

Ramsey Health Walks



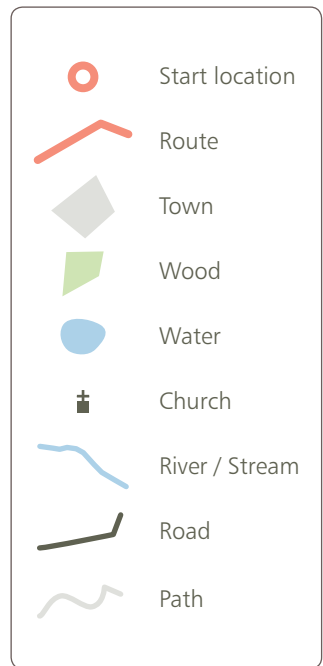
Walks Key

ORANGE Moderate walks last 30 to 60 minutes over 2 to 3 miles Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

RED Advanced walks last 60 to 90 minutes over 3 to 4 miles. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for new walkers, wheelchairs or buggies.

GREEN/ORANGE Moderate walks. These are moderate walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.

GREEN/RED Advanced walks. These are advanced walks with the option of a shorter easier route if desired. Mixture of pathways and grass tracks. May include stiles or kissing gates. Not suitable for wheelchairs or buggies.



If you have any comments regarding the route (e.g. overgrown paths, obstructions, etc.) please contact the Sports Development Officer on 01480 387047 or email activelifestyles@huntingdonshire.gov.uk

Before commencing a fitness programme, check with your doctor first if you are unfit, sedentary, overweight, obese, pregnant, or have any medical problem, diagnosed or otherwise, that may affect your ability to exercise such as: heart trouble, high blood pressure, diabetes, chest pain, especially when exerting yourself, feeling faint or dizzy spells, or any other medical condition which limits your ability to exercise.

We hope you obtain considerable enjoyment from these walks. At the time of preparation of the maps all routes follow rights of way or permitted paths, but diversion orders can be made and permissions withdrawn. Whilst every care has been taken to ensure the accuracy of the route description, HDC cannot accept responsibility for errors or omissions, or for changes in the details given. The countryside is not fixed. Hedges, footpaths and fences can be moved and redirected. Paths described may be pleasant for walking in fine weather but can become slippery, boggy and dangerous in wet and wintry weather. Wet weather can also cause some streams and rivers to become impassable. On days where visibility is impaired by cloud, mist, rain or fog, some landmarks used as direction aids in the route material may not be visible. Please note that all walks are undertaken at your own risk and HDC accept no responsibility or liability for any loss or injury.

Bury Lug Fen Walk

Meeting Point: Bury Church carpark, Bury, PE26 2NS. Situated behind the church hall at the rear of the church. Free carpark.

Time: 50-70 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Uneven ground, mud in wet weather, traffic on road at start of walk.



Route Instructions	Hazard
1. From carpark, walk through churchyard keeping left pass through kissing-gate into the main Warboys Road.	
2. Turn left towards Warboys and follow footpath on left hand side of road. Traffic can be fast and constant on this stretch.	Fast traffic on main road Beware stepping into carriageway
3. Proceed past B&B to Milestone Farm and turn left into signposted footpath. Follow track through farm yard which can be muddy or uneven as far as large Dutch barn.	Rough and uneven surface
4. Turn right along green land between two hedges for approx. 400 metres to 'T' junction. Turn left and follow green track with hedge on left hand side.	Uneven surfaces
5. After approx. 400 metres go through or round a metal farm barrier and continue ahead for another 1200 metres, the track turning 45 degrees left at about half way. The track continues past an owl box mounted on a tree and ends at a 'T' junction. Turn left back towards Bury. The church is clearly visible on the hill.	Uneven surfaces
6. Head back towards Bury, following track, which dog-legs left and right and then goes up a slight hill into Meadow Lane. Walk up Lane and turn right into the church car park to complete the walk.	Uneven surfaces

Bury Town Walk

Meeting Point: Ramsey Information Centre, Great Whyte, PE26 1HG

Time: 60-90 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Traffic



Route Instructions

Hazard

1. Facing the Information Centre, turn right and walk towards town centre heading towards George Hotel.
2. Walk under the arch at George hotel following footpath sign and after about 50metres turn right along the footpath in the trees alongside the golf course.
3. Keep to this path passing to rear of house and keeping golf course on your left hand side. Cross the bridge along the edge of an open field but continue straight ahead into more small trees.
4. Take sharp right turn away from original path and go slightly uphill to main road, and walk up pavement to White Horse Pub.
5. Turn left at the White Lion on to Upwood Road and then right into Grenfell Road.
6. Follow through the Malting, turning right onto Biggin Lane. Left into Park Road and through West Avenue.
7. At the end of West Avenue turn left onto on Blenheim Road onto Field Road.
8. Turn right at the Railway Inn onto Great Whyte returning back to the Information Centre.

