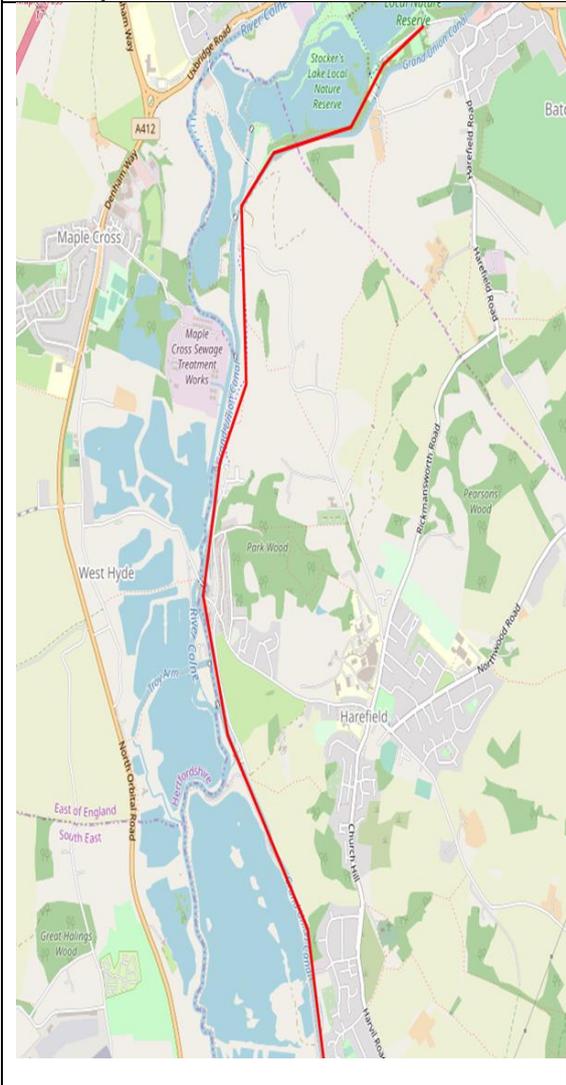


## Islington U3A Longer Walking Group

<b>Walk Title</b>	Colne Valley	<b>Walk No.</b>	298
<b>Area</b>	Hertfordshire	<b>Type</b>	Linear
<b>Date</b>	Tuesday, 3 <sup>rd</sup> November, 2020		
<b>Distance</b>	9 miles (16 km)		
<b>Timing</b>	4 hours walking time + travel + lunch stop. Allow 6 hours in total. Therefore expect to be back in Islington by 5.00pm (5.30 if we stop for tea).		
<b>Meeting up &amp; travel</b>	Meet at King Cross tube station, down at the large open area next to the Metropolitan line by 9.35am. We'll get the 9.43 direct tube to Rickmansworth (45mins). We'll return from Uxbridge, on the Metropolitan line (20 mins) to Kings Cross. All within the Boris Pass zones (ie free!). All within Tier 2 Covid area.		
<b>Route</b>	<p>This is a repeat of this walk – last done February 2020.</p> <p>(10.45) We start at Rickmansworth and after a few minutes walk we are out of town and join the towpath of the Grand Union Canal heading south. There are interesting locks along the way. We join up with a part of the London Loop and the Colne Valley Trail. Near Harefield we head away from the canal uphill to The Old Orchard gastropub (avoiding the Coy Corp – that of poor service!) for an early lunch (12.30), where there are good views across the lake.</p> <p>(13.30) After lunch we drop back down to re-join the Canal path continuing south. The walk continues alongside water for most of the route, including several large lakes with bird-life (including Great Crested Grebe) and sailing centres, as well as the canal and rivers. After 3 miles from the lunch stop we reach Fran's Tea Shop (14.45) right by the water for a potential coffee etc stop (if people want / depending on time/ if open). Continuing on the tow path takes us right into Uxbridge with only a short stretch through the town to the tube station (15.30 without tea/ 16.00 with).</p>		
<b>Lunch</b>	Food is available all day at the Old Orchard pub or bring your own. THIS WILL BE OUTDOORS, NO SHELTER – Bring an umbrella and a plastic bag to sit on if the seats are damp. (01895 822 631) <a href="https://www.brunningandprice.co.uk/oldorchard/">https://www.brunningandprice.co.uk/oldorchard/</a>		
<b>Dropping out</b>	You can opt out from the lunch stop – but by taxi only. Or there is a walk out opt out toward the end by diverting to Denham rail station. That would cut out the last 3 miles.		
<b>Suitability</b>	<p>This walk will be in accordance with our generic Covid Risk Assessment for the group (visible on our webpage).</p> <p>This walk is all within Tier 2 Covid zone.</p> <p>Suitable for any reasonably fit regular walker. An easy walk on mainly firm level towpaths and country tracks through the Colne Valley Regional Park in the Hertfordshire countryside. There's one 10 minute mild uphill in the middle to the lunch stop. By the time of year there will be some mud. Bring a hiking pole if you walk with one.</p>		

	<p>Possible obstacles: none.</p> <p>Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.</p>
<b>Facilities</b>	<p>There are toilet facilities at Rickmansworth and (obviously) at the lunch pub and in Uxbridge. There is a Waitrose near the start.</p> <p>Possibility of a tea stop toward the end.</p>
<b>Walk source</b>	<p>Combination of previous walks (Longer Walk Nos. 21 &amp; 43 and Shorter Walks, Oct 2016).</p>
<b>Map &amp; other references</b>	<p>OS Explorer 172</p> <p>Links: <a href="http://www.colnevalleypark.org.uk">http://www.colnevalleypark.org.uk</a>  <a href="http://content.tfl.gov.uk/london-loop-section-12.pdf">http://content.tfl.gov.uk/london-loop-section-12.pdf</a>  <a href="http://www.brunningandprice.co.uk/oldorchard/homepage/">http://www.brunningandprice.co.uk/oldorchard/homepage/</a></p>
<b>Leader &amp; contact details</b>	<p><u>Walk Leader</u>: Derek Harwood</p> <p><u>Beforehand</u> phone: (020) 7226 6522 (leave message if necessary)  e-mail: derek.harwood@live.co.uk</p> <p><u>On the day</u> mobile: 077 5931 4096</p>
<b>Interesting facts</b>	<p><i>Much of the Colne Valley is a regional park, more information <a href="#">here</a>. More information on the canal <a href="#">here</a>. There are many nature reserves in the valley, more <a href="#">here</a> and <a href="#">here</a>.</i></p>

<p><b>First part of the walk:</b></p>	<p><b>Second part of the walk</b></p>
 <p>A detailed map showing the first part of the walk route in red. The route starts near Rickmansworth and follows the River Colne through areas like Maple Cross, West Hyde, and Harefield. Key features include Stocker's Lake Local Nature Reserve, Maple Cross Sewage Treatment Works, and various roads like A412 and Rickmansworth Road.</p>	 <p>A detailed map showing the second part of the walk route in red. The route continues from Harefield through Denham Green, Denham, and South Harefield towards Uxbridge. Key locations marked include The Old Orchard, Fran's Tea Shop, and the Uxbridge Town Centre. The route ends at a point labeled 'Start' near Uxbridge.</p>

