

Wheathampstead circular walk (2.9 miles)

This route can be found at <https://www.plotaroute.com/route/1501810>



Directions

- 1 From the High Street, turn into East Lane on the right hand side of the Miller and Carter Pub (also known as The Bull) and park in the East Lane car park, AL4 8SB.
- 2 If starting the walk at St Helen's Church (where there are seats), walk down the High Street and cross over to East Lane.
- 3 Continue along to the Meads by the River Lea where there are seats.
- 4 From the seats, head up along the far left side of the playing fields.
- 5 On the way, call in at the community orchard.

6 On reaching a cinder track turn left towards Sheepcote Lane.

7 At Sheepcote Lane, turn left down towards the ford.

8 After the ford and just before the bridge, there is a choice to continue further along to a seat by the river, or take the Ayot Greenway on the left back towards Wheathampstead (Go to Step 11).

9 Immediately after the bridge, take a path on the right, and continue through several gates to a seat by the river.

10 From the seat, return to the bridge on a slightly higher path or back the way you came

After passing under the bridge, take the Ayot Greenway on your right back towards Wheathampstead.

11 Continue along the Ayot Greenway, stopping at the seat overlooking the river, until just before the track emerges on to Mount Road. At this point take a path on the right up towards the Old Railway Station. Access to the station is from Old Waddling Lane or The Codicote Road. There are seats at the station.

12 From the station, walk along to the roundabout and then down the High Street to St Helen's Church where there are seats in the church yard.

John Bunyan walk

A map is supplied of a longer out-and-back route through the iron-age village ramparts (known as Devil's Dyke) to John Bunyan's Chimney.

No notes are provided, so an additional map and compass may be useful.

There are no seats at the Chimney, but the nearby John Bunyan pub has outdoor seats.

Reflections



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 stresses and anxieties, receive His peace as you focus on the world before you.

Reflection B

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 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

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 E

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?



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