\mathbf{QV} to the map



Rail Station

Leisure Centre

Children's

Arts Centre

Museum

Hosital (not A&E)

National Cycle Network

Park

Residential

Commercial

Scale

Green Ring (traffic free)

Green Ring (on road)

Green Ring (crossing)

Other Cycle Routes (on road)

Other Cycle Routes (traffic free)

Footpath (route normally marked by signs and waymarks with a yellow arrow)

Bridleway (route normally marked by signs and waymarks with a blue arrow)

Street / Minor Road

Track

Railway

Main Road

1 Kilometre

1 Mile

Want to explore further?

Walking: Signposted walks off the Green Ring are shown on the map overleaf. These include:

Ver Valley Walk: www.riverver.co.uk/pages-walks

Abbey Line Trail: www.abbeyline.org.uk/walks.htm

For walking information and leaflets across Hertfordshire visit www.hertsdirect.org/walking.

Cycling: A district-wide cycle map is available to help both new and experienced cyclists to plan their routes across the St Albans District. You can pick up your free copy from local libraries, cycle shops, Tourist Information Centre and Council offices. To request a copy, email: cycling@stalbans.gov.uk.

Other free leaflets are available in this series of local traffic-free or quiet cycle routes:









The Alban Way (St Albans - Hatfield) Abbey Way (St Albans - Watford) The Ayots (Wheathampstead - Welwyn Garden City) The Nickey Line (Harpenden to Hemel Hempstead)

To view online or order copies go to: www.hertscycling.com



Design and photography and text - Wragg Art House: www.wah.co.uk





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Green Ring

...the Green wav to work, school & play...

Plan your route around the green spaces of St Albans.

St Albans Green Ring offers you the chance to get out of the traffic and into the fresh air on a new network of paths encircling the city centre.

The Ring is a continuous walking and cycling route covering 6.5 miles (10km) of open space, parks, nature reserves, and heritage sites. It connects to schools, workplaces, shopping and leisure facilities, both of the city's railway stations, and St Albans' finest beauty spots.

- Enjoy a nature walk to the Watercress Beds, or a historical day out with the family at the Roman Theatre and Verulamium Museum.
- Warm up for your gym session with a run to Westminster Lodge Leisure Centre/ Verulamium Spa or cycle to your tennis match in Verulamium Park.
- Stop off at the swings in Bernard's Heath after school, or unwind after work with a scenic cycle ride from the station.

St Albans City and District Council are delighted to deliver the St Albans Green Ring as part of the 2009 City Vision for St Albans. The Ring links and enhances existing foot and cycle paths and extends from Townsend in the north to Fleetville in the east, Sopwell in the south and into Verulam Estate to the west.

> Follow the route with this map, and look out for the signs!



Batchwood

Play a round of golf in pictursque parklands; party at the 18thcentury Batchwood Hall nighclub; or take a walk cross country to Childwick Green and beyond.

Bernard's Heath

This historic common was the site of a battle for St Albans in the War of the Roses, and features at its northern side an ancient earthwork called Beechbottom Dvke.



Clarence Park

Opened in 1894, Clarence Park retains all its period features - including a bandstand, fountain and ornamental garden - plus the modern additions of a tree trail, sensory garden and popular children's play area. There are also facilites for playing cricket, tennis, hockey, bowls and croquet.



The Wick

A piece of local wilderness, this 400-year-old wood and meadowland is a haven for birds and other wildlife. Spot the frogs and newts in the seasonal pond!



Roman Theatre

These fascinating ruins once hosted a variety of entertainments, from religious processions and dances to wild beast fights. Several atmospheric open-air productions have been staged on site in recent years.







Watercress Beds

Find tranquility in this local nature reserve tucked between the Alban Way and the River Ver. Beautifully maintained by volunteers, it includes a butterfly meadow, woodland, wetlands and an orchard.



Verulamium Park & Museum

Verulamium Park is named after the Roman City on which it stands and covers an area of nearly 77 hectares. The Park is home to the Roman City Walls and mosaics. Take a walk around the ornamental lakes or bring your children to the Splash Park which is open May to September. There is also a Children's Play Area, Cafés, Tennis & Netball Courts, Outdoor Gym, Beach Courts and 9-Hole Golf Course and the award winning Westminster Lodge Sports Centre In the Museum you can learn about everyday life in Roman Britain through recreated Roman rooms, interative exhibits and the hundreds of remarkable, locally-excavated objects on display.



St Albans Cathedral

The shrine of St Alban, Britain's first martyr, has been a centre of pilgrimage for many centuries.

Explore the cathedral's long history in its myriad architectural styles, or attend a service or concert to experience the building in its full glory.



Sopwell Ruins

Popularly known as 'The Nunnery,' the romantic ruins on Cottonmill Lane are. in fact, the remains of a Tudor mansion built on the site after Henry VIII's Dissolution. Even so, it is a wonderful spot for a wander and a picnic.



Westminster Lodge & Abbey Theatre

A gym with a view of the Abbey, pool, climbing wall, spa and more! Get fit at Westminster Lodge or take in a show at the community-run Abbey Theatre next door.