**Traffic on
blind bend**

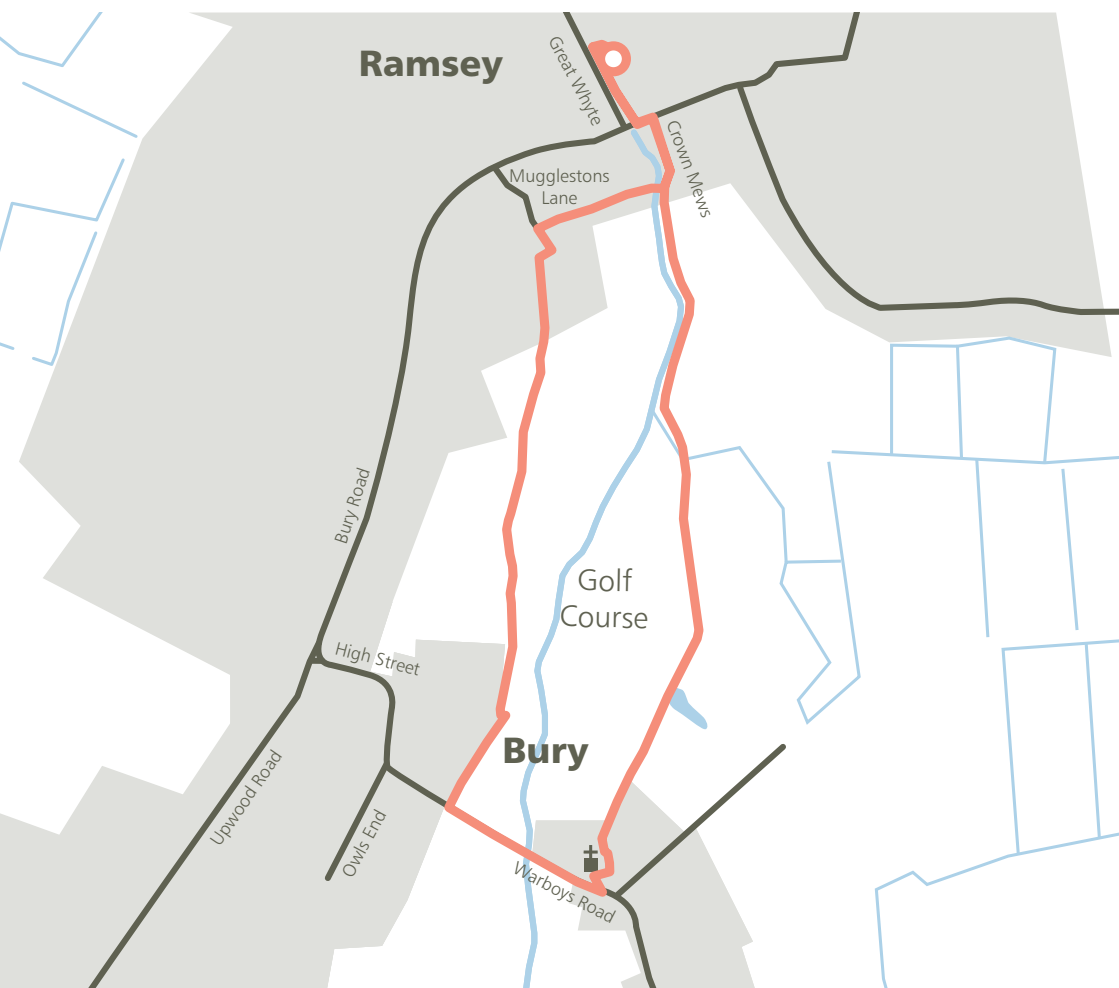
Golfing Saunter

Meeting Point: Ramsey Library, 25 Great Whyte, Ramsey, PE26 1HG

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Golf Balls, uneven ground, waters edge, electric fencing, nettles, cars and brambles



Route Instructions	Hazard
1. Starting from the library head towards the junction of Great Whyte and the High Street- cross the High Street to the George Hotel.	Cars
2. Follow the footpath sign through the archway onto the car park and through the kissing gate.	
3. Go straight on passing the wooden bridges on your left until you reach a 'T' junction.	Waters edge
4. Turn left onto the brick bridge, following the path right (with a hedge on your right) (official footpath goes across the field but do walk around the edge if not suitable underfoot.)	
5. At the public footpath sign turn right through the gap in the hedge (take slowly and with caution), onto the golf course heading straight on.	Uneven underfoot at gap in hedge, golf balls
6. Head straight on towards the church, taking the path between the fence and the hedge.	Brambles
7. Go through the gap in the hedge on your right, into the churchyard and head towards the church.	
8. Take the path that goes around the church to the right heading out onto the high street.	
9. Walk down the hill on the pavement heading towards Ramsey.	
10. Just before the old school house, turn right follow the footpath sign just after the golf course through the kissing gate along the field, then over the bridge.	Nettles, Electric fencing
11. Keeping the wooden fence on your left continue over 2nd wooden bridge – along the path by the 2nd field. Go over the next bridge alongside houses & old people's home.	
12. Turn right (wooden bridge into houses on your left) following the footpath sign through the trees.	Uneven ground
13. Turn left heading back through the George passageway and cross the road back to the start.	Cars

