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Discover
— Northamptonshire —
CULTURE · TOURISM · HERITAGE

Walking and Cycling Map

3. Rushden to Thrapston



Stanwick Lakes

Route Info:

Duration: 1-2 Hrs (Cycling)

3-5 Hrs (Walking)

Difficulty: ★★☆☆☆

(Some unsurfaced areas)

For use alongside Ordnance Survey: OS Landranger 141 / OS Explorer 224

Rushden to Thrapston

Explore miles of footpaths, cycle routes and bridleway along this part of the Nene Valley and discover hidden hamlets, a haven for wildlife and ancient churches. Visitors can follow the Nene Way along the banks of the river for part or all of its 70 miles as it goes up hill and down dale.

A network of footpaths and bridleways allow you to plan anything from a short walk to a full days hike. The naturally serene landscape offers the perfect backdrop to any one of the adventurous activities on offer in the valley such as canoeing, kayaking, boating, cycling and fishing.

Explore key sites and attractions along the way including nature reserves, retail destinations and some of the most stunning scenery in the county!

The Nene Wetlands Nature Reserve

Discover a wonderful stretch of rare wildflower meadows and flooded gravel pits, now a hugely valuable wetland for birds and other wildlife.

The Nene Wetlands lies at the heart of the Nene Valley, one of the most important wetlands in England and an internationally important stop-over for thousands of wildfowl and waders.

Bordering the **River Nene**, the site is home to wintering golden plover, wigeon and gadwall, while in spring it resounds with the songs of warblers and the call of the cuckoo. In summer, the nature reserve comes alive with thousands of dragonflies, damselflies and other insects that provide an excellent source of food for bats.

Around the river and lakes, fragments of precious meadows survive, awash with fragrant meadowsweet, cuckoo flower, buttercup and great burnet.

The Nene Wetlands is managed by the Wildlife Trust for Beds, Cambs and Northants and is their largest nature reserve in the county. Livestock, including highland cattle, are used to maintain the wildflower meadows and beavers have been re-introduced to help manage the wet woodland at **Rushden Lakes**. The Wildlife Trust BCN is a charity and relies on the support of its members to fund its vital conservation work in the Nene Valley, and across the three counties.

For more information about their work, including events and how you can support them, pop into their visitor centre at Rushden Lakes or visit the website www.wildlifebcn.org

Wildlife

Many of the lakes within the Nene Valley form part of the **Upper Nene Valley Gravel Pits Special Protection Area**; a protected wildlife site of European importance for its over - wintering birds. The wildlife in the valley can be susceptible to disturbance; please ensure that you help safeguard the unique value of the wildlife in the valley by keeping dogs on a lead and keeping to official and permissive paths.

The Nene Way footpath is a good place to see butterflies. The nettle beds along the rivers are used as perches for huge numbers of Banded Demoiselle damselflies, while the floating vegetation in the river provides resting sites for the red-eyed damselfly.

Stanwick Lakes

Stanwick Lakes is a unique 750 acre countryside attraction and nature reserve, and is widely considered to be one of the region's most imaginative outdoor activity destinations, which also has plenty to see and do indoors. It offers extensive play areas to keep adventurous families entertained for hours, and for nature lovers, walkers and cyclists, acres of wide open spaces and paths, where blue skies are reflected in tranquil waters.

Tel: 01933 625522
www.stanwicklakes.org.uk

Distances

- Denford to Thrapston: **2.1km**
- Woodford to Denford: **3km**
- Woodford to Little Addington: **5.3km**
- Thrapston to Stanwick Lakes: **7.8km**
- Little Addington to Irthlingborough: **4.7km**

Cycle Surfaces

- **Greenway Cycle Route:**
Smooth surface suitable for all cyclists on any type of bike, pedestrians, pushchairs, wheelchairs and mobility scooters.
- **Stanwick Lakes:**
Good surfaces, suitable for most users (cyclists on most types of bikes, walkers, pushchairs, wheelchairs and mobility scooters).
- **Islip-Stanwick Lakes:**
National Cycle Route suitable for cyclists, on hybrid or mountain bikes and walkers. Very rough and muddy in places.

*

Images: (L-R)

Nene Wetlands Nature Reserve, Stanwick Lakes, Rushden Transport Museum and Railway.



Key Sites along The Way!



1. Stanwick Lakes
A beautiful 750 acre countryside attraction, **Stanwick Lakes** is a nature reserve with play areas to keep adventurous families entertained for hours, as well as, acres of wide open spaces and paths for walkers and cyclists to enjoy.
01933 625522 | www.stanwicklakes.org.uk



2. The Nene Wetlands Nature Reserve
Offering a haven for birdwatching and tranquil walks along scenic trails, the Nene Wetlands Nature Reserve houses diverse wildlife, as well as picturesque lakes, and serene marshlands adjacent to Rushden Lakes.
www.wildlifebcn.org/nene-wetlands



3. Rushden Lakes
A unique shopping and leisure destination at the gateway to the Nene Wetlands Nature Reserve. Rushden Lakes offers an array of shopping, dining and leisure options along with walking trails around the central lake and surrounding nature reserve.
01933 779587 | www.rushdenlakes.com



4. Rushden Museum
Delve into Rushden's rich history with a range of exhibits showcasing the town's heritage, from its industrial roots to cultural landmarks. Visitors can enjoy a variety of engaging displays, artifacts, and interactive experiences.
01933 317261 | www.rushdenmuseum.co.uk



5. Rushden Transport Museum and Railway
Discover a world of vintage vehicles, steam engines, and classic cars, each with a story to tell. Immerse yourself in the rich history of transportation in this unique living historical attraction.
0300 302 3150 | www.rhts.co.uk

Other Points of Interest:

