begin your journey of the Nene Way at one of the sources of the River Nene, which is one mile west of Badby. For a relaxing start to your weekend break, Meadows Farm at Badby provides the ideal opportunity for an overnight stay in a converted stone barn, which commands superb views of the rolling countryside. A leisurely drink and bite to eat can be found at The Maltsters Country Inn where a large selection of lunchtime and evening meals are available.

Alternatively you can begin the walk in the ancient woodland just outside the village of Badby, famous for its vivid bluebells, which carpet the ground between May and June every year. The natural beauty of the woodland scene provides the perfect setting for relaxation and escape from the stresses of everyday life. If you can pull yourself away from the calming atmosphere, the country lane towards Newnham gives you plenty of stunning views of the Northamptonshire countryside. As you walk down Manor Lane, you can wander into the unique Newnham Nuttery one of the few hazelnut orchards in the county.

Continue along the route leading to the peaceful village ofEverdon, where you will find Threeways House a comfortable bed and breakfast offering a full English breakfast using local produce for you to enjoy. From there, head to the village of Flore, known for its American historical connections, as the parents of John Adams, the second American president hailed from the village of Flore as well as the grandparents of John Quincy, the sixth President of America.

For a refreshing drink, The Wharf Inn, Bugbrooke is ideally located beside the Grand Union Canal, which is well used by leisure boaters. Take the opportunity to sample some Northamptonshire produced beers, including the local “Frog Island”.

Broad Meadow is crossed by the Nene Way, a footpath from Upper Heyford, and a new 400m walk has been created alongside the meadow and the River Nene to join a byway from Upper Heyford and the road to Nether Heyford.

This type of wet, species rich grassland, a Northants Biodiversity Action Plan habitat, has dramatically reduced in the last 100 years with over 95% being lost nationally. In Northamptonshire only approximately 60 hectares remain and much of that has suffered some from agricultural improvement. In April 2008 the site was sown with a range of native species such as meadow foxtail, sweet vernal grass, common knapweed, meadowsweet, yellow rattle and great burnet. A new hedge divided the site along an old boundary, and the meadows are now at their best with a range of native wildflowers and grasses in flower for the first time in nearly 40 years.

For more information please visit www.rnrp.org

If you enjoyed this section why not download our other popular local circular routes for Badby, Newnham and Everdon and Byfield and Boddington Reservoir.
The Countryside is a living, working environment, so please respect, protect and enjoy the countryside by:

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter
- Keep dogs under close control
- Consider other people

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