Great Fen Dragonfly

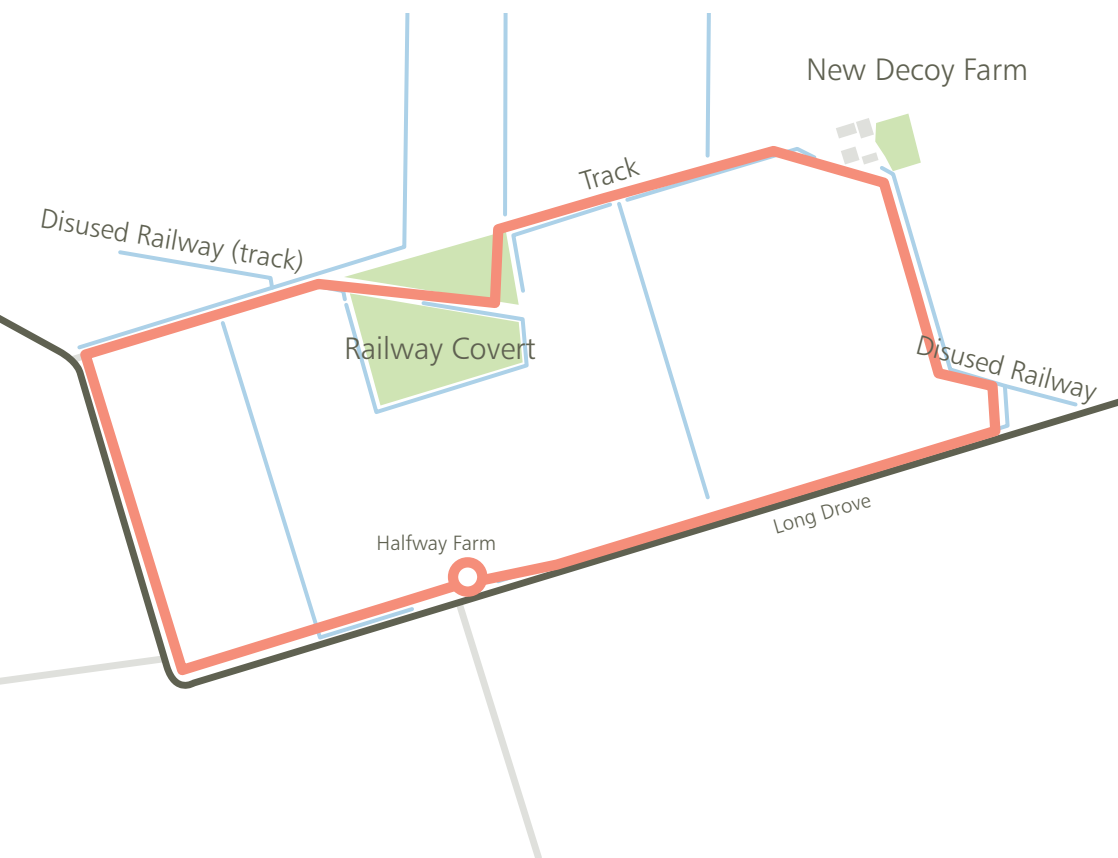
NEW Sept 2013

Meeting Point: Great Fen Information Point, Long Drove, Ramsey St Marys

Time: 55 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Uneven paths, tree routes.



Route Instructions

Hazard

1. Take the path leading out the back corner of the car park and follow it.
2. Walking through 'Robinsons Ponds' & through the gate at the end. Continue left & then follow the path turning right.
3. Continue along the path way so that you are walking the perimeter of the field.
4. Arrive at the woods & continue walking along the muddy footpath. The path bears to the right and then to the left. **Tree roots**
5. At the 'crossroads' in the wood, the path to the right leads to the ballard hide, & the path to the left leads you out the woods.
6. Continue along the grass path walking the perimeter of the field eventually walking back towards the car park.

Great Fen Walk

Meeting Point: Countryside Centre Car Park, Chapel Road, Ramsey Heights, PE26 2RS

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Traffic on road/track. Boggy terrain in Nature Reserve. Insects – wear long trousers & use insect repellent.