Pub

Church

Public Toilets

Shopping

Parking

Accommodation

Cafe / Tea Room

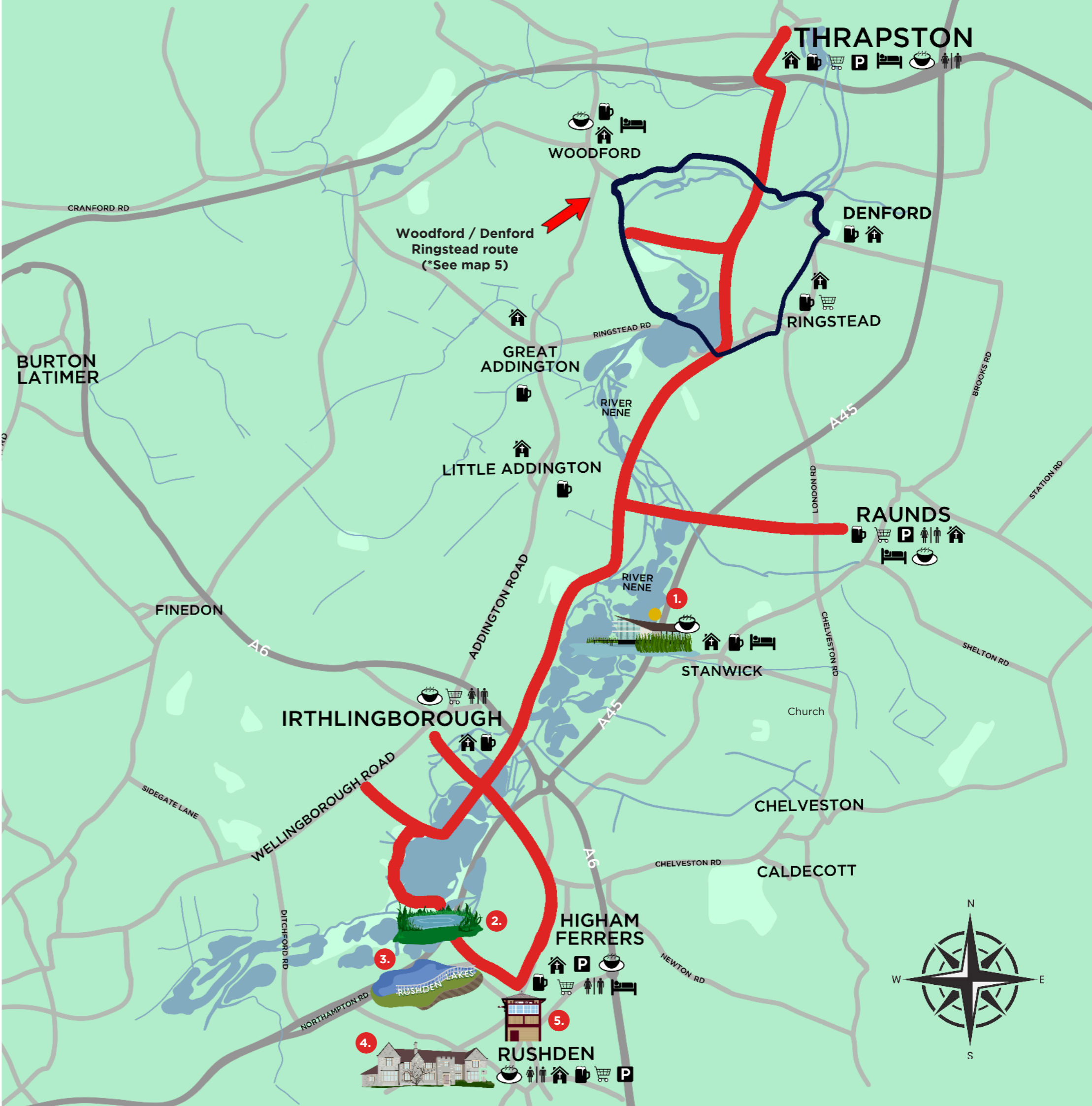
Woodford / Denford Ringstead route (*See map 5)

More Information:

This leaflet is to be used with an **Ordnance Survey Map 224** as not all rights of way are included.

Please be sure to check weather and travel arrangements before beginning walks. In the event of an emergency please be sure to make note of the following numbers:

- Emergency Services: **999**
- Northants Police Non-emergency Service: **101**
- Northants Fire & Rescue Non-emergency Service: **01604 797000**





Respect Everyone

- Be considerate to those living in, working in and enjoying the countryside.
- Leave gates and property as you find them.
- Do not block access to gateways or driveways when parking.
- Be nice, say hello, share the space.
- Follow local signs and keep to marked paths unless wider access is available.



Protect the Environment

- Take your litter home - leave no trace of your visit.
- Do not light fires and only have BBQs where signs say you can.
- Always keep dogs under control and in sight.
- Dog poo - bag it and bin it in any public waste bin or take it home.
- Care for nature - do not cause damage or disturbance.



Enjoy the Outdoors

- Check your route and local conditions.
- Plan your adventure - know what to expect and what you can do.
- **Enjoy your visit, have fun, make a memory!**



Report a Problem

If you wish to report a problem or fault on this route, please scan the QR code or visit the Street Doctor portal at northnorthants.gov.uk/streetdoctor where you can pin point the issue and receive a case reference ID.



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www.discover-northamptonshire.co.uk



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North
Northamptonshire
Council



West
Northamptonshire
Council



VisitEngland

Also available in this series:

1. Aldwincle, Wadenhoe & Lyveden
2. Fotheringhay to Woodnewton
3. Rushden to Thrapston
4. Oundle Riverside Walks
5. Woodford, Denford & Ringstead