

# Harpenden circular walk (3.2 miles)

This route can be found at <https://www.plotaroute.com/route/1547696>

Start at Harpenden Leisure Centre where there are two car parks. Please note that there is still excavation and clearance work going on in Rothamsted Park, and all paths were clear when walked on 12 May 2021. Please keep to the paths at all times.

*Poems to ponder* [www.bethanycc.uk/poems](http://www.bethanycc.uk/poems)

*I can hear the birds sing*  
sustainability festival 2021

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## Directions

- Starting from in front of the new leisure centre, turn west and cross the small car park to take the lane to the Harpenden Town Football Club — the football club will be on your left, and the tennis club on your right. Proceed to the end, coming out onto Rothamsted Park.
- Follow the hedge line to the right, passing football and cricket pitches on the left.
- Pass through the gate way and keep right, with open fields on your left. Please keep to the path, respecting the farmland.
- Turn right and you enter a tree lined stretch, known locally as 'The Tunnel of Love'! In the

- tunnel notice the butterfly garden a resident has planted along their fence.
- Take a slight left across the fields, again keeping to the path.
- Turn right, and then further on turn right onto the Nickey Line.
- Proceed along the Nickey Line past Townsend Nursery on your right (can you see any pigs or donkeys?) and Roundwood Park School on your left.
- Pass through Roundwood Halt — a former station on this line.
- Continue down hill (dog poo bin), crossing over Luton road, and further on to pass under Ambrose Lane.

**Alternative route avoiding steps** — take the sloped access to Ambrose Lane, turn left and continue until you reach Hollybush Lane, then turn left, cross the road and turn right into Tennyson Road.

- At this point you could take the steps to your left, or continue to the sloped access, up to Ambrose Lane and on to Highfield Oval to visit the Oval Café. (Open Monday to Friday 9–5, Saturday and Bank Holiday Monday 10–4, closed Sunday)
- Continue on the Nickey Line taking the steps to Hollybush Lane.
  - Turn right then cross the road and turn left into Tennyson Road.

- Proceed to the end then turn right down Sun Lane, crossing over at the zebra crossing at the bottom.
- Turn left onto High Street, then cross over using the zebra crossing, continuing towards the town centre.
- Turn right to cross Church Green.
- Continue along Leyton Road, use the zebra crossing to cross over onto Leyton Green.
- Turn right into Amenbury Lane, then cross and turn left into Hay Lane, which will take you back to the leisure centre.

# SUSTAINABILITY



## Reflection A

### Day of the small things

One of the joys of nature, coupled with giving time to focus on its complexity and beauty, is the therapeutic effect it has on many individuals who would otherwise be totally engrossed in the stresses, strains and rigours of modern life. The human 'race' is being run by many people who are often too exhausted to stop and enjoy the ride. Are you one of them?

#### Response

Stop and be still. Take a deep breath. What can you see? What can you hear? What can you smell? Just as you can see and hear the world around you, God sees and hears you. Give Him your anxieties, receive His peace as you focus on the world before you.

## Reflection B

### Mental health matters

One of the great challenges of the post-pandemic world will be addressing the damage to mental health that prolonged isolation and pandemic-related trauma have wrought on people of all ages. Some years ago, the NHS discovered that patients in rooms that overlooked fields and trees made a swifter recovery than those staring at concrete all day. The power of our green and pleasant land to restore the 'national psyche' should not be underestimated!

#### Response

Is there something you need to do to improve your mental health? A daily walk? A chat with someone? An appointment with a professional? God created us to live in relationship with His creation and with one another, as well as with Him. Commit to do whatever you need to look after your own mental health today.

## Reflection C

### Skylarks

Skylarks soaring high above, singing of God's creation. Their song fills the air, resounding deep in my soul as I listen to and contemplate the glory of

God, shown in His care for these tiny, but wonderful creatures. If God cares for the skylarks, enabling them to nest and thrive, how much more He cares for me and you.

*Bible verse: Matthew 6:26* Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

## Reflection D

### The Strong Oak

The strong oak tree has mighty branches and bids me run and shelter there awhile. The structure of the tree speaks to me of reliability and welcome. I can indeed rest under the oak's spreading boughs, in the same way that I can run into the Father's Arms; the Lord is always there for me and stands firm yet full of love. I am filled with praise as I appreciate how God has shaped the seasons and laid out the four corners of earth, with everything in its right place and each one of us with the opportunity to be right with Him.

*Bible verse: Isaiah 40:28-31* Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

## Reflection E

### Cultivating good attitudes

Whatever happened to the days when youngsters could go off stickleback fishing and return home a bit late without mum and dad feeling they needed to be concerned? Children's enjoyment of, and respectful engagement with, our fast-disappearing countryside are so vital for their wellbeing and worldview.

#### Response

How can you encourage your own and others'

connection with God's creation? A number of organisations hold activity sessions for families to safely engage with the environment. Take another look at the SustFest programme to find out more.

## Reflection F

### Where are you going?

The traffic whizzes by. A plane overhead. Someone going somewhere. I wonder where. I wonder why. Do I think about when and how I travel? How many times would it be possible for me to walk or cycle, or use the bus, but I drive. And pay to park. And add pollutants into the atmosphere. Sometimes, and for some people, it is the only way. But can I get better at asking 'what's the best way for me to travel today?', combining trips and using alternative ways of getting around when I can? The environment needs me to invest in its future.

#### Response

Are there times when you could get from A to B by means of a more sustainable method of transport? Maybe it's time to research a new car, a new bike, a holiday that doesn't involve flying. Reducing our use of fossil fuels has a positive impact on the environment – what can you do today?

## Reflection G

### Is your voice being heard?

David Attenborough and many of his fellow ecologists are shouting that our 'perfect planet' and its delicately balanced ecosystems are on the point of no return. Many of our politicians, however, still seem more focused on exponential economic growth and approval ratings.

#### Response

Are you letting your MP know about your priorities for our nation; are you voicing your concerns for the environment in which we live? God wants us to appreciate and engage with all aspects of life, including politics. Could you write to the Town, District or County Councils about recycling issues, policies about public transport or cycle paths? Let your opinions be known.