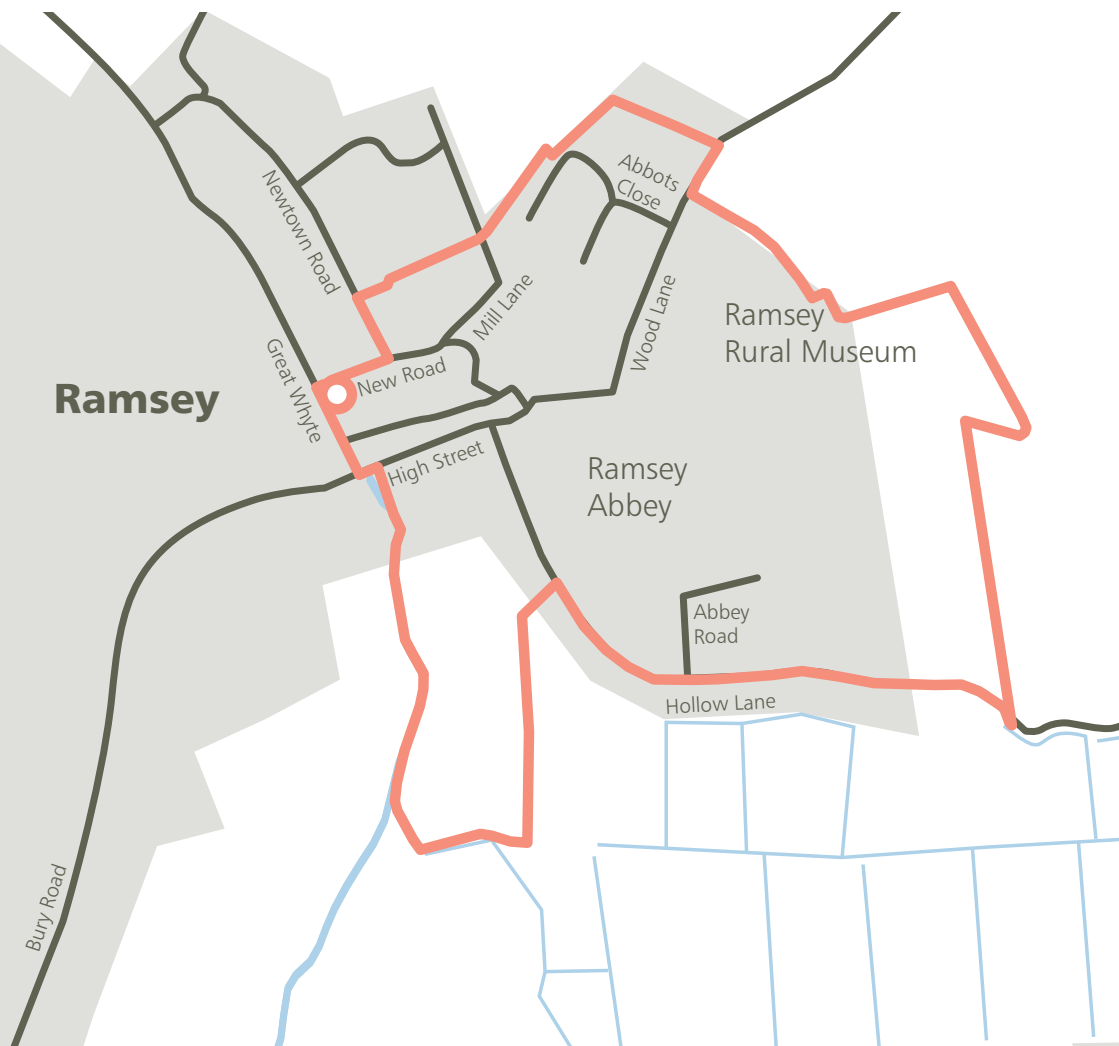
Route Instructions	Hazard
1. From the car park head to the road and turn right heading along the road.	Cars
2. When you reach a split in the path continue straight onto the stonier surface (you can see the raised bank ahead of you).	Cars
3. Head over the wooden bridge and look at the information board to decide the route to take, as there are options.	Some routes - flooding
4. If you decide to continue straight ahead, there is an interesting diversion off to the right, which is the Rothchilds bungalow, built up on stilts and was used as a hunting lodge.	Steps
5. Return to the main track and continue straight ahead until you reach the bank at the far end. Either take the narrow steps up to the bank, or the slope a little further on the right hand side. From the top of the bank you can view the surrounding land.	Steps
6. Walk along the top of the bank and at the first track on the right, make your way down the bank and take that track.	
7. Continue along this track, veering to the right at the end as it nears the large water drain. Continue alongside the drain until you reach the wooden bridge you crossed at the entrance to the reserve.	
8. Head back down the track and road to the car park.	Cars

Museum Meander

Meeting Point: Ramsey Info Centre, Great Whyte, PE26 1HG

Time: 60 minutes

Grade: GREEN/RED



Route Instructions

1. Cross New Road and walk past 'Madeira' Fish shop and turn right into Jubilee Yard (alley way).

2. Cross Newtown Road, through Willow Way into Bankers Walk and out onto Mill Lane.

3. Cross over towards playing field and walk along RHS towards the entrance to the field at the far RHS side and continue along the grass path beside the field.

Caution: There is a narrow dip in the path with a steep drop into a ditch on the RHS. Single file here, with leader guidance.

4. At wooden bench follow the path with the field on LHS and the hedge on RHS. Go through gap in hedge opposite and continue along path until you reach the metal gate at the road side.

5. Turn around and retrace your steps (caution at narrow dip), until you reach a junction with a concrete track and follow this track to the main road.

6. At the cemetery, cross over Wood Lane into Drove Road – the track leading to Ramsey Rural Museum. Walk through the kissing gate (if the main gates are shut) and turn left in front of the barn, following the public footpath sign.

7. Keep the barn to your right, follow the field edge alongside the ditch and then around to the right, following the hedge to its end.

8. At the end of the hedge, turn right and you will see One Leisure Ramsey. Turn sharp right to walk back along the other side of the hedge. Continue past the playing field, and look for excellent views of the Abbey.

9. Cross the wooden footbridge and turn right onto Hollow Lane back towards Ramsey Town Centre. On a clear day look left to see Bury Church and Wistow Wood.

