



Walk Description

Title: A Walk by the River - Barnwell Country Park - Barnwell - Polebrook - Ashton

Map: OS Explorer 227

Distance: 9¼ Miles

Ascent: 266ft

Start: Barnwell Country Park (Car Parking Fee) - Barnwell Road – Oundle - PE8 5PB – MapRef TL 036783

- 1) From the car park head south to the left of the big lake – Take a footpath around the lake to a path between the two lakes which goes on to Barnwell Mill Lock – Cross the River Nene by the footbridge to the Barnwell Road – Turn right and follow the paved path for 1 mile to a footpath on the left – Take the footpath and soon cross the A605 road – Walk through a field with a hedge on the left and then through some trees to a road – Turn right and follow the road into **Barnwell**. (2 Miles)
- 2) Walk through the village past Barnwell Castle on the left to The Montagu Arms pub – Turn left and walk out of the village – Take a waymarked footpath on the left and walk through a field with a hedge on the left – At the end of the hedge you come to an open pasture field head slightly right across the field – Cross into the next field and head for the corner of the field on the right – Go through the hedge and take a track with some woods on the left – Where the track bends left go straight in front of you and cross the field to the right hand corner – Go through the hedge and on into the next field – Follow the path with some trees to the left and at the end of the trees head across the field towards some farm buildings – Walk into the hamlet of **Armston**. (3 Miles)
- 3) At the road turn right walk past **Armston Hall** on the right – The road turns into a Byway and bends around to the left – Go straight on at a junction through some trees and fields for ¾ mile to a junction - Turn right to a road – Turn left and walk into **Polebrook**. (4¼ Miles)
- 4) At the T junction turn left into Main Street – Walk to another T junction and turn left at the Kings Arms Pub – Walk for 50 metres and take a footpath on the right between two cottages – The path does a dog leg then goes between two fences out onto an open field – Head slightly right across the next field and continue on across multiple small fields until you reach Red Lodge Farm on the left and a road – Turn right and walk to a T junction - Continue straight across on to a Byway – Follow the Byway for ½ mile to a road – Turn left and walk into the village of **Ashton**. (5¼ Miles)

- 5) Where the road bends slightly left take a road on the right signposted the Nene Way – Where the access road bends to the right carry straight on across a field to a road – Turn right then left and go between some buildings on to the River Nene – Go across one branch of the river and continue on to another footbridge over the main river – Turn left immediately over the bridge and walk along the riverside with the river on your left. (6¼ Miles)
- 6) Now follow the river upstream with the river on your left for 1¼ miles – Go under the the A605 road and continue on for ½ mile to where the river divides – Follow the path right until you reach a footbridge on your left – Go over the bridge and follow the path to a lock – Cross over the river by the lock and turn right – Now follow the riverside path with the river on the right to a road – Turn right over the bridge and walk back to Barnwell Country Park on the left and the start.

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