

TFC
THE TEN FOOT CLUB



Northamptonshire
County Council



TFC NORTHAMPTONSHIRE ROUND COUNTRYSIDE WALKS AROUND THE TOWN OF NORTHAMPTON

In an age where we have more leisure time than ever before but spend so much of it being inactive, what better way of finding a new interest and getting that essential physical activity is there than by joining many thousands of others who have discovered the pleasure of walking.

This walking route takes you through picturesque villages built from locally quarried rich golden stone, past manor houses and estate lands, ancient forests, rivers, canals, large expanses of water used for leisure activities and areas for conservation.

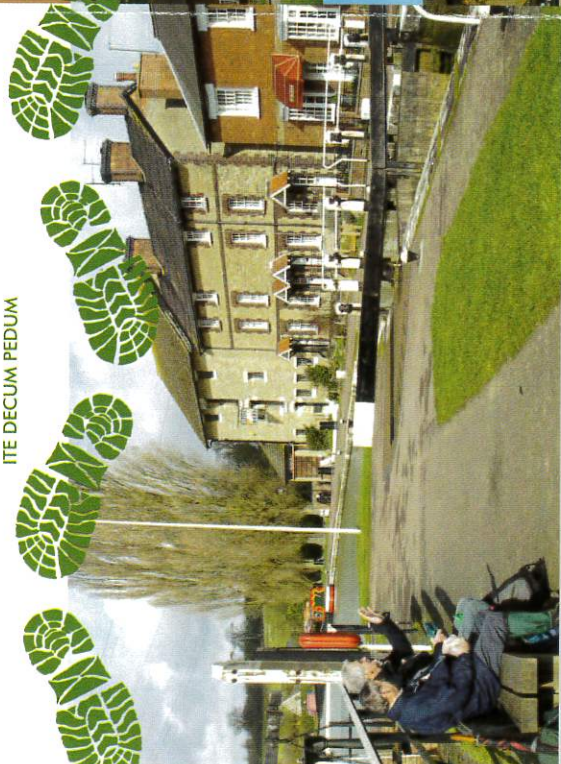
Exploring the villages en route, or as a separate walk, you will discover the County's links with English history, the Danish invasion, battle sites and encampments of the 'War of the Roses' and the Civil War'. You will see churches and features from Saxon and Norman periods of English history,

also ancient forests used by Royalty for hunting. Then there is the strong county link with American history through the Franklin and Washington families.

The TFC Northamptonshire Round is a 50 mile circular walking route created in 2003 by the Ten Foot Club. The TFC is a local group of enthusiastic walkers who enjoy the Great Outdoors and wish to encourage local people, youth organisations and walking groups to experience the pleasure of the countryside around Northampton.

We wish to thank the following people for their continuing support and assistance:
Rights of Way, Northamptonshire County Council,
Forestry Commission Saley Forest, Northamptonshire,
Althorp Estate and walking colleagues for providing photographs.

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TFC NORTHAMPTONSHIRE ROUND

INTRODUCTION BY THE TEN FOOT CLUB

SECOND EDITION 2009

USEFUL INFORMATION

Detailed individual village layouts and facilities, as well as links with other leisure routes and paths are available on: www.tenfootclub.org.uk

For further information or illustrated talk: email: tenfootclub@btconnect.com

It is possible to follow the N.R. using this leaflet and the distinctive waymarkers but we do recommend the use of the appropriate Ordnance Survey map: Explorer 207, 223, 224.

