

Flamstead Farmland Walk

Flamstead village

Flamstead village is situated just on the western boundary of the Chilterns AONB. The village is steeped in history, dating from at least Saxon times. There is a wealth of fascinating buildings including the church tower which dates from 1140. Flamstead has several good pubs and provides a great base for exploring the surrounding countryside.

The Flamstead Walk

The Flamstead Farmland Walk passes through the gently undulating arable land that so characterises the upper reaches of the Ver Valley. Sunken lanes and ancient hedgerows abound, as well as pockets of ancient woodland, testament to the historic nature of the landscape.

However, the wide open arable fields around Flamstead also suggest that extensive conversion to modern farming practices have occurred in the 20th century. The move away from traditional mixed livestock and arable farms and the loss of traditional features such as hedgerows, was common throughout Hertfordshire and has in turn resulted in a decline in once common farmland species such as the cornflower, the lapwing and the brown hare.

This decline has been recognised by some farmers, and through environmental stewardship schemes they are actively replanting hedgerows and leaving wide field margins to improve the conservation potential of their farms.

Look out for Grove farm. Here, hedgerows are an important food source for winter visitors such as the fieldfare and redwing and field margins are important for arable weeds and ground nesting birds such as the grey partridge. They also act as buffer strips, protecting hedgerows and woodland edges from pesticides and overspray.

Another interesting conservation feature along the southern part of the route are beetle banks. These are raised strips of earth running through arable fields that are planted with tussocky grasses. A beetle bank provides a home for predatory insects, which act as a natural control for crop-pests, and beetle banks also provide ideal nesting habitat for skylarks that prefer to be well away from hedgerows and field edges.

This is one of a series of walks through the Chilterns Area of Outstanding Natural Beauty (AONB). It follows rights of way most of which are waymarked as follows

Path waymarking

-  'yellow arrow' Footpaths (walkers only)
-  'blue arrow' Bridleways (horseriders, cyclists and walkers)
-  'red arrow' Byways (open to all traffic)

Please be considerate in the countryside – keep to public rights of way, and leave farm gates as you find them. Please keep dogs under close control.

If you have enjoyed this walk there are many other walks in the Chiltern area. The Flamstead society publishes a series of ten walks around Flamstead – for details call 01582 840551. Other walks in the Chiltern Country series start from Tring, Offley or Wiggington – call 01844 271300; or visit www.chilternsaonb.org. Or why not buy an Ordnance Survey Explorer Map 181/182 and plan your own walk www.ordsvy.gov.uk

The Chiltern Hills were designated as an Area of Outstanding Natural Beauty (AONB) in 1965. This is in recognition that the Chilterns countryside is amongst the finest in England and Wales. **For more information contact the Chilterns Conservation Board on 01844 271300 or visit www.chilternsaonb.org**



The Countryside Management Service works with communities in Hertfordshire to care for and enjoy the countryside. For more information contact us at:

The Countryside Management Service
West & Southern Area, CMS Building, Hixberry Lane,
St Albans, Herts AL4 0TZ
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If you, a neighbour or member of your community would like this leaflet produced in another language or format (large print or audio cassette) please contact the CMS.

Chilterns Country

Flamstead Farmland Walk



Long walk:
6 miles (10 km), allow 3 hours

Short walk:
2.5 miles (4 km), allow 1¼ hour

Start and finish: car park –
junction of Friendless Lane & Mill Lane

How to get to the start

Walking and cycling: Flamstead has a great public rights of way network connecting to nearby towns and villages. Why not use an Explorer map (N°182), and walk or cycle to the start point. Cycle parking facilities are available at the car park.

Public transport: Trains run frequently to Harpenden and St Albans, and buses serve Flamstead from the train station and nearby villages and towns. For details contact the Hertfordshire Traveline on 0870 608 2 608 or www.intalink.org.uk

By car: Flamstead Village is situated 1 mile of the M1. Leave the motorway at junction 9 and join the A5 heading west. Turn left into Singlets Lane, and continue into Flamstead.

'Walking gets you fit
and keeps you healthy'

Notes on the walk anticlockwise

 Both walks start from the car park. Follow the footpath along the field edge. For the long walk take the footpath off to the right, for the short walk follow the path along the edge of the field and head down the hill. Turn left at the bottom and go through the kissing gate. Continue across Trowley Hill Road and alongside the paddock crossing Delmerend Lane before heading along the field edge and back into Flamstead Village.

Long walk description

 Continue across Pietley Hill and join Wood End Lane. Follow this lane, reminiscent of old England with its diverse ancient hedges. Turn right at the waymark post, entering Yew Tree Spring.

Cross over the stile and follow the way mark posts to the metalled road.



0 1 mile

 Turn left along the road, looking out for the ancient ash pollard and walk alongside Newlands wood, joining the Chiltern Way.

 Cross the road and enter a section of the route with permissive access. This section has permissive access until 2010, created as part of the farms Countryside Stewardship Scheme. The Countryside Stewardship Scheme is a national scheme that aims to enhance the conservation value of farms and sustain landscape beauty and diversity.

 Permissive access until 2010
 Flamstead long walk 6 miles
 Flamstead short walk 2.5 miles
 Public right of way

 Rejoin the footpath at Greenlane Wood and head up the hill. Here there are great views around Flamstead Village. Continue onto Green Lane, crossing part of the Hertfordshire way and turn left onto the road. At the sharp left hand bend go straight on and join the bridleway.

 After a quarter of a mile turn left, and continue down the hill into Flamstead, and perhaps a well deserved break at one of Flamstead's excellent pubs.