10. Cross Abbey Road and continue straight on beside the Abbey wall to Abbey Green (once known as the horse pond green) and the remains of the Abbey Gatehouse.

11. Cross Hollow Lane in front of Abbey Terrace and turn left into High Street. You will need to cross this carefully to return to the town centre.

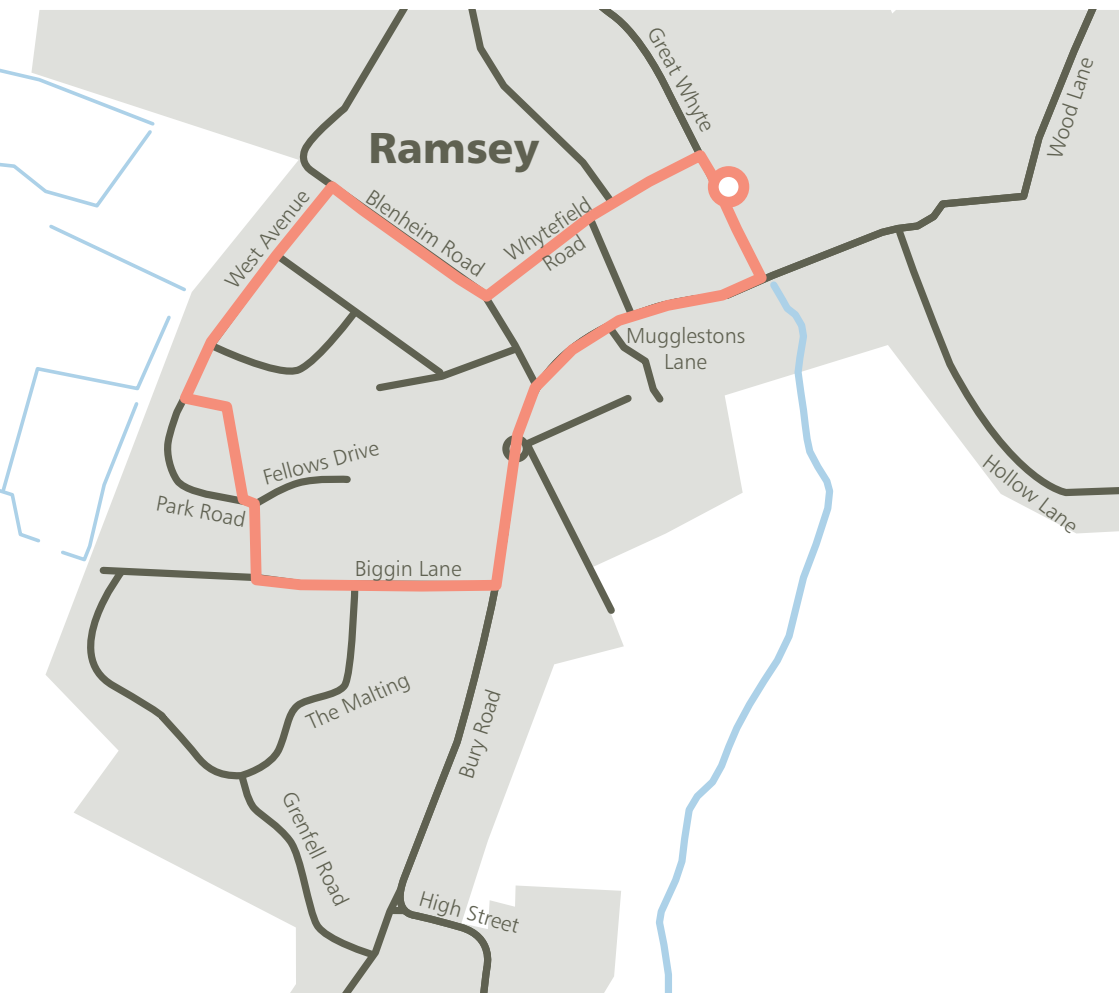
Short Walk

Meeting Point: Ramsey Library, 25 Great Whyte, Ramsey, PE26 1HG

Time: 20-30 minutes

Grade: **GREEN**

Significant hazards to be aware of: Cars, leaves, trees, dog poo, bins (on bin days)



Route Instructions	Hazard
1. Cross the road using the pedestrian crossing.	Cars
2. Turn left and head towards the High Street, turning right at the corner.	
3. Head along the High Street using the drop kerbs to cross School Lane and Blenheim Road.	Cars
4. Turn right into Biggin Lane, cross over then continue using the drop kerb to cross 'The Maltings' (note- be careful as the bend is a little blind so head around the corner slightly.)	Cars, Leaves, Trees
5. Cross the road when you reach Park Road following the road to the left bend. Cross over so that you walk down Queens Walk (the path beside the park) Look out at blind bend.	Cars, blind bend
6. Turn left at the end of Queens Walk, heading down the alley.	
7. At the clearing turn right down Park Road using the drop kerbs to cross at Sergeants close, West Avenue, Charles Close and a third close with no name.	Cars
8. When you reach the t junction, turn right heading towards the Police Station. Cross over when safe.	
9. Turn left into Whytefield Road and then cross over to the Right hand side.	Cars
10. Cross over School Lane and head into Mews Close and back to the Library across the car park.	Cars

