

Points of Interest

venture into the edge of town in search of grass and other suitable vegetation to feed on. Deer tracks can sometimes be spotted in the muddy areas along the river bank.

Stort Navigation

The head of the River Stort Navigation, opened in 1769, is situated in the town centre. Once used to carry grain and malt into London it is no longer used for trade, but is now a recreational waterway linking Bishop's Stortford with an extensive national canal network.



British Waterways

British Waterways London owns and manages the 14 mile River Stort Navigation and a further 86 miles of London's waterways, including the Grand Union and Regent's Canals, the docks surrounding Canary Wharf, and the River Lee. There is a wide range of activities in which to take part on and beside the water, including boat trips, special events and festivals. There is also a number of

waterside pubs and bars, floating restaurants and even party boats. To find out more contact British Waterways London using the details below.

Contact Details:

British Waterways London, 1 Sheldon Square, Paddington Central, London, W2 6TT.

Tel: **020 7985 7200**

Website: **www.waterscape.com** E-mail: **enquiries.london@britishwaterways.co.uk**

Other local Walks

There are other walks in this area, for further information contact Leisure Services at East Herts District Council on **01279 655261**, visit **www.eastherts.gov.uk**, contact Countryside Management Services on **01462 459395**. Alternatively, plan your own route in your local area by using Public Rights of Way. Ordnance Survey Explorer **map no. 194** will show you this area. For public transport information contact Hertfordshire Traveline on **0870 6082608** or **www.travelwise.org.uk**.

Bishop's Stortford Tourist Information Centre

Tel: **01279 757771**

E-mail: **tic@bishopsstortford.org**

Healthy Steps

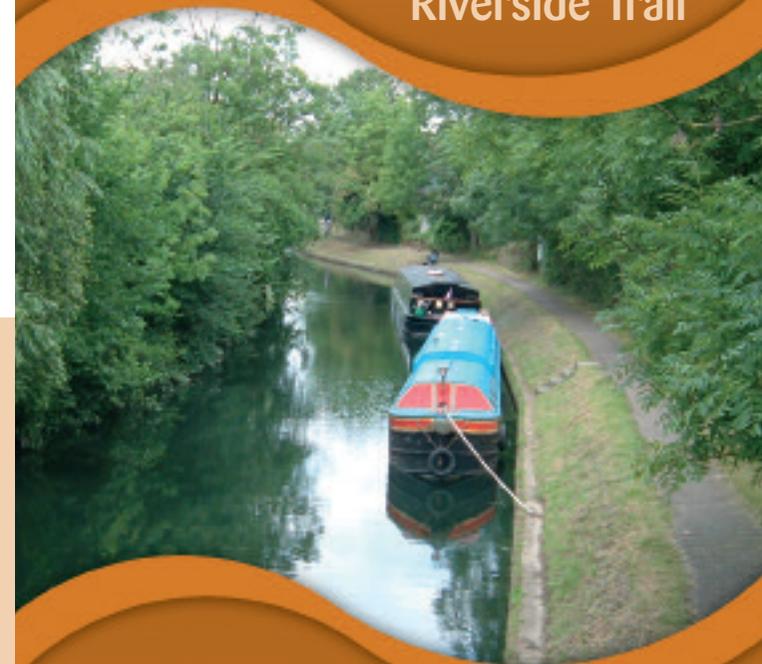
While you are out, you are also doing your health a favour. Regular moderate activity such as brisk walking is enough to keep you in shape. You don't need to sweat or pant - feeling warm and breathing harder than usual will give you benefits.

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Bishop's Stortford

Riverside Trail



Rating	Moderate (flat, some unsurfaced paths)
Route	Circular
Time	Approx 1 hour
Distance	Approx 3 miles
Toilets	Grange Paddocks Pool & Gym, Waytemore Castle Toilets
Start/Finish	Grange Paddocks Pool & Gym

Taking steps towards
a healthy Herts

Enjoy East Herts

Points of Interest

Bishop's Stortford

Lying in the Stort Valley, Bishop's Stortford is the largest town in East Hertfordshire. Once an important market town and a coaching stop, the town retains many key historical features, including a rich collection of 16th and 17th century buildings. Bishop's Stortford has all the facilities you would expect, including a range of shops, pubs and restaurants and a street market on Thursdays and Saturdays. It is an ideal centre from which to explore the river valley and the local countryside on this and other gentle walks from the town centre.

The George Hotel

The George Hotel in North Street is one of the oldest inns in Hertfordshire. Since the 15th century, guests have included Charles II (and his mistress Nell Gwyn), George IV and Queen Victoria.

