

Walk distances in Km

Irthlingborough to Little Addington	4.7 km	Thrapston to Islip	0.6 km
Little Addington to Woodford	5.3 km	Islip to Aldwinckle	4 km
Woodford to Denford	3.0 km	Aldwinckle to Wadenhoe	2.0 km
Denford to Thrapston	2.1 km	Wadenhoe to Barnwell	7.3 km

All distances are approximate



Nene Way

Key of Services

Pub	Telephone	Nene Way	Towns and Villages
Church	Toilets	Rivers and Streams	Forests and Woodland
Post Office	Places of Historical Interest	Roads	Lakes and Reservoirs
Chemist	Park	Motorways	National Cycle Network Route 6
Shopping	Parking	'A' Roads	Regional Route 71

Irthlingborough to Barnwell

29kms/18miles



Northamptonshire
County Council

This Information can be provided in other languages and formats upon request, such as large Print, Braille and CD. Contact 01604 236236

Transport & Highways, Northamptonshire County Council,
Riverside House, Bedford Road, Northampton NN1 5NX.
Telephone: 01604 236236.
Email: rowip@northamptonshire.gov.uk

For more information on where to stay and sightseeing please visit www.letyourselfgrow.com

This leaflet was part funded by the Aggregates Levy Sustainability Fund, for more information please visit www.naturalengland.org.uk

Thanks to RNRP for use of photography www.riverneneregionalpark.org

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This is the longest section of the Nene Way in Northamptonshire and you may wish to stop overnight in Thrapston, as the half way point.

Following the route on from Irthlingborough you come to the village of Great Addington, pass the All Saints Church, which is the oldest building in the village and follow the Woodford road out of the village. The route towards Denford passes Ringstead and Woodford. These villages are surrounded by quiet, peaceful countryside and cross the meadow land on the outskirts of the village. While passing Denford, make a detour from the Nene Way and walk over the two bridges into this picturesque village, perhaps stopping at The Cock Inn to quench your thirst and grab a bite to eat.

For elegant and comfortable accommodation, The Bridge Hotel in Thrapston is the perfect place to relax for the night before setting off towards Islip. The village of Islip has a few quiet and secluded moorings, perfect for a picnic overlooking the fine views of the Northamptonshire countryside.

Titchmarsh Nature Reserve, is another Wildlife Trust site www.wildlifebcpn.org where there are many opportunities to access this haven for wildlife. Skylarks are found in spring and summer as well as many dragonflies, damselflies and butterflies. Winter is the best time to see large numbers of wildfowl here; in particular, goosander, wigeon and gadwall reach nationally important numbers.

From the nature reserve, head towards the villages of Aldwinckle and Wadenhoe,



which are rich in heritage and wildlife and offer the perfect scenic walking routes near Oundle. At Wadenhoe, the path takes you past a beautifully restored mill and provides an opportunity to ramble through woods above the lock on the river. Situated in the heart of the village and along the Nene Way is The Kings Head, a 17th century traditional English pub, with excellent cuisine in an idyllic setting overlooking the lock.

Following on from Wadenhoe Mill, you pass Achurch, Lilford and Wigsthorpe before ending this section in Barnwell village for some well needed refreshment.

In some locations, the ironstone deposits have been strip mined, resulting in deep linear quarries known as 'gulleys', surrounded by extensive areas of spoil. Some of these former workings have been returned to agriculture, but others (e.g. Twywell Gullet, near Kettering) support limestone grassland rich in plant species such as orchids. Grid Reference: SP 945776

If you enjoyed this section why not download our other popular local circular routes for Aldwinckle & Wadenhoe and nearby Brigstock & Fermyn Woods.

Stanwick Lakes

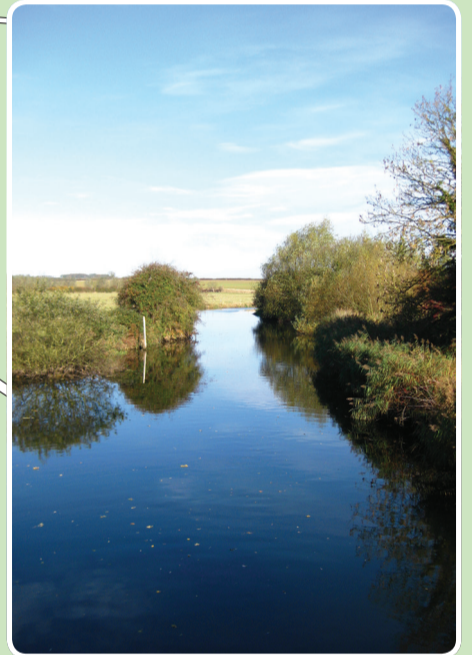
Stanwick Lakes (01933 625527) is a unique and popular countryside attraction in the heart of the Nene Valley. It is a site which really does offer something for everyone: leisure opportunities, access to attractive countryside and abundant wildlife can all be found here.

In 1980 archaeological excavations made several important discoveries, which included the early prehistoric ceremonial complexes at West Cotton, the extensive and complex Iron Age and Roman settlement at Stanwick, the Roman settlement at Mallows Cotton and the late Saxon long range at West Cotton. The site and surroundings also have an interesting industrial heritage, and are a good example of the changing land uses within this region; having been the site of a tannery, a sewage farm and a number of railway stations and sidings.

The lakes site was first opened as a quarry in 1985, with mineral extraction beginning in an area to the northern end of the site. These initial areas were restored, primarily to lakes and surrounding meadow land, with some areas of planting that are now reaching maturity. Now designated a SSSI (Site of Special Scientific Interest) and surveys carried out suggest that species such as oystercatcher, lapwing, and great crested grebe have been breeding here. It is also known to have significant dragonfly populations and otters have also been sighted.

The lakes are managed by Rockingham Forest Trust on behalf of East Northamptonshire Council. For more information visit www.stanwicklakes.org.uk and www.rockingham-forest-trust.org.uk

Irthlingborough to Barnwell



Countryside Code

The Countryside is a living, working environment, so please respect, protect and enjoy the countryside by:

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

www.naturalengland.org.uk for more information

