

The walk explores Composers Park and goes beyond, taking in Elstree village, Aldenham Reservoir 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?

30 minutes - Loop 1 (1 mile / 1.5km)

45 minutes - Loop 2 (1.5 miles / 2.5km),
or Loop 3 (1.5 miles / 2.5km)

60 minutes - Loop 1 & 2 (2.2miles / 3.5km)

90 minutes - Loop 1, 2 & 3 (3.5miles / 5.5km)

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/

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

*"Enjoyment for all the family
- 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:

Composers Park is located in Elstree, southwest of Borehamwood, close to junction 4 of the M1 with the A41. There is parking on local roads off Elstree Hill.

By Public Transport:

You can join the walk route at Allum Lane, a 10 minute walk from Elstree & Borehamwood Station. There are bus stops along the route.

For travel details visit www.intalink.org.uk or contact Traveline on 0300 123 4050 (open 8am - 8pm).



Composers Park is owned and managed by Hertsmere Borough Council. For further information contact the Parks and Amenities team:

www.hertsmere.gov.uk/parks
Tel: 0800 731 1810 (freephone)
Email: 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
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

Composers Park & Beyond



Take a break in the
great outdoors



Points of interest on the walk

(A) - Composers Park has a series of colourful wildflower meadows. During the spring and summer months the meadows are alive with the buzz of insects. At one time the park's meadows were grazed by sheep, cows and horses. Grazing has now ceased but the annual hay cut keeps the meadows open, preventing trees and shrubs taking over and allowing wildflowers to set seed. Composers Park takes its name from the adjacent housing estate, where all of the roads are named after composers.

(B) - The dam to create Aldenham Reservoir was built in 1795 by French prisoners of war. It served to transform what was largely barren wasteland into rich agricultural pastures and helped to maintain river levels after the Grand Union Canal was built. The reservoir has a thriving sailing club with regattas held throughout the summer, and is a haven for wildlife.



Green Woodpecker

Waymarks



Composers Park & Beyond Waymark

Follow these waymarks on your walk in an anticlockwise direction.



Composers Park & Beyond Waymark Short cut

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).



Key



Route of Composers Park & Beyond Walk



Short cut



Public Right of Way



Refreshments



Play Area



Take care crossing

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

View of Elstree



(C) - A short detour from the walk, Aldenham Country Park was created in 1972 by Hertfordshire County Council and is now run by Aldenham Renaissance. It is made up of beautiful parkland, the reservoir, woodland and has a rare breed farm. There is a refreshment kiosk and toilets. The park is free to visitors on foot, but there is a charge for use of the car park and for entry to the farm.

Tufted Vetch

