

- 1 Twywell Hills & Dales**
www.wildlifebcn.org
- 2 Willy Watt Marina**
(Woodford Mill tea room, moorings, narrow boat hire and self catering units)
Tel: 01933 622038
www.willywattmarina.co.uk
- 3 Kinewell Lake Nature Reserve**
www.northamptonshire.gov.uk (search pocket parks)
- 4 Ringstead Grange Trout Fishery**
Tel: 01933 622960
www.ringsteadtroutfishery.co.uk
- 5 Ringstead Island (fishing complex)**
www.wdnac.org.uk
- 6 Stanwick Lakes**
Tel: 01933 625522
www.stanwicklakes.org.uk
- 7 Cycle Hire**
in association with A J Bikes of Rushden.
Tel: 07969 907 115
- 8 Stanwick Lakes Fishery**
Tel: 07974 300015
www.stanwicklakesfisheries.com
- 9 Rock UK Frontier Centre**
Tel: 0844 8000 222
www.adventures.rockuk.org/centres/frontier-centre
- 10 Irthlingborough Lakes & Meadows Nature Reserve**
www.wildlifebcn.org
- 11 Chichele College**
Tel: 01933 655401
www.english-heritage.org.uk
- 12 Rushden Historical Transport Museum**
Tel: 01933 318988 www.rhts.co.uk
- 13 Rushden Museum**
Tel: 01933 317261
www.rushdenmuseum.co.uk
- 14 Riverside Park**
Higham Ferrers Town Council
www.highamferrers-tc.gov.uk
- 15 Higham Ferrers Pits Nature Reserve**
www.wildlifebcn.org
- 16 Wilson's Pits Nature Reserve**
www.wildlifebcn.org
- 17 Ditchford Lakes and Meadows Nature Reserve**
www.wildlifebcn.org
- 18 Glebe Meadow Fishery & Camping & Caravanning Club site**
Tel: 07941 257090
- 19 Canoe2**
Tel: 01604 832115 www.canoe2.co.uk

Distances

Denford to Thrapston	2.1km
Woodford to Denford	3km
Woodford to Little Addington	5.3km
Thrapston to Stanwick Lakes	7.8 km
Little Addington to Irthlingborough	4.7 km

Boots & Bikes Thrapston 2 Rushden

Legend:

- Chemist
- Church
- Parking
- Post Office
- Pub
- Telephone
- Toilets
- Shopping
- ⋯ Bridleway
- ⋯ Irthlingborough Lakes & Meadows Trail
- ⋯ Greenway Cycle Route
- ⋯ Nene Way
- ⋯ Regional Cycle Route
- ⋯ Public Footpaths
- ⋯ Special Protection Area
- Chester House
- Irchester Country Park

Stanwick Lakes
Explore 7 miles of cycle paths

- A** Adventure Playground
- B** Adventure Trail
- G** Assault Course
- D** Cycle Path & Horse Riding Route
- E** Iron Age Roundhouse
- F** Birdhide
- G** Visitor Centre
- H** Cycle Hire
- I** Fishery

Cycling surfaces

Greenway cycle route: smooth surfaces suitable for all (cyclists on any type of bike, pedestrians, pushchairs, wheelchairs and mobility scooters).

Stanwick Lakes: good surfaces, suitable for most users (cyclists on most types of bikes, walkers, pushchairs, wheelchairs and mobility scooters).

Islip - Stanwick Lakes: National Cycle Route suitable for cyclists on hybrid or mountain bikes and walkers. Very rough and muddy in places. Not suitable for wheelchair users.

Countryside Code

The Countryside is a living, working environment, so please respect, protect and enjoy the countryside.

- Be safe – plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals and take your litter home.
- Keep dogs under close control.
- Consider other people.

www.naturalengland.org.uk

This leaflet is to be used with an Ordnance Survey Map 224 as not all rights of way are included. The map is produced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office. Copyright, Unauthorised reproduction infringes Crown Copyright and may lead to prosecution or civil proceedings. Northamptonshire County Council Licence No. LA217617



Explore miles of footpaths, cycle routes and bridleways along this part of the Nene Valley and discover hidden hamlets, a haven for wildlife and ancient churches. Visitors can follow the Nene Way along the banks of the river for part or all of its 70 miles as it goes up hill and down dale. A network of footpaths and bridleways allow you to plan anything from a short walk to a full days hike.

The naturally serene landscape offers the perfect backdrop to any one of the adventurous activities we offer in the valley such as canoeing, kayaking, boating, cycling and fishing.

Wildlife

Many of the lakes within the Nene Valley form part of the Upper Nene Valley Gravel Pits Special Protection Area; a protected wildlife site of European importance for its over-wintering birds. Birds and other wildlife in the valley can be susceptible to disturbance; please ensure that you help safeguard the unique value of the wildlife in the valley by keeping dogs on a lead and keeping to official and permissive paths.

The Nene Way footpath is a good place to see butterflies. The nettle beds along the rivers are used as perches for huge numbers of banded damselfly damselflies, while the floating vegetation in the river provides resting sites for the red-eyed damselfly.



Irthlingborough Lakes and Meadows Nature Reserve

A wonderful stretch of rare grazing marsh and flooded gravel pits, now a hugely valuable wetland for birds and other wildlife. Irthlingborough Lakes and Meadows lies at the heart of the Nene Valley, one of the most important wetlands in England and an internationally important stop-over for thousands of wildfowl and waders.

Bordering the River Nene, the site is home to wintering golden plover, widgeon and gadwall, while in spring it resounds with the songs of warblers and nightingales.

In summer a huge variety of birds come here to breed, including grasshopper warblers and cuckoos. Around the river and lakes, fragments of precious meadows survive, awash with fragrant meadowweet and common spotted orchids.



Stanwick Lakes

Stanwick Lakes is a unique 750acre countryside attraction and nature reserve and is widely considered to be one of the region's most imaginative outdoor activity destinations, which also has plenty to see and do indoors. It offers extensive play areas to keep adventurous families entertained for hours, and for nature lovers, walkers and cyclists, acres of wide open spaces and paths, where blue skies are reflected in tranquil waters.

Tel: 01933 625522
www.stanwicklakes.org.uk



www.nenevalley.net

Contact the Oundle Customer Service Centre for ideas of places to visit.
Tel: 01832 274333 (Mon-Sat 10am - 1pm)

