

The walk explores Parkfields and its surroundings, taking in Allum Lane Spinney, Radlett Park Golf Course and the wider countryside.

## Why Walk?

Walking is arguably the best exercise and a good way for you to get the 150 minutes of moderate exercise per week recommended by health professionals to maintain wellbeing.

## How much time do you have?

**40 minutes** - Loop 1 (1.4 mile / 2.2km)

**50 minutes** - Loop 2 (1.7 miles / 2.7km)

**80 minutes** - Loop 3 (2.7 miles / 4.3km)

## Other Local Walks

This walk is one of a series of **Countryside on Your Doorstep** walks in Borehamwood and Elstree. Download these and other walks from [www.hertslink.org/cms/](http://www.hertslink.org/cms/)

Hertfordshire



Health Walks

### Hertfordshire Health Walks

is a countywide initiative, providing free, led walks, helping everyone get outdoors, get more

active and reap the benefits. There are regular health walks in Borehamwood and surrounding areas of various lengths from gentle 20 minute strolls to 90 minute walks. Pick up a copy of the programme in your local library, GP surgery or download it from [www.hertfordshirehealthwalks.org](http://www.hertfordshirehealthwalks.org)

*"Explore the great outdoors  
- it's right on your doorstep"*

## How to get there:

You can start the walk from anywhere along its route.  
See walk map for linking roads.

### By Road:

Parkfields is accessed over the railway via Red Road, northwest of Borehamwood. You can also join the route at Allum Lane. Borehamwood is just off the A1 or A41. There are public car parks throughout Borehamwood.

### By Public Transport:

You can join the walk route at Allum Lane, a two minute walk from Elstree & Borehamwood Station. There are bus stops along the route.

**For travel details visit [www.intalink.org.uk](http://www.intalink.org.uk) or contact Traveline on 0300 123 4050 (open 8am - 8pm).**



Parkfields and Allum Lane Spinney is owned and managed by Hertsmere Borough Council. For further information contact the Parks and Amenities team:

[www.hertsmere.gov.uk/parks](http://www.hertsmere.gov.uk/parks)  
Tel: 0800 731 1810 (freephone)  
Email: [parks@hertsmere.gov.uk](mailto:parks@hertsmere.gov.uk)

The Countryside Management Service (CMS) works with communities in Hertfordshire to help them care for and enjoy the environment. For more information contact CMS at:

[www.hertslink.org/cms](http://www.hertslink.org/cms)  
Tel: 01992 588433

Thanks to Elstree & Borehamwood Museum  
Thanks to Chris Newman for providing some of the images

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Countryside  
on your  
**DOORSTEP**

# Parkfields & Beyond

Produced by Fitzpatrick Woolmer - 0800 130 3630



Take a break in the  
great outdoors





Wild Garlic

Radlett Park Golf Club

To Organ Hall Road

To Beechfield Close

Loop 3

Loop 2

Loop 1

PARKFIELDS

ALLUM LANE SPINNEY

Great Spotted Woodpecker

Borehamwood Shopping Park

Alum Lane Community Centre

Elstree & Borehamwood Station

*"Take a healthy break in the natural world - it's right on your doorstep"*



Bumble Bee

## Waymarks



### Parkfields & Beyond Waymark

Follow these waymarks on your walk in an anticlockwise direction.



### Parkfields & Beyond Waymark

Follow these waymarks to shorten your walk.



### Yellow arrow :

Footpath (walkers only).



### Blue arrow :

Bridleway (walkers, horse riders and cyclists).



### Plum arrow :

Restricted Byway (walkers, horse riders, cyclists and horsedrawn vehicles only. No motor vehicles).

## Parkfields and Allum Lane Spinney

As far back as the 17th century, hay from the meadows of Parkfields was regularly shipped into London's Haymarket to feed the horses used for pony and trap transportation in the city. The hay is still cut annually, a management regime that supports a rich mixture of grasses and wildflowers. In the summer the meadows are buzzing with bees, crickets and butterflies. Before you come out onto Allum Lane you walk through Allum Lane Spinney. This area of woodland is a beautiful sight in spring with wild garlic and bluebells carpeting the ground. You may hear great spotted woodpeckers drumming on the impressive oak trees.



## Key



Route of Parkfields & Beyond Walk



Short cut



Public Right of Way



Refreshments



Play Area

Contains Ordnance Survey data  
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Allum Lane Spinney