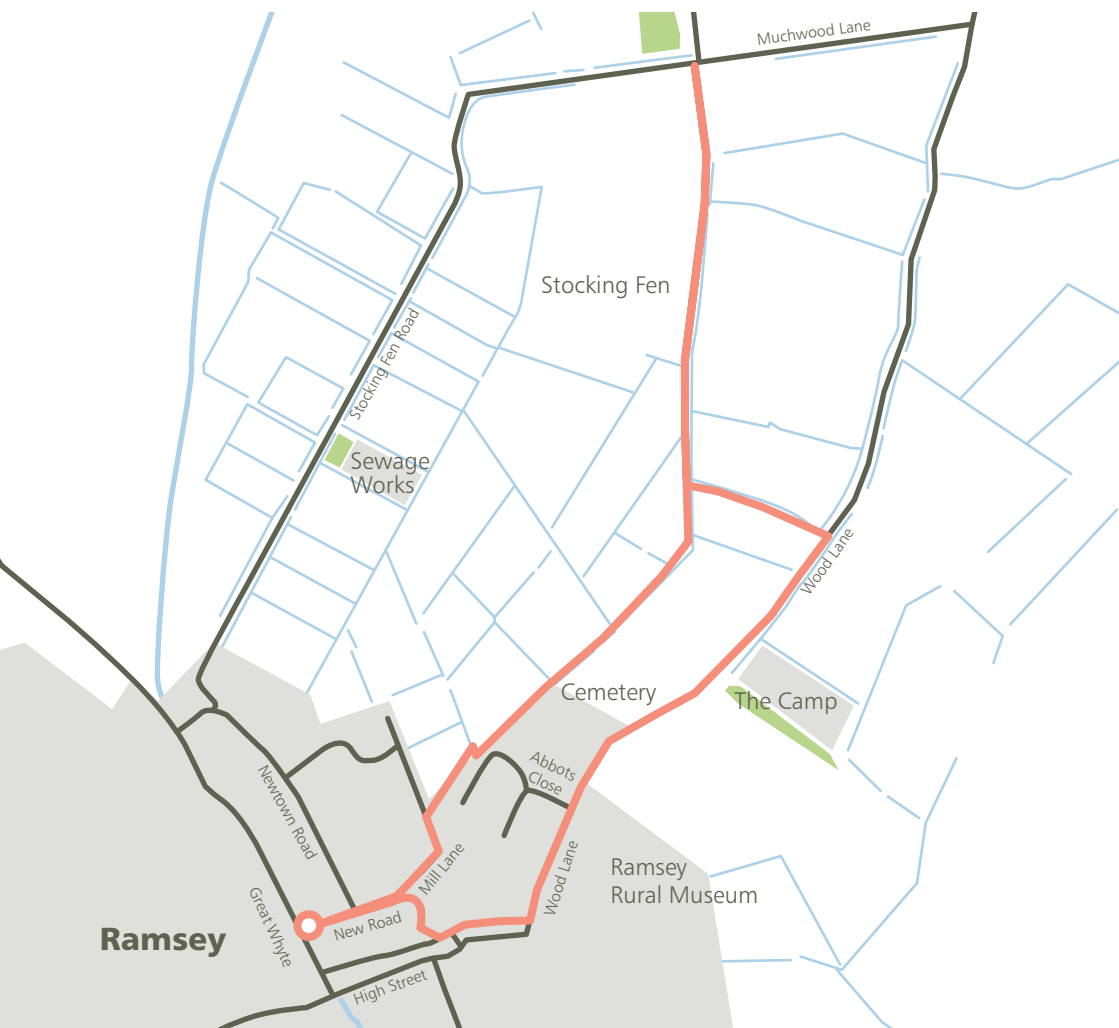
Stocking Fen Stroll

Meeting Point: Ramsey Library, 25 Great Whyte, Ramsey, PE26 1HG

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Dog mess, overgrown hedgerows, uneven path. Can be slippery when wet and muddy



Route Instructions	Hazard
1 Cross New Road and walk past 'Madeira' Fish shop and turn right into Jubilee Yard (alley way).	Traffic when crossing roads
2 Cross Newtown Road, through Willow Way into Bankers Walk and out onto Mill Lane.	
3 Cross over towards playing field and walk along RHS towards the entrance to the field at the far RHS side and continue along the grass path beside the field.	Low tree branches and dog's mess
4 Caution: There is a narrow dip in the path with a steep drop into a ditch on the RHS. Single file here, with leader guidance.	Narrow dip/drop into ditch
5 At wooden bench follow the path with the field on LHS and the hedge on RHS. Go through gap in hedge opposite and continue along path until you reach the metal gate at the road side. If time – Cross the road, Muchwood Lane and make a circular walk of the Woodland Trust side.	Uneven ground with rabbit holes
6 Turn around and retrace your steps (caution at narrow dip), until you reach a junction with a concrete track and follow this track to the main road.	Narrow dip with drop into ditch. Road traffic
7 Turn right and continue along main road past cemetery, cross over Abbots Close, turning right into pathway with metal barriers which comes out opposite the duck pond.	Road traffic
8 Turn right along Church Green and continue to the road junctions of Scotts Row and Little Whyte.	Care at junction
9 Go along Little Whyte and turn right back to the Library	

