

Bunkers Park Walk

The circular walk shown here will take you **right around Bunkers Park**, and has an optional "dog-leg" into the neighbouring Long Deans Nature Reserve. It may be joined at any point and walked in either direction. The dotted line on the map shows the route and there are also waymark posts with this arrow along the way.



The circular walk is 3.5 km long (2 miles) and should take about an hour to walk. The Long Deans spur adds about another 1.6 km (one mile) and will make your walk about half an hour longer.

Bunkers Park was given to Dacorum Borough Council by the New Towns Commission for leisure and amenity use. You may walk anywhere you like in Bunkers Park, except where signs indicate that ground nesting birds (such as skylarks) are being protected from disturbance.

If you are walking with a dog, please clean up after it. Please also make sure you keep your dog on a lead if there are cattle grazing in Long Deans - this is for the safety of your pet as well as that of the livestock.

For more information about Health Walks or other opportunities to explore the local countryside, please contact the Countryside Management Service on (01727) 848168.

Walking for health

Walking is good for you. It can help to increase your fitness, stamina, confidence and well-being. It can also reduce the risk of heart disease, high blood pressure and stress, control body weight and strengthen bones.

Any walking is better than none, but to get the maximum health benefit a brisk walk is better than a stroll. You should work towards walking most days for 30 minutes, at a pace which makes you warm and your breathing slightly heavier than normal - you should still be able to talk while walking.

The potential benefits far outweigh the risks, but you should consult your doctor if you have not done any exercise recently or if you are worried about your health.

Walking in the Wider Countryside

Try planning your own route using local paths. Ordnance Survey "Landranger" and "Explorer" maps show different categories of Public Rights of Way, which may be marked on the ground with coloured waymark arrows.

Footpaths (yellow arrows) are for pedestrians only.

Bridleways (blue arrows) are for horse-riders, cyclists and pedestrians only.

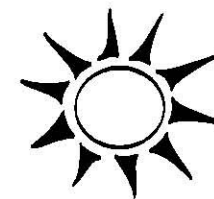
Byways Open to All Traffic (red arrows) are for horse-riders, cyclists and pedestrians, but may be legally used by other wheeled vehicles.



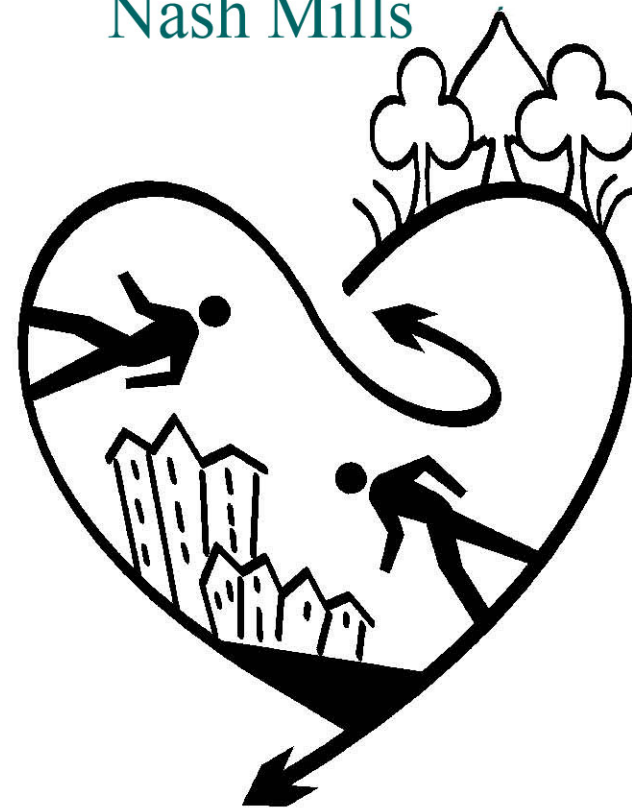
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Walk your way
to a Healthy Herts



Bunkers Park Nash Mills



A 3.5 km or 5 km (2 or 3 mile)
waymarked walk in your local countryside



Dacorum
Primary Care Group



Countryside
Management
Service

Bunkers Park

Bunkers Park was farmed from Roman times until the 1990s. Now the area has been replanted to provide a haven for wildlife and the people of Hemel Hempstead.

