

The walk explores Parkfields and its surroundings, taking in Allum Lane Spinney, Radlett Park Golf Course and the wider countryside.

Why Walk?

Walking is arguably the best exercise and a good way for you to get the 150 minutes of moderate exercise per week recommended by health professionals to maintain wellbeing.

How much time do you have?

40 minutes - Loop 1 (1.4 mile / 2.2km)

50 minutes - Loop 2 (1.7 miles / 2.7km)

80 minutes - Loop 3 (2.7 miles / 4.3km)

Other Local Walks

This walk is one of a series of **Countryside on Your Doorstep** walks in Borehamwood and Elstree. Download these and other walks from www.hertslink.org/cms/

Hertfordshire



Health Walks

Hertfordshire Health Walks

is a countywide initiative, providing free, led walks, helping everyone get outdoors, get more

active and reap the benefits. There are regular health walks in Borehamwood and surrounding areas of various lengths from gentle 20 minute strolls to 90 minute walks. Pick up a copy of the programme in your local library, GP surgery or download it from www.hertfordshirehealthwalks.org

*"Explore the great outdoors
- it's right on your doorstep"*

How to get there:

You can start the walk from anywhere along its route. See walk map for linking roads.

By Road:

Parkfields is accessed over the railway via Red Road, northwest of Borehamwood. You can also join the route at Allum Lane. Borehamwood is just off the A1 or A41. There are public car parks throughout Borehamwood.

By Public Transport:

You can join the walk route at Allum Lane, a two minute walk from Elstree & Borehamwood Station. There are bus stops along the route.

For travel details visit www.intalink.org.uk or contact Traveline on 0300 123 4050 (open 8am - 8pm).



Parkfields and Allum Lane Spinney is owned and managed by Hertsmere Borough Council. For further information contact the Parks and Amenities team:

**www.hertsmere.gov.uk/parks
Tel: 0800 731 1810 (freephone)
Email: parks@hertsmere.gov.uk**

The Countryside Management Service (CMS) works with communities in Hertfordshire to help them care for and enjoy the environment. For more information contact CMS at:

**www.hertslink.org/cms
Tel: 01992 588433**

Thanks to Elstree & Borehamwood Museum
Thanks to Chris Newman for providing some of the images

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Countryside
on your
DOORSTEP

Parkfields & Beyond

Produced by Fitzpatrick Woolmer - 0800 130 3630



Take a break in the
great outdoors



Parkfields and Allum Lane Spinney

As far back as the 17th century, hay from the meadows of Parkfields was regularly shipped into London's Haymarket to feed the horses used for pony and trap transportation in the city. The hay is still cut annually, a management regime that supports a rich mixture of grasses and wildflowers. In the summer the meadows are buzzing with bees, crickets and butterflies. Before you come out onto Allum Lane you walk through Allum Lane Spinney. This area of woodland is a beautiful sight in spring with wild garlic and bluebells carpeting the ground. You may hear great spotted woodpeckers drumming on the impressive oak trees.



Wild Garlic



Great Spotted Woodpecker



Bumble Bee

"Take a healthy break in the natural world - it's right on your doorstep"

Waymarks



Parkfields & Beyond Waymark

Follow these waymarks on your walk in an anticlockwise direction.



Parkfields & Beyond Waymark

Follow these waymarks to shorten your walk.



Yellow arrow :

Footpath (walkers only).



Blue arrow :

Bridleway (walkers, horse riders and cyclists).



Plum arrow :

Restricted Byway (walkers, horse riders, cyclists and horsedrawn vehicles only. No motor vehicles).

Key

Route of Parkfields & Beyond Walk

Short cut

Public Right of Way

Refreshments

Play Area

Contains Ordnance Survey data
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Allum Lane Spinney