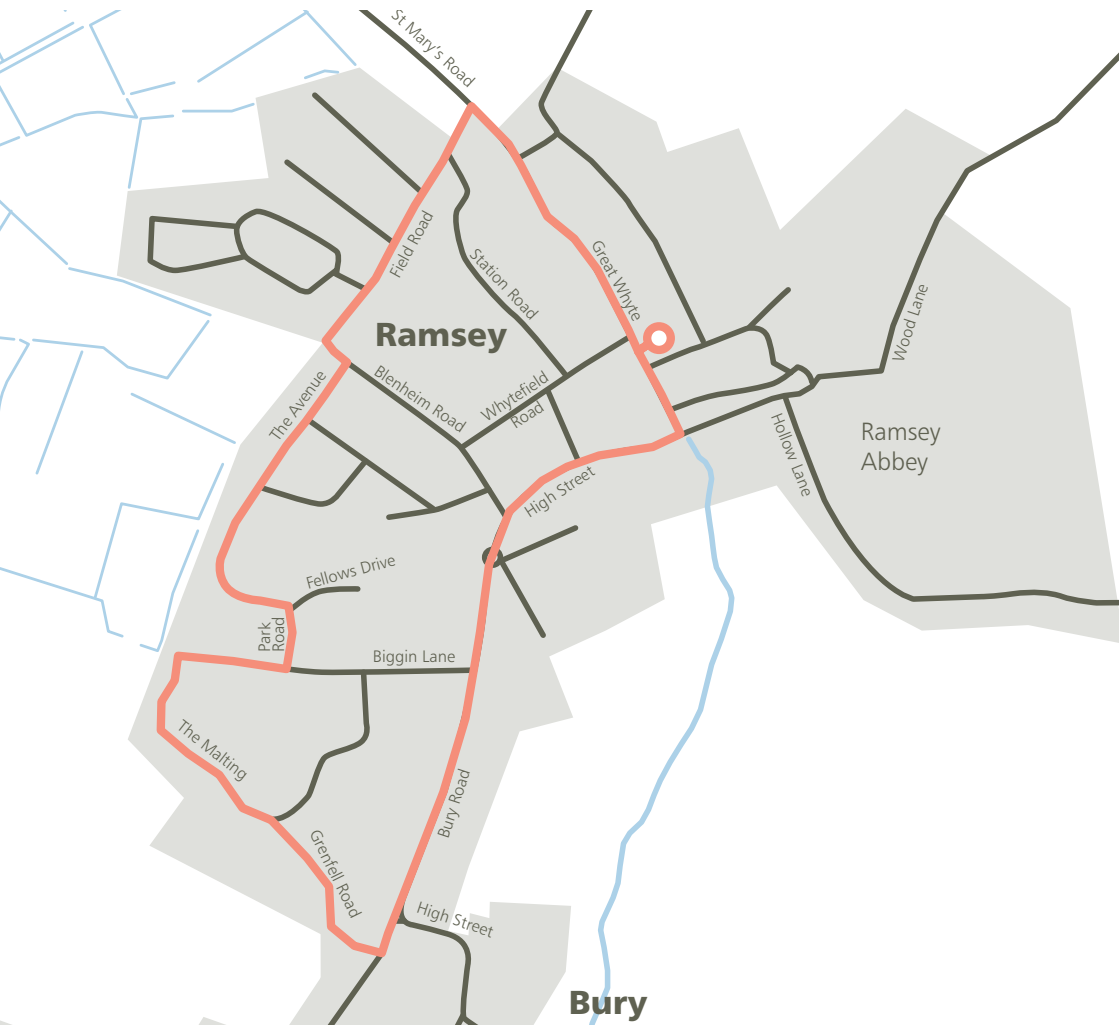
Town Walk

Meeting Point: Ramsey Library, 25 Great Whyte, Ramsey, PE26 1HG

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Traffic



Route Instructions	Hazard
1 Starting from the library head towards the High Street, using the crossing to walk up the RHS of the Great Whyte.	
2 Turn right at the junction with the High Street crossing over School Lane, Blenheim Road and Biggin Lane turnings and Brands Close.	Traffic
3 Carry on straight down Upwood Road, passing 'The White Lion' pub on your left towards Bury Cakes and Pies.	
4 Turn right up Grenfell Road and cross over the entrances to Lion Walk and Foundry Way.	
5 Follow this path as it bends and move to the LHS turning down into the Maltings on your left.	
6 Cross Malthouse Lane and Pathfinder Way and cross to the RHS, following the path into Biggin Lane.	
7 Cross over to the LHS and take Park Road, following the path as it bends left, crossing to the RHS and following the path around the houses/across the green.	
8 Continue along Park Road crossing over the entrances to Serjeants Close, West Avenue, Charles Close and The Avenue.	
9 At the T-junction with Blenheim Road turn left towards the Wing Hing fish & chip shop, crossing to the RHS and walking down Field Road.	
10 Cross over Station Road and when you reach 'The Railway' pub, turn right into Great Whyte.	
11 Cross Fletchers Close and the Fire Station entrance and Whyte Field Road.	Traffic
12 Using the crossing return to the library.	

