

Walk distances in Km

Kislingbury to Upton	3 km
Upton to Northampton town centre	4.5 kms
Northampton to Riverside Retail park	6 km
Riverside Retail park to Cogenhoe	5 km

All distances are approximate

Key of Services

Pub	Telephone	Nene Way	Towns and Villages
Church	Toilets	Rivers and Streams	Forests and Woodland
Post Office	Places of Historical Interest	Roads	Lakes and Reservoirs
Chemist	Park	Motorways	National Cycle Network Route 6
Shopping	Parking	'A' Roads	Regional Route 71



Nene Way

This Information can be provided in other languages and formats upon request, such as large Print, Braille and CD. Contact 01604 236236

Transport & Highways, Northamptonshire County Council,
Riverside House, Bedford Road, Northampton NN1 5NX.
Telephone: 01604 236236.
Email: rowip@northamptonshire.gov.uk

For more information on where to stay and sightseeing please visit www.letyourselfgrow.com

This leaflet was part funded by the Aggregates Levy Sustainability Fund, for more information please visit www.naturalengland.org.uk

Thanks to RNRP for use of photography www.rivernenerregionalpark.org

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Kislingbury to Cogenhoe

17kms/10.5miles



From Kislingbury High Street, you will see one of the finest ironstone rectories built in 1710, now a private residence. Oliver Cromwell is said to have tethered his horses in Kislingbury churchyard. Leaving the village towards Northampton you will pass Upton where there is a lot of development. At Duston Mill reservoir it is easy to navigate by the Express Lift Tower, which was built in 1982.



The Nene Way takes you past the impressive Carlsberg brewery along the Northampton Arm of the Grand Union Canal. Whilst in Northampton, why not explore the town by visiting the market square, where the Northampton farmers' market is held every third Thursday morning of the month and offers a mouth watering choice of local produce from free range eggs to jams and chutneys. The standard market is Tuesday to Saturday. The Art Gallery and Central Museum are also located in the centre of town, where you can discover the history of shoe making and see the finest collections of footwear in the world.

As you leave Northampton, you will walk through Becket's Park, which is the venue for many local events including the annual Northampton fireworks display and then Barnes Meadow before reaching The Britannia. This delightful pub is situated on the

banks of the River Nene and boasts an excellent menu of unique and traditional pub meals giving sustenance to continue the Nene Way path.



The Nene way is the most popular off road route through Northampton connecting the town centre and train station to Midsummer Meadow Nature Reserve, Brackmills Industrial Estate and Upton. Many cyclists use the route for commuting to work as it shares Sustrans National Cycle Network route 6. www.sustrans.org.uk

The Washlands Flood Storage Scheme has become nationally important for migrating birds, e.g. lapwing and golden plover and the entire Nene Valley is used as a feeding station since gravel extraction. Across the river, you will see an unnatural looking hill, Clifford Hill is a 14m high circular defensive mound from around the 11-12th century. A bowling green was constructed on top, visited by the county's celebrated poet John Clare (1793-1864).

Out of Northampton you will pass by Billing Aquadrome a must see family attraction and former gravel extraction site. Set in 235 acres of land, this venue is ideal for trying your hand at water sport activities including jet skiing, fishing and enjoying the pleasure park. Finally ending this section at the Royal Oak in Cogenhoe, a traditional country pub offering fine ales and home-cooked food by an open fire.

