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.



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)





for 61/2 miles between Watford Junction and St Albans Abbey station. Opened on May 5th 1858, the Abbey Line has given over 150 years of continuous service to the local community.

The journey time between the two towns is only 16 minutes, calling at Park Street, How Wood, Bricket Wood, Garston and Watford North en-route. Trains run every 45 minute.

Walking: Log on to www.abbeyline.org and click on 'walks' to discover the Abbey Flyer walks from stations on the Abbey Line. Also includes information on the recently opened Abbey Line Trail. For walking information and leaflets across Hertfordshire visit www.hertsdirect.org/walking.

Cycling: This leaflet is the latest in a series of route based publications. Discover these at www.hertscycling.com including the new Hertfordshire countywide cycling map.

Watford Cycle Hub is a non-profit community bike centre situated in the Pavilion at the Holywell Community Centre. It offers bike repair services, maintenance courses and cycle training, and accepts your old rusty old bikes for recycling, and sells affordable reconditioned bikes and bike parts. www.watfordcyclehub.org.uk

Spokes (Watford & South West Herts) and the St Albans Cycle Campaign (STACC) press for better conditions for local cyclists

www.spokesgroup.org.uk www.stacc.org.uk

Other free leaflets available in this series covering traffic-free routes include the Ebury Way (Watford - Rickmansworth), Grand Union Canal Towpath (Rickmansworth - Abbotts Langley) and Alban Way (St Albans - Hatfield). To view online or order















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9 mile green route between St Albans, Park Street, How Wood, Bricket Wood, Garston & Watford

walking & cycling