and turn left.

4. Follow the tree line and go over another bridge. Carry straight on keeping the stream on your left.

5. Upon reaching the corner of the field bear round to the right. Cross a small footbridge about half way up the field following the yellow arrow. The ditch is now on your right.

6. When reaching the top of the field you can choose to either return to the car park or continue on to Woodhurst

7. When you reach the top of the field follow the right hand arrow.

8. Continue through the little wood. At the end of the wood you will meet another public footpath, bear to the right.

9. Almost immediately you will reach another footbridge, cross and continue straight through the middle of the field.

10. Keep the hedge to your left and continue in the same direction when the hedge finishes.

11. Follow the footpath round to the left. Turn left to go through a gate between two areas of newly planted trees.

12. Leave the field through another gate and turn right. Walk to the bottom of the field.

13. Bear left onto footbridge then cross another footbridge on your right.

14. Carry on straight down the field until you rejoin the road, turn right and return to the Co-Op Car Park.

Yacht Lakes

Meeting Point: St Ives Library, Meadow Lane, St Ives, PE27 5AN

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Uneven paths, flooding, vehicles



Route Instructions	Hazard
1. With the library behind you, go right heading to the car park entrance/exit	
2. Leave the car park, cross over Meadow Lane and proceed to Needingworth Road	
3. After 500m turn right into Farthing Lane towards the caravan site. Follow the public footpath over a small bridge	
4. Cross over the busy by-pass at the roundabout, proceed along Parsons Green with Clare Hall on the left hand side	Vehicles
5. At the end of Parsons Green turn right onto the footpath and proceed through avenue of trees with a lake on your right. Go over wooden bridge at zig-zag in path and then at public footpath sign turn right at concrete bridge	Slippery & next to a ditch
6. Cross over the concrete bridge, proceed through the gate and bearing left, follow pathway through long avenue of trees (lakes on RHS) to great Ouse river	Path very muddy in wet season
7. Turn right at the river and follow riverside path for 150m, bear right away from river following footpath for another 150m	
8. Turn left (just before metal gate) into meadow lane, proceed and go past Marshalls/Hanson works on LHS	Heavy vehicles
9. After passing works bear right to walk on pathway	
10. At the end of the path, cross over Meadow Lane and cross by-pass at roundabout back to the library	Vehicles