Walking is set to play a bigger role in creating a healthier nation. Described by health experts as ‘almost perfect exercise’, it is the ideal way for out of shape people in this country to become physically active enough to benefit their health.

You could change your lifestyle, and become healthier, by taking a brisk walk with a friend or colleague, even as you socialise. No minimum distance is prescribed, just start with a distance you feel comfortable with, this may be around one mile. You can then explore further as you become more confident. For further information or illustrated talks email: tenfootclub@btconnect.com

For reports of any problems or faults on the public footpaths and Bridleways or this route please report the issue to Street Doctor on 0845 601 1113 (call rate number) or email: streetdoctor@northamptonshire.gov.uk

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Useful Information

Detailed individual village layouts and facilities, as well as links with other leisure routes and paths are available on: www.tenfootclub.org.uk

Short strolls and walking routes keeping being added to the Northamptonshire Round (N.R) referred to as ‘jackets’, visit: www.tenfootcluba.org.uk

USEFUL CONTACT INFORMATION

Northamptonshire County Council
Customer Services
Tel: 01604 231823
www.northamptonshire.gov.uk

Northamptonshire Tourism Information:
www.visitnorthampton.org

Brixworth Country Park
Tel: 01604 883920
Sywell Country Park
Tel: 01604 810770

Forestry Commission Salcey Forest
Tel: 01780 444930
www.forestry.gov.uk/salceyforest

For further information or illustrated talks email: tenfootclub@btconnect.com

It is possible to follow the N.R. using this leaflet and the distinctive way markers, but we do recommend the use of the appropriate Ordnance Survey map: Explorer 224, 223, 224.

INTERACTIVE MAP

The countryside around Northampton is a local group of enthusiasts who enjoy the Great Outdoors and have discovered the pleasure of walking. There are ideal walks on surfaced and grass paths for the elderly, families and a good impression of the countryside around Northampton. For further information or illustrated talks email: tenfootclub@btconnect.com

It is possible to follow the N.R. using this leaflet and the distinctive way markers, but we do recommend the use of the appropriate Ordnance Survey map: Explorer 224, 223, 224.

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PUBLIC TRANSPORT SERVICES

Traveline East Midlands
Tel: 0871 200 2223
www.travelineeastmidlands.org.uk
www.transportdirect.co.uk

For the latest information about the Northampton Round, village maps and walking section maps, visit: www.tenfootclub.org.uk

Leave only footprints and a good impression
Available Facilities

<table>
<thead>
<tr>
<th>AREA</th>
<th>FACILITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brixworth Country Park</td>
<td>Parking, Information Centre, Visitor Centre, Refreshments available, Public House, Shop</td>
</tr>
<tr>
<td>Holcot</td>
<td>Parking, Information Centre, Visitor Centre, Refreshments available, Public House, Shop</td>
</tr>
<tr>
<td>Mears Ashby</td>
<td>Parking, Information Centre, Visitor Centre, Refreshments available, Public House, Shop</td>
</tr>
<tr>
<td>Yardley Hastings</td>
<td>Parking, Information Centre, Visitor Centre, Refreshments available, Public House, Shop</td>
</tr>
<tr>
<td>Aston</td>
<td>Parking, Information Centre, Visitor Centre, Refreshments available, Public House, Shop</td>
</tr>
</tbody>
</table>

Key To Facilities

- Bed & breakfast accommodation
- Information office or boards
- Parking
- Public House
- Refreshments available
- Shop
- Toilet
- Visitor Centre

Key To Map

- Suggested Routes
- Information Office
- Public House
- Refreshments available
- Shop
- Toilet
- Visitor Centre

The TFC Northamptonshire Round takes in some of the prettiest villages and countryside around the town of Northampton.