1. Old Manor House Walk

5km (3 miles).

The Walk can be started from the village car park, High St, Abbots Langley.

Turn left up the High St, passing the 2. Parish Church and the new library to Bedmond Road. Cross over the zebra crossing and walk along Love Lane opposite. After 150m the path runs alongside a children's playground.

Pass through the footpath barrier in the bottom left corner of the field and continue downhill, through a leafy tunnel (possibly the origin of the name Love Lane). The tunnel then opens out into an agricultural field, continue across a field to 3. East Pane. Pass through a kissing gate and cross the lane. Take the path opposite which leads downhill across a field to the bottom of the hill to a hedge and a waymark post. Turn left along the edge of the field passing Stowes Wood, back to East Lane.

Turn right up the lane, which goes through a tunnel under the M25 and continue uphill passing Great Notley Wood, an Ancient Woodland and County Wildlife Site, on the left. At the end of the wood turn left at a signpost, crossing a small field to Bedmond Road. Turn left down the hill and after 100m turn right along a footpath (Sheppey's Lane).

After about 500m another footpath crosses Sheppey's Lane, turn left at the way marker post. Follow the footpath up the hill and over the M25 (2 stiles) you will then pass Parsonage Farm (the former Ovaltine Dairy Farm) on your left. Continue along the hedge and turn right at the crossing path, which runs along the edge of a field to another crossing path. Turn left (a tarmac path crosses Abbots Road) to Dellmeadow. Turn right into the Dell and follow the tarmac path up the hill through the trees, past the site of the old 1. Manor Mouse and back to the High St car park.