Bishop's Stortford Museum at Rhodes Art Complex

Cecil Rhodes, founder of Rhodesia was born in Bishop's Stortford at Netteswell House on South Road. The house is now a museum and arts centre. The newly redeveloped museum displays exhibits relating to old Bishop's Stortford, Africa, the British Empire and Cecil Rhodes. It is also the home to the Bishop's Stortford Mural, which tells the story of the town from the Ice Age to the 1990's. Contact Bishop's Stortford Tourist Information Centre for opening times.

Grange Paddocks

For those in search of more active recreation, Grange Paddocks has a pool with a wide-ranging swimming programme. Extensive sports pitches surround the pool and a Trim Trail has been installed around the edge of the playing fields stretching down to Sworders Field.

Waytemore Castle

The remains of a motte and bailey structure, Waytemore Castle, dominates the town gardens. The castle once belonged to Edith, mistress of King Harold. A Key to the Castle is available from the Tourist Information Centre.



Sworders Field

Sworders Field offers yet another source of leisure opportunities. Here there are tennis courts, a very popular open-air paddling pool and two children's play areas as well as a Skate Park. The War Memorial and the formal gardens provide a peaceful haven, with seating for quiet contemplation and a time to enjoy the splendour of the floral displays.



River Stort

Along the River Stort traditional willows sweep down to the water's edge, where they provide a haven for wildlife. In the early spring they are the first trees to come into leaf, providing that first green welcome after the long winter months. There is a magnificent pollarded ash on Grange Paddocks and some ancient oak trees. To complement these some new areas have been planted to provide trees for future generations. The wildlife along the river valley is extensive. kingfishers flash along the river, a pair of mute swans have bred successfully over a number of years and can be seen in the summer escorting their young along the waterway. Coots, moorhens and little grebes are common waterside birds. Occasionally a water vole can be spotted in the early evening, a distinctive arrow shape in the water being the only indication of its presence. Larger mammals are also present, the most common being the rabbit and occasionally foxes can be seen on the outskirts of town. In the winter when food is scarce, small muntjac deer and roe deer, species introduced from south east Asia,

About the Walk

Starting Point and Getting There

You can join the walks from almost any point; the railway station is five minutes from the Castle.

There is usually plenty of parking in the town centre and at Grange Paddocks Swimming Pool.

The tracks and paths described in this leaflet are accessible to all users. At certain times of the year however, particularly in the winter months, the conditions mean that wheelchairs may have difficulty in negotiating the described routes.

The Route

Starting at Grange Paddocks Car Park, walk along the riverbank with the River Stort on your right. Pass the small weir and pedestrian bridge, carry on until reaching Sworders Field, on your left is the Skate Park and Play Area. Walk through Sworders Field towards the Children's Play Area, you will pass two footbridges on your right, both lead to Waytemore Castle Motte and Bailey, the Paddling Pool, the War Memorial and Gardens. Walk up the small incline to the main road, The Causeway, turn right and walk towards the Pedestrian Crossing.

