



Walk Description

Title: Ringstead – Woodford – Islip - Denford

Map: OS Explorer 224

Distance: 10¼ Miles

Ascent: 398ft

Start: Kinewell Lakes Car Park - Station Road – Ringstead - NN14 4DT - MapRef SP 98231 75058

- 1) From the carpark head north on the footpath around the lake – On reaching the road turn RIGHT – Go past the **Water Mill Tea Rooms** and take a footpath on the right (Nene Valley Way) – Follow the path over a disused railway track – Ignore a footpath to the right and pass Glebe Farm on the left - Continue on until the path meets a T junction - Turn RIGHT and follow the path to a track – The track becomes a road (Church Street) walk on to **Woodford Church**. (2 Miles)
- 2) Continue on past the church and walk to where the road becomes a track – Follow the track into **Woodford Shrubbery** woods – The path emerges from the woods into a field – Walk with a hedge on your left – Soon the path bears RIGHT past some trees on the left and drops down to a bridge over a brook – Once over the brook turn RIGHT and walk to a hedge – Turn LEFT and walk uphill with the hedge on your right – At a gap in the hedge on your right cross into the next field – Now with the hedge on your Left walk to the **A14** road – At the road turn LEFT and walk on the edge of the field with the **A14** on your right for ¾ mile to a road at **Woodford Ford**. (3¾ Miles)
- 3) Turn RIGHT and walk under the **A14** to a T junction – Turn RIGHT then LEFT – Where the road bears left continue straight on to a Byway – Walk on the Byway past **Islip Lodge** – Continue on the Byway until it bears left – Here turn RIGHT on to footpath which has a large field on the left and a hedge on the right – The path continues with the hedge on the right through two large fields to a farm track – Cross the track then bear RIGHT (The path on the ground differs from the OS Map) – Follow the edge of the field which soon joins the path shown on the OS Map – Turn RIGHT through a gap in the hedge – Head straight in front of you across the field to a gap in the hedge opposite – Go through the gap and continue in the same direction across the next field to another gap in the hedge – Go across the next field to the **A6116** road – Cross over and take the waymarked footpath – Follow the access road to the end and bear RIGHT through to School Lane – Follow the road past the church into **Islip**. (5¼ Miles)
- 4) At the T junction turn RIGHT into the **High Street** – The road bears LEFT into **Chapel Hill** – Walk down **Chapel Hill** to a T junction with the **Woolpack Inn** on the right – Cross the road and bear LEFT to gateway with a pedestrian access on the RIGHT – Once through the gate bear LEFT to the **River Nene** – Follow the path beside the river on the left and a series of lakes on the right – Pass under the old railway track and then under the **A14** road – Once under the road bear RIGHT and after 200 metres LEFT on to a track – After another 200 metres look for a footpath (**Nene Valley Way**) on the LEFT – Look for another turn LEFT which continues across a field to the far left hand corner in 11 o'clock direction – Pass through the hedge and head part RIGHT in a 1 o'clock direction to the corner of the field – Go through a gate on the

right to a track – Turn LEFT and cross over the river – Follow the path over two more bridges into **Denford** and the **Cock Inn**. (7½ Miles)

- 5) Retrace your steps back over the river cross the bridges and turn LEFT following the riverside path with the **River Nene** on your left – Follow the path by the river for ¾ mile to a disused railway track - Turn LEFT on to the track and follow the track for 1¼ Miles crossing the river twice. (9 Miles)
- 6) At a cross roads of paths turn LEFT and walk to a car park for the **Water Mill Tea Rooms** – Join the road and walk past the tea rooms on your left – Cross over the river and turn LEFT through a kiss gate – At the lake bear RIGHT and walk around the lake with the lake on your left – At the end of the lake follow the path back to the start.

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