

The Abbey Line Trail – Using the Train to promote active Leisure and a healthy lifestyle

The Abbey Line Community Rail Partnership, working in partnership with Hertfordshire Countryside Management Services, has developed this nine mile Trail from Watford to St Albans, launched in March 2015.



This walk promotes the use of off peak services to access this beautiful Colne and Ver valley countryside along this route. For the busy commuter it can be an unexpected surprise to see what lies to either side of the railway.

The aim of this project was twofold, firstly to promote the area to those who already enjoy walking and welcome a longer nine mile route. London walking groups in particular often seek walks that are car free, bringing economic benefits to the area.

The second objective is to introduce people, who have not walked before or even considered it, to try a short walk in the countryside. We are particularly keen to target the more urban communities in Watford, Watford North and Garston who have not previously had walks linked to their stations.

All walks can be taken in any combination from a short 1 $\frac{3}{4}$ mile walk to the full nine miles using the train at either the start or end of journey.

A series walks will be led by Country

Management Services and volunteers to encourage people to take their first step.



Hertfordshire County Council are launching a year of walking in 2015 and in partnership this trail will also encourage people to walk more