USEFUL CONTACT INFORMATION
Northamptonshire County Council
Customer Services
Tel: 01604 236236
www.northamptonshire.gov.uk

To report a problem or fault along the public footpaths and Bridleways or this route please report the issue to Street Doctor on 0845 601 1113 (local rate number) or email: streetdoctor@northamptonshire.gov.uk

Northamptonshire Tourism
Information:
www.letyourselligow.co.uk
Brixworth Country Park
Tel: 01604 883920

PUBLIC TRANSPORT SERVICES
Traveline East Midlands
Tel: 0871 200 2223
www.travelineeastmidlands.org.uk
www.transportdirect.co.uk

Sywell Country Park
Tel: 01604 810970

For the latest information about the Northamptonshire Round, village maps and walking section maps, visit:
www.tenfootclub.org.uk

Forestry Commission Saley Forest
Tel: 01780 444920
www.forestry.gov.uk/saleyforest

Leave only footsteps
and a good impression



ROUTE STAGE	MILES	TOTAL
Brixworth Country Park to Holcot	3.25	3.25
Holcot to Mears Ashby	5.50	8.75
Mears Ashby to Sywell Country Park	1.00	9.75
Sywell Country Park to Ecton	1.00	10.75
Ecton to Cogenhoe	1.50	12.25
Cogenhoe to Chadstone	2.25	14.50
Chadstone to Yardley Hastings	1.25	15.75
Yardley Hastings to Horton	4.25	20.00
Horton to Piddington	1.00	21.00
Piddington to Saley Forest	2.50	23.50
Saley Forest to Ashton	3.75	27.25
Ashton to Stoke Bruerne	2.25	29.50
Stoke Bruerne to Shurlanger	1.00	30.50
Shurlanger to Blisworth	2.75	33.25
Blisworth to Gayton	2.00	35.25
Gayton to Bugbrooke	3.00	38.25
Bugbrooke to Harpole	3.25	41.50
Harpole to Nobottle	1.75	43.25
Nobottle to Harlestone Church	2.00	45.25
Harlestone Church to Church Brampton	2.00	47.25
Church Brampton to Brixworth Country Park	4.00	51.25

TFC NORTHAMPTONSHIRE ROUND

ROUTE MILEAGE

(Rounded up or down to nearest quarter mile)

PLANNING YOUR WALK

Local maps of the area are usually on display or available from the local shop. Unfortunately some Public Houses now have limited opening times, so if you are planning to take lunch in the local Pub you should check whether it will be open on your walk day. Further information is available on our web site. www.tenfootclub.org.uk

When the concept of the TFC Northamptonshire Round, was first mooted, it was decided that if possible it should have sections that would be suitable for most people. This has been achieved by including sections that have hard core paths, some with maintained grass paths and easy access gates. The walker has a mixed terrain and landscape to enjoy.

PLANNING FOR A WALK

The route can be followed using the leaflet map and the distinctive waymarkers, however we would recommend the use of the relevant Ordnance Survey map, see details below. We would advise the wearing of walking boots and suitable clothing for the weather conditions. Local facilities are as stated above. Further information available on our web site. www.tenfootclub.org.uk

An element of planning is required whether on a stroll or a more challenging walk, so we will divide the planning requirements.

PLANNING FOR A SHORT STROLL

There are ideal walks on surfaced and grass paths for the elderly, families and people who are about to explore, and discover, the pleasure of getting away from the car.

Examples of these areas are:
Brixworth Country Park and village,
Sywell Country Park, Saley Forest,
Stoke Bruerne, Harlestone,
Yardley Hastings and Bugbrooke.
These walks can take 1-2 hours and we would advise having sturdy shoes and suitable clothing for the weather

RECOMMENDED ORDNANCE

SURVEY MAPS

Explorer 207
Explorer 223
Explorer 224

WALKING YOUR WAY TO A HEALTHY LIFE STYLE

Walking is set to play a bigger role in creating a healthier nation. Described by health experts as 'almost perfect exercise', it is the ideal way for most people to become active. Seven out of ten people in this country are not physically active enough to benefit their health.

You could change your life style, and become healthier, by taking a brisk walk with a friend or colleague, even change the world socialising whilst enjoying the Northamptonshire Countryside.

No minimum distance is prescribed, just start with a distance you feel comfortable with, this may be around one of the villages described in this leaflet, you can then explore further as your confidence grows.

You may wish to join a local walking group, a list of groups can be obtained from Northamptonshire library service www.libraries.northamptonshire.gov.uk or contact Natural England who are promoting 'Walking the way to Health' www.whi.org.uk

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