

HERTS HIKE 2008

Saturday 20th September 2008

INFORMATION FOR WALKERS

Your route

There are routes of 7, 12 and 18 miles and a Mini-Hike. You can download a map showing these from the website. All the routes use footpaths and may be muddy, so wear walking shoes or boots. All the routes start and end at Mead Hall, Wheathampstead. Routes are waymarked and there are marshals at points such as road crossings. You will receive printed route instructions, and you can walk at your own pace.

If you have young children with you, are unused to walking, or are short of time, you may wish to choose the Mini-Hike. It is just over 3 miles, with the possibility of a short cut and there is a picnic site about half way round. You can do the mini-Hike with a pushchair but it will need to be lifted over a few stiles. There will be a Quiz to keep younger walkers occupied.

You can complete the 7-mile route in about three hours including a short stop for lunch. If you would like to join a group doing the 7-mile walk with an Oxfam guide, then please be at Mead Hall to register at 10:00 am in order to start the walk at 10:30 am.

As long as there is enough time, you can choose between doing 7 or 12 miles when you reach Ayot St Lawrence and between 12 or 18 miles at Kimpton.

Start times. These times should ensure that everyone is back by 5pm.

Those walking the **18 mile route** should start between 8am and 9am in order to have enough time.

12 mile walkers should start between 8:30 and 10am.

7 mile walkers can start anytime between 8:30 and 1:30.

The **3 mile Mini-Hikers** can start between 8:30 and 2:30.

Parking

The public car park in East Lane, Wheathampstead, is next to Mead Hall and parking is free.

Registration

It is important that you register at the start, at the checkpoints that you pass through and at the end. If you do not finish the walk at Mead Hall, tell a marshal before you leave or, if that is not possible, telephone Mead Hall as soon as possible. At the start we will ask you for a contact telephone number for the Saturday evening, which we can ring if you have not checked back.

Walking

Please keep to marked routes, which go along tracks and footpaths, over stiles and across cultivated fields. Your route instructions and the "Herts Hike" signs will help you find the way.

Follow the countryside code: Leave any gates as you find them; Keep dogs under close control at all times and on a lead when near livestock; Use the stiles and gates provided; and Do not damage hedges and crops etc.

Take care when you are crossing or walking on the road. Use the marshals to help you cross safely.

Please give litter to the marshals or take it home with you.

Refreshments

Fair-trade snacks and chocolate will be on sale at Mead Hall. There are pubs at Ayot St Lawrence (Brocket Arms with garden), Kimpton, Whitwell, and St Paul's Walden. There is also now a Fairtrade teashop at Whitwell. There is a picnic site about halfway round the Mini-Hike route.

What to bring

Waterproofs, warm clothes, strong footwear, sun hat, sun cream, drink and food.

If you bring your dog, please bring a lead.

Directions to Mead Hall

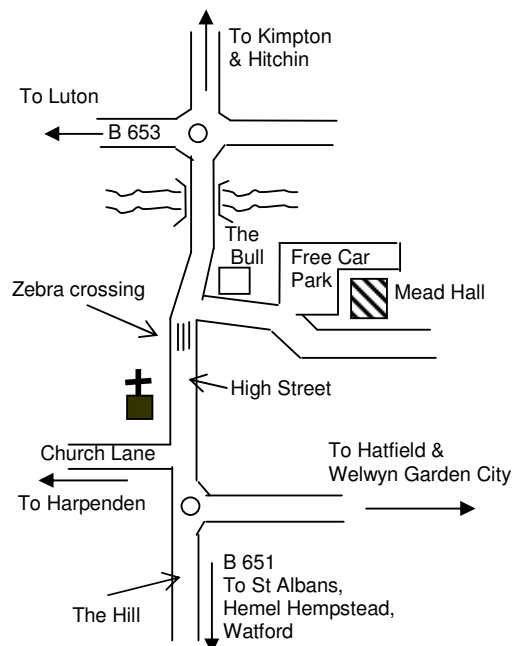
Outline sketch of Wheathampstead:

By car:

From Luton: Take the B653 for Batford and Wheathampstead. At the roundabout at the top of Station Road in Wheathampstead, turn right into Station Road. Go over the river and IMMEDIATELY after THE BULL pub, turn left into East Lane. The car park is on the left.

From St Albans: From St Peters Street, follow the signs for Sandridge and Wheathampstead (B651). In Wheathampstead, go down The Hill to the roundabout with the Marford Road. Go straight on, past the church on your left and shortly after the zebra crossing turn right before THE BULL pub into East Lane. The car park is on the left.

From Hatfield: Going northwards along the A1001, go over the large roundabout at the junction of the A414 on to the A6129 for Welwyn. At the next roundabout, turn left and go under the bridge. *** At the roundabout, take the third exit on to the B653 for Wheathampstead. Continue to the next roundabout, take the lefthand fork into Wheathampstead. Turn right at the mini-roundabout in the Marford Road, go past the church on your left and shortly after the zebra crossing, turn right before the BULL into East Lane.



From Hemel Hempstead: Take the A4147 through Leverstock Green to St Albans. Go along Bluehouse Hill, straight on at the roundabout and along Batchwood Drive. At the traffic lights by the Ancient Briton pub, go straight on. At the next traffic lights by the King William IV, turn left into St Albans Road and continue on to Wheathampstead. (See then the instructions from St Albans.)

From Stevenage and Hitchin: Join the A1M. Come off at Junction 4. Turn first left at the roundabout on to the A6129 for Welwyn. Turn left again at the next roundabout, go under the bridge and then follow the instructions as from Hatfield (from the ***).

From Welwyn Garden City: Take the road to Stanborough (A6129). At the roundabout by the lakes, go straight on, under the A1M bridge and then follow the instructions as from Hatfield (from ***).

By rail:

Thameslink to St Albans City Station or Harpenden
Abbey Flyer from Watford Junction to St Albans Abbey Station
Kings Cross – Stevenage line to Hatfield

By bus:

St Albans (City Station) to Wheathampstead Church	304
St Albans (St Peters Street) to Wheathampstead Church	304,
Welwyn Garden City Bus Station to Wheathampstead Church	366
Harpenden Station Road to Wheathampstead Church	366
Hitchin St Mary's Square to Wheathampstead Church	304

N.B. Buses are not frequent. Check before travelling on www.centrebus.co.uk (route 366) or www.unobus.info (route 304)

ENJOY YOUR WALK!