



Walk Description

Title: Thrapston – Titchmarsh Nature Reserve

Map: OS Explorer 224

Distance: 3¾ Miles

[Grade 1A](#)

No Stiles

Ascent: 80ft

Start: Car Park - Meadow Lane – Thrapston - NN14 4JL – MapRef SP 99397 79037

- 1) Facing away from the Car park turn LEFT and walk to the Skating Park on the right – Turn LEFT on to the disused railway track – Follow the track ignoring any side paths for 1½ Miles to a crossing access track – Turn LEFT and walk to a bridge across the River Nene. (1¾ Miles)
- 2) Cross over and turn LEFT – Follow the path with the river on your left for 1¼ Miles to a bridge over the river on your LEFT. (3 Miles)
- 3) Cross over and turn RIGHT and with the river on your right and the sailing lake on your left continue on the path until it turns into a wide access track –Continue on the track passing a boat mooring spot on the right and Islip Mill on the right. Turn LEFT and walk to the car park and the start.

Click here to [Download GPX File](#) – (Windows 10) - Please Note when the file loads it opens a dialog box - Please click on the “Download” symbol to download the file – This will save the file to your Downloads Folder.

