

Oxfam Walk for Water 2020

4 mile and 2½ mile Mini Hike route instructions, Heartwood Forest

Adapted route description for independent use during the coronavirus situation

Revised 27 July 2020

Please check on <http://www.oxfamstalbans.org> for the latest version

Please note:

- To facilitate social distancing, the **usual 3-mile route is now closer to 4 miles**. However, at **point 12** you can take a left turn directly to the Heartwood Forest carpark to shorten your walk to 2½ miles. The 4-mile route takes about 1½ hours, at a steady pace.
- Please be aware that during busy times social distancing can be more challenging.
- The route starts and finishes at the Heartwood Forest carpark, nearest postcode **AL4 9DQ**. If closed, there is nearby parking in Sandridge, off the main road. The carpark opens at 8.00 a.m. and closes at 8.00 p.m.
- The route description is amended to enable you to find your way without our usual signs.
- There will be **no Marshal Points or Check Points**. For your orientation their locations on the enclosed **map** have been **marked in red (e.g.M1, C2)** in the **route description**.
- The arrows **← ↻ ↑ ↗ →** indicate your forward direction.
- **Benches are highlighted in italic, orientation points in bold**.
- For those of you finding it useful, OS Grid References are shown as: {2 Grid letters 3 figures (easting) 3 figures (northing)} e.g. {TL 189 149}.

Section 1: Starting point Heartwood Forest carpark.

- 1 As you enter the carpark from the drive, start at the second path on the right→.**
- 2 Set back from the path, you will see the circular wooden-poled display on your right.**
- 3 At the signpost go straight on ↑ and uphill, passing log posts with Bluebell stories. At the end of this path you reach the Heartwood Forest welcome board, with the kissing gate and the Scout Hut on the left.**
- 4 Turn right → and go gently uphill on the diagonal gravel path.**
- 5 Where the gravel path divides left and right at a signpost, go straight ahead on the grass ↑ towards a second signpost on the skyline.**
- 6 Here turn left ← onto a track, soon passing on your left a bench dedicated to Matt Risby.**
- 7 Continue straight ahead ↑ through a young wood, passing the Mouse carving and the Woodland Arch on your left as you go.**
- 8 At the corner of a wood, cross straight over another track ↑, continue ahead with the wood on your left and a young wood on your right, until a (kissing)gate marked with a small plaque saying 'Brian's gate' on your right.**
- 9 Turn right through this gate → and follow the broad grassy path, passing between a memorial stone for Brian & Brenda and a bench, to another (kissing)gate, which is 'Brenda's gate'. Go through, turn left ← on the track for a few metres to the edge of a wood.**

10 Turn right →, continuing on the grass ↑, between the wood on your left and a young wood on your right.

Section 2: Home bound via Langley wood to Heartwood Forest carpark

11 Where the path forks take the left path, going downhill. **M1** {TL 162 122}.

12 Go straight ahead ↑ between a wood and a fence on the left, and a thick hedge on the right. At the end of the wood ignore the path on the left.

13 Continue downhill to the boundary hedge in the distance. Once there, turn left ← onto the track, with a young wood on the left and a thick hedge on your right. Continue for about ½ mile, passing a field with a **bench** in the distance on your left.

14 Cross the main bridleway diagonally, going through two kissing gates ↑ ↑

(NB: If you wish to take the shorter walk of about 2½ miles, turn left uphill on bridleway which will lead directly back to the Scout Hut and the carpark).

15 Head across the next field diagonally ↖, on a bridleway, with a young wood and a wire fence on your left. Aim for the **railway pylons**.

16 Then continue uphill ↑ with the fence on your left and the **railway** on your right, and through a gap in the hedge ↑. Your track now has a young wood on both sides.

17 At the end of the track go through the right-hand gate, then turn left ←, bypassing the narrow path by crossing over to the track on the side of a field on the right. Continue with the hedge on your left, until you reach a wood and the track bends to the right. At this point return to the path on the left ↖, where from here it widens.

18 Turn left ← through the kissing gate onto **Heartwood field**, past a **Heartwood Forest board** on your right.

19 Go straight on, following the hedge on your right, taking the first track uphill into a young wood before entering **Langley Wood** on your right.

20 On the gate is a 'One-way system' notice – please read the instructions.

21 Turn immediately left ←. On your right is the area for building wooden dens and camps. Go onto the enforced, roped off path, following the edges of the wood on your left: ignoring two exits on the left and one right turn, **passing a sunken area** on the left. At the **bench** turn right, ignore another two exits on the left and one path on the right, until you reach a **corner of the wood with an exit with steps**.

22 **Go down steps** and turn right → onto the **bridal way**. Continue downhill and soon turn left ← through the kissing gate into **Heartwood Forest**.

23 Turn right →, passing a **signpost** and the **circular wooden-poled display** on your left.

24 You have now reached your **starting point**.

CONGRATULATIONS ON FINISHING YOUR WALK

Now put your feet up and treat yourself to drinks and cakes whilst sending your experiences & photos for our website to us on oxfamstalbens1@gmail.com and completing your fundraiser sheet.

Donation(s) to <https://www.justgiving.com/fundraising/StAlbansOxfam>

THANK YOU VERY MUCH!