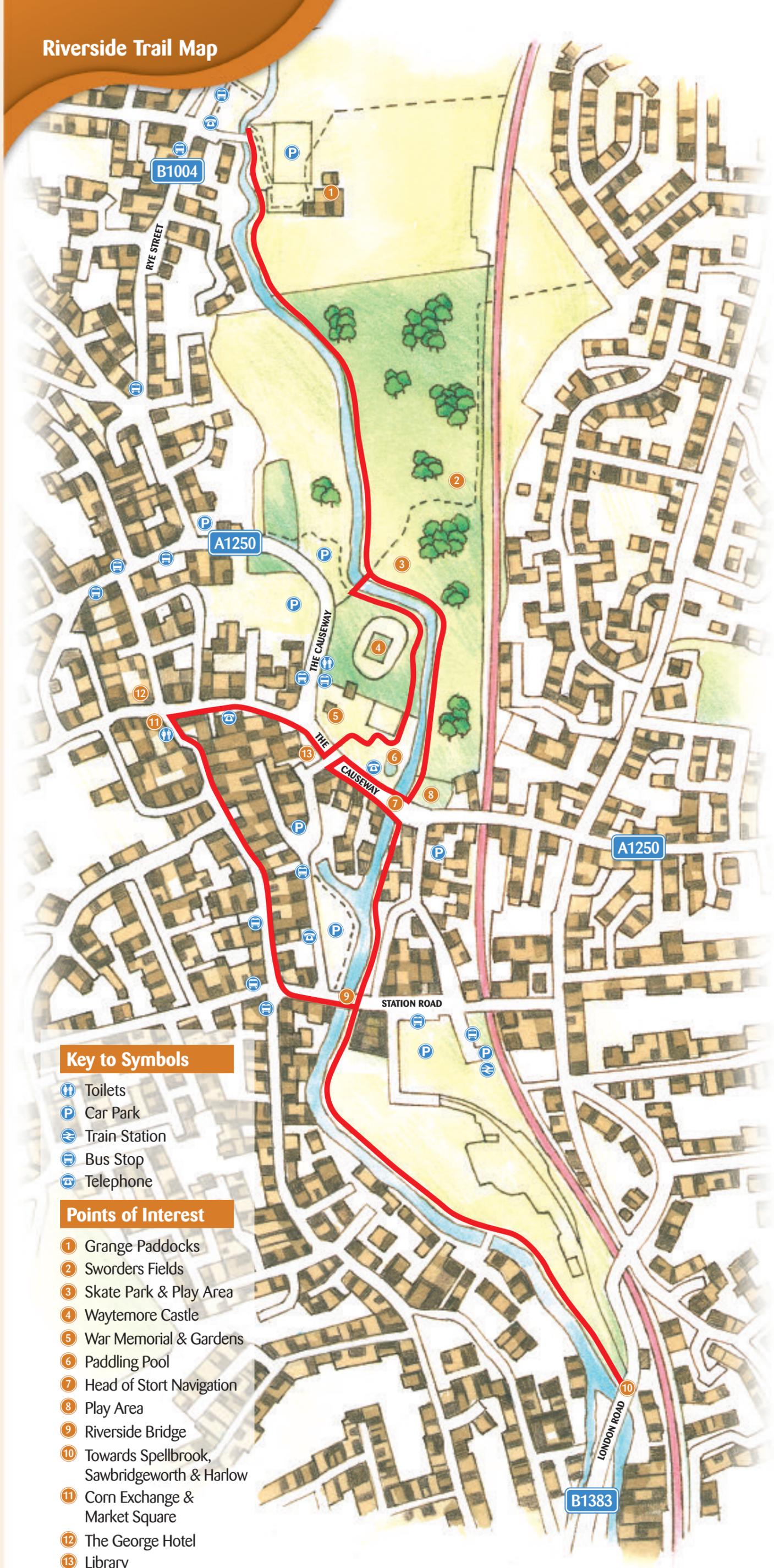
Caution. Cross the road and turn left and cross the road again over Adderley Road. With The Causeway on your left, walk until you reach the Head of the Stort Navigation, just before the Register Office on your right. Turning right follow the Public Footpath signs along the Lee Navigation, walking under the Riverside Bridge continue along the river past the Southmill Trading Estate, an old Victorian Maltings, and footbridge on your right, until you reach the London Road.

At this point you can cross the road with caution and continue along the Stort Navigation towards Spellbrook, Sawbridgeworth and Harlow or retrace your route back to the Riverside Bridge.

After retracing your tracks to Station Road, at the bridge make your way up to the road, turning left along Station Road, **Caution**, cross over at the second crossing and walk up South Street.

You are now walking along Bishop's Stortford's main shopping street. When you pass the Market Square on your left you will come to traffic lights, opposite the George Hotel, one of the oldest inns in Hertfordshire. Turn right down Bridge Street. Walking down the road past the Council Offices and Library, **Caution**, at the pedestrian crossing cross The Causeway back towards the War Memorial and Waytemore Castle and turn right. Enter the Gardens at the first entrance, and walk towards Waytemore Castle, Motte and Bailey, at the bottom of the steps either take a left or right to circle the castle. To return to the trail cross the footbridge at the back of the castle and rejoin the trail. With the River Stort to your left and the Skate Park and Sworders Field to your right, retrace your steps back to Grange Paddocks car park.

Riverside Trail Map



Key to Symbols

-  Toilets
-  Car Park
-  Train Station
-  Bus Stop
-  Telephone

Points of Interest

- 1 Grange Paddocks
- 2 Sworders Fields
- 3 Skate Park & Play Area
- 4 Waytemore Castle
- 5 War Memorial & Gardens
- 6 Paddling Pool
- 7 Head of Stort Navigation
- 8 Play Area
- 9 Riverside Bridge
- 10 Towards Spellbrook, Sawbridgeworth & Harlow
- 11 Corn Exchange & Market Square
- 12 The George Hotel
- 13 Library