

Walking & Cycling The Abbey Way from Watford to St Albans

The Abbey Way is a 9 mile signed route for walkers and cyclists passing through the Colne Valley between Watford and St Albans. A mixture of traffic free sections and quiet roads links the two towns with Park Street, How Wood, Bricket Wood and Garston. The route is great for commuting avoiding congested roads and passing through parks, woodland and common land instead!

Why not take a leisurely ride to visit St Albans with its Abbey, lake and historic centre? Or, visit Watford to peruse its new market, see a show at one of its theatres, or learn more at the museum. The route forms part of the National Cycle Network for most of its route linking with other tracks including the Ebury Way to Rickmansworth and Alban Way to Hatfield. It also intersects with the recently opened Green Ring in St Albans providing a cycling loop around the town linking routes together.

For a shorter walk or ride take the Abbey Line train one way. Departures are every 45 minutes for most of the day.



ABBEY WAY

Along the route, clear signage will guide you on your way. It combines imagery from St Albans Abbey (Rose Window and medieval wall painting) and a Bicycle: ball races and sprockets! (New signage will be installed during Summer 2015)