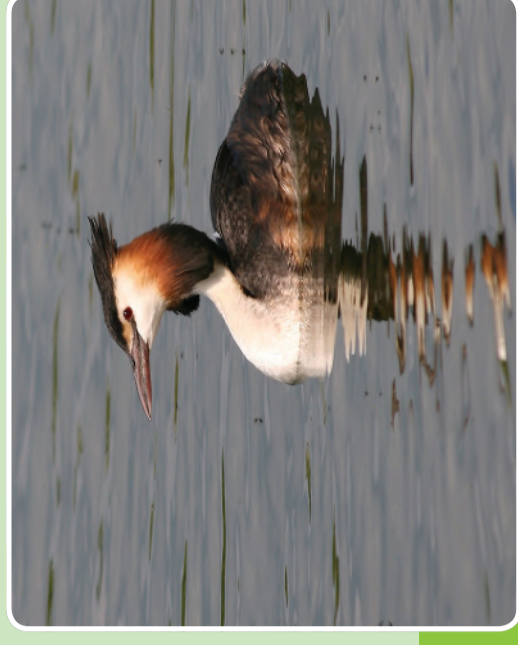
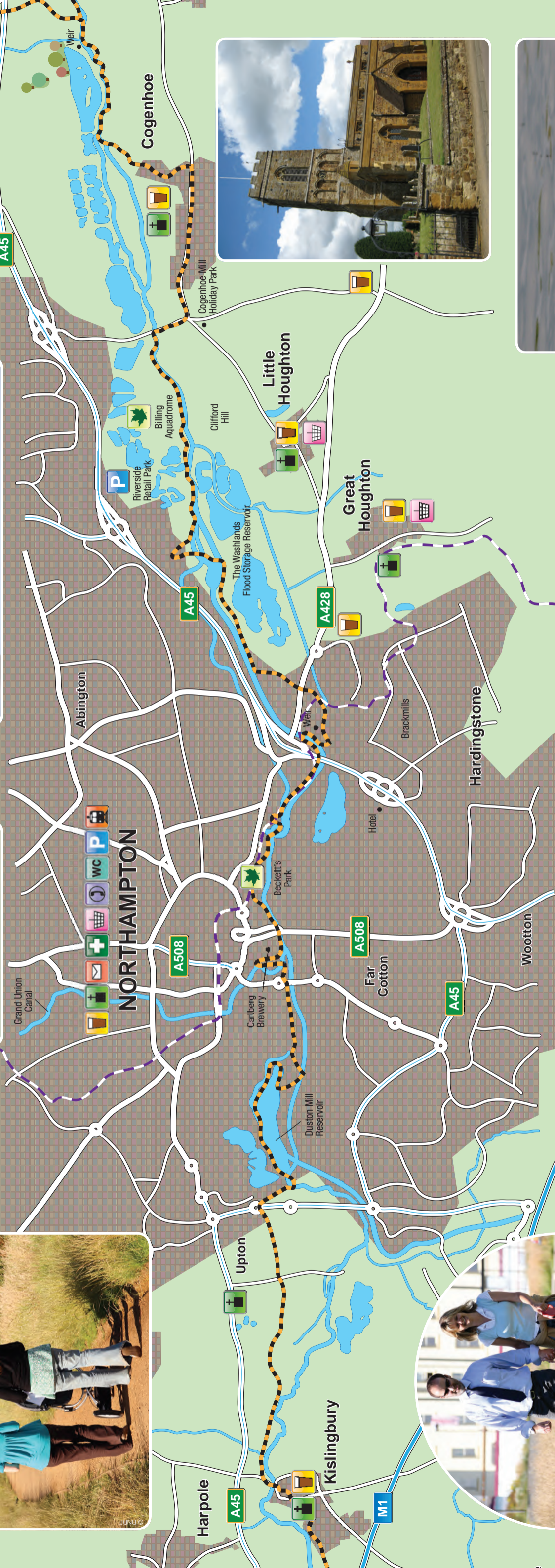
The river's name has been spelt and pronounced in the past; Nen, Ninne, Nynne, Nien and even now it's the source of many arguments. Through most of the County it's pronounced 'Nen', but downstream of Thrapston and beyond to the Wash, the locals say 'Neen'.

If you enjoyed this section why not download our other popular local circular routes for Delapre Abbey & Hardingstone and Great & Little Houghton.



Kislingbury to Cogenhoe

17kms/10.5miles



Countryside Code

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 home
 - Keep dogs under close control
 - Consider other people
- www.naturalengland.org.uk for more information