



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 expenses of water used for leisure activities and areas for conservation.

We wish to thank the following people for their continuing support and assistance:

Exploring the villages en route, or as separate walks, 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.

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

ITTE DECUM PEDUM

TFC NORTHAMPTONSHIRE ROUND
INTRODUCTION
 BY THE TEN FOOT CLUB
 SECOND EDITION 2009

When the concept of the TFC Northamptonshire Round, was first mooted, it was decided that if possible 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

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

Examples of these areas are: Brixworth Country Park and village, Swell Country Park, Salcey 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.

Explorer 224
 Explorer 223
 Explorer 207

SURVEY MAPS
RECOMMENDED ORDANCE

Information available on our web site. www.tenfootclub.org.uk

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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

PLANNING FOR A WALK

PLANNING FOR A SHORT STROLL

PLANNING YOUR WALK

ROUTE STAGE	MILES	TOTAL
Brixworth Country Park to Holcot	3.25	3.25
Holcot to Mears Ashby	5.50	8.75
Mears Ashby to Swell Country Park	1.00	9.75
Swell 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 Salcey Forest	2.50	23.50
Salcey Forest to Ashton	3.75	27.25
Ashton to Stoke Bruerne	2.25	29.50
Stoke Bruerne to Shuntingay	1.00	30.50
Shuntingay 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 Noddle	1.75	43.25
Noddle 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)

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 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

THE COUNTRYSIDE CODE

- 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.

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.

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

Short strolls and walking routes keep being added to the Northamptonshire Round (N.R.) referred to as 'petals' visit: www.tenfootclubwalks.org.uk

USEFUL CONTACT INFORMATION

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

Northamptonshire Tourism Information:
www.letyourselfgrow.co.uk

Brixworth Country Park
 Tel: 01604 883920

Swell Country Park
 Tel: 01604 810970

Forestry Commission Salcey Forest
 Tel: 01780 444920
www.forestry.gov.uk/salceyforest

For further information or illustrated talks 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.

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

PUBLIC TRANSPORT SERVICES

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

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

Leave only footsteps and a good impression

TFC NORTHAMPTONSHIRE ROUND
COUNTRYSIDE WALKS
 AROUND THE TOWN OF
 NORTHAMPTON



TFC THE TEN FOOT CLUB
 Northamptonshire County Council



A FIFTY MILE COUNTRYSIDE WALK AROUND THE TOWN OF NORTHAMPTON

Brixworth Country Park
Overlooking Pitsford Reservoir which is the base for Northampton Sailing Club. Facilities include cycle hire.

Althorp House & Althorp Estate
Estate lands and woodlands are an attractive walking area.

Harpole
All Saints' Church with parts dating back to the 12th century.

Bugbrooke
St. Michaels Church dating from the 13th century. Pleasant walks through the village following a Nene tributary.

Bugbrooke Mill
A mill for over 1000 years and first mentioned in the Domesday Book.

Blisworth
Situating at the northern end of Blisworth Canal Tunnel 1.5 miles long. Canal boat base.

Gayton
An interesting village with many attractive buildings.

Stoke Bruerne
An attractive village with a canal museum that welcomes canal enthusiasts and visitors.

Holcot
St. Mary and All Saints Church. Probably founded in the 12th century. Contains 14th century wall paintings.

Church Brampton
The famous Northamptonshire County Golf Course adjoins this village.

Harlestone
A village of two parts, upper and lower joined by lovely parkland and the Harlestone Golf Course.

Salcey Forest
Run by the Forestry Enterprise, an ancient woodland that can be explored. Rangers organise special events.

Cogenhoe Mill
A pleasant resting place in the Nene Valley, and a haven for bird watchers, anglers and boating enthusiasts.

Castle Ashby Estate
The house was built in the 15th century and the gardens were designed by Capability Brown. The gardens are open to the public.

Horton
Horton House has now been demolished but interesting architectural features remain; lodges, menagerie, the arches and the temple.

Yardley Hastings
A delightful Northamptonshire village. St. Andrew's Church built in the 13th century. The remains of the manor house are close by.

Ashton
St. Michaels Church built in the 13th century and contains the earliest alabaster effigy in the county.

Sywell Country Park
Run by Northamptonshire County Council. Good fishing available.

Mears Ashby
All Saints' Church dates back to the 12th century. Wonderful location in the centre of the village. Mears Ashby Hall, parts built in the 16th century, an imposing building.

Eciton
St. Mary Magdalene. A large stone church built in the 13th century with an unusual tower.

Chadstone
A pleasant resting place in the Nene Valley, and a haven for bird watchers, anglers and boating enthusiasts.

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AVAILABLE FACILITIES

AREA	FACILITIES
Brixworth Country Park	P T REF VC INF
Holcot	PH BB
Mears Ashby	PH
Eciton	PH
Cogenhoe	PH SH
Yardley Hastings	PH SH BB
Horton	RES
Piddington	PH
Salcey Forest	P T INF
Ashton	PH
Stoke Bruerne	P T REF PH SH VC INF BB
Shutlanger	PH
Blisworth	P PH SH
Gayton	PH BB
Bugbrooke	PH SH BB
Harpole	PH SH BB
Harlestone	PH

KEY TO FACILITIES

- BB Bed & breakfast accommodation
- INF Information office or boards
- P Parking
- PH Public house
- REF Refreshments available
- RES Restaurant
- SH Shop
- T Toilets
- VC Visitor Centre

" The TFC Northamptonshire Round takes in some of the prettiest villages and countryside around the town of Northampton "

KEY TO MAP

- Suggested Route
- Motorway
- Main Roads
- B Roads
- Minor Roads
- Waterways & Reservoirs
- Railway
- Dismantled Railway
- Nene Way
- Other Footpaths