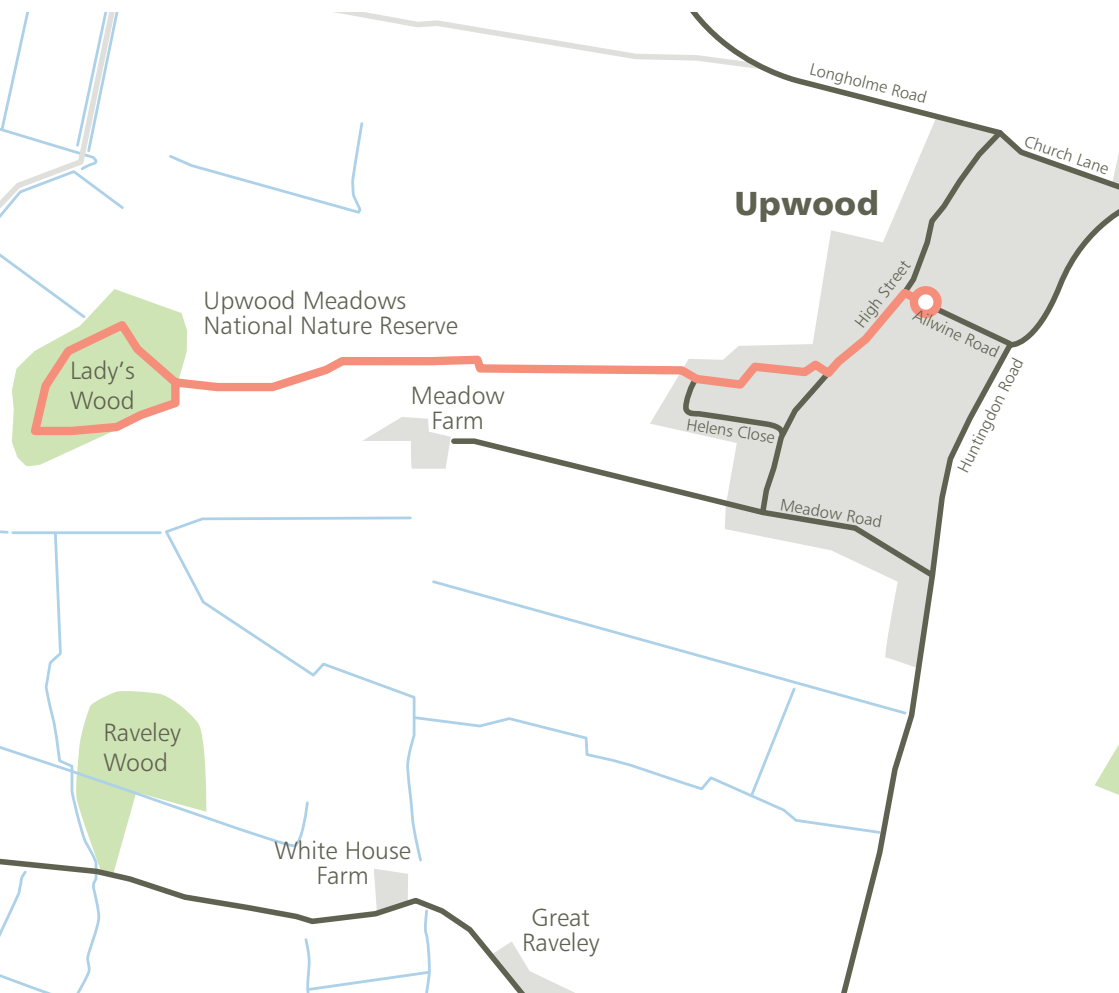
Upwood Walk

Meeting Point: St Peters Church, Upwood, PE26 1HG

Time: 60 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Traffic, uneven paths, livestock (cows & horses)



Route Instructions	Hazard
1. Start walking along the footpath opposite Upwood Village Hall. This leads into Bentley Close, which you should follow around to the right.	Cars in & out of drives
2. Walk along the footpath between bungalows no. 7 and 9 (looks like you are walking on their garden) and go through the gate	Can be waterlogged & muddy
3. Go diagonally across the meadow to the right of the Oak trees, through the gap in the hedge	Livestock
4. Go over the wooden bridge and keeping the hedge on your right, walk around the edge of the field, down a few steps and through a gate	Muddy & slippery Ditch
5. Looking ahead, head straight to the next gate	Livestock
6. Follow the path right, following the edge of the field, in the corner of the field you will come to Ladys wood	Deep ditch
7. In <ul style="list-style-type: none"> • Turn right • Turn left • Turn right • Pond Out <ul style="list-style-type: none"> • Turn left • Turn left • Turn right 	Uneaven ground, tree roots can be dangerous, overhanging tree branches
8. Retrace your steps once you are out of the wood, across the fields and back to the start.	

If the walk is to be very muddy – you can walk down the High Street, turn right onto a farm track & follow this track to the Nature Reserve.