



Walk Description

Title: Thrapston - Islip

Map: OS Explorer 224

Distance: 2¾ Miles

Ascent: 119ft

Start: Meadow Lane – Thrapston - NN14 4GD – MapRef SP 994790

- 1) Facing away from the rough car parking area turn right and walk along Meadow Lane – Cross a bridge over a River Nene backwater and into an open grass area – Take a footpath to the left and walk through some trees into a housing estate – Keep to the right of the houses and follow the path with the river on the right for ¼ mile – The path then turns away from the river and keeping the houses on the left you come to Bridge Street – Turn right and cross the river on the pedestrian bridge. (¾ Mile)
- 2) Once over the river cross the road and take a path in front of you – Take the path that loops road to the left down to the riverside - Keep the river on your left and a lake on your right and follow the path for ½ mile until you reach the A14 road bridge over the river – Before the bridge take a footpath to the right and walk through some trees - Follow the path keeping the A14 road on your left for ¼ mile – Here the path turns into a track and turn right past a building on the right follow the track to the Kettering Road. (1¼ Miles)
- 3) Cross the road and continue on Toll Bar Road into Islip – On meeting the High Street turn left and walk to the junction with Mill Road on the right – Take the footpath signposted Nene Way on the right by the Rose & Crown Pub – Go through the pub car park on through between two walls into a field – Turn diagonally left and head across the field keeping some ponds on your right – At the fence carry on diagonally to the corner of the next field – At the lane turn right past Islip Mill on the right and over the river back to the start of the walk.

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