

Islington U3A Longer Walking Group

Walk Title	Colne Valley	Walk No.	394
Area	Hertfordshire	Type	Linear
Date	Friday, 6 th January 2023		
Distance	9 miles (16 km)		
Timing	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).		
Meeting up & travel	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 Freedom Pass zones (ie free!).		
Route	<p>This is a repeat of this walk – last done November 2020 (during Covid days!).</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 tea etc stop (if people want / depending on time/ if open). (ONLY OPEN WEDNESDAYS TO SUNDAYS) Continuing on the tow path takes us right into Uxbridge with only a short stretch through the town to the tube station (15.45 without tea/ 16.15 with).</p>		
Lunch	Food is available all day at the Old Orchard pub or bring your own. (01895 822 631) https://www.brunningandprice.co.uk/oldorchard/		
Dropping out	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.		
Suitability	<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>		
Facilities	There are toilet facilities at Rickmansworth and at the lunch pub and		

	in Uxbridge. Possibility of a tea stop toward the end.
Walk source	Combination of previous walks (Longer Walk Nos. 21 & 43 and Shorter Walks, Oct 2016).
Map & other references	OS Explorer 172 Links: http://www.colnevalleypark.org.uk http://content.tfl.gov.uk/london-loop-section-12.pdf http://www.brunningandprice.co.uk/oldorchard/homepage/
Leader & contact details	<u>Walk Leader</u> : Derek Harwood <u>Beforehand</u> e-mail: derek.harwood@live.co.uk <u>On the day</u> mobile: 077 5931 4096
Interesting facts	<i>Much of the Colne Valley is a regional park, more information here. More information on the canal here. There are many nature reserves in the valley, more here and here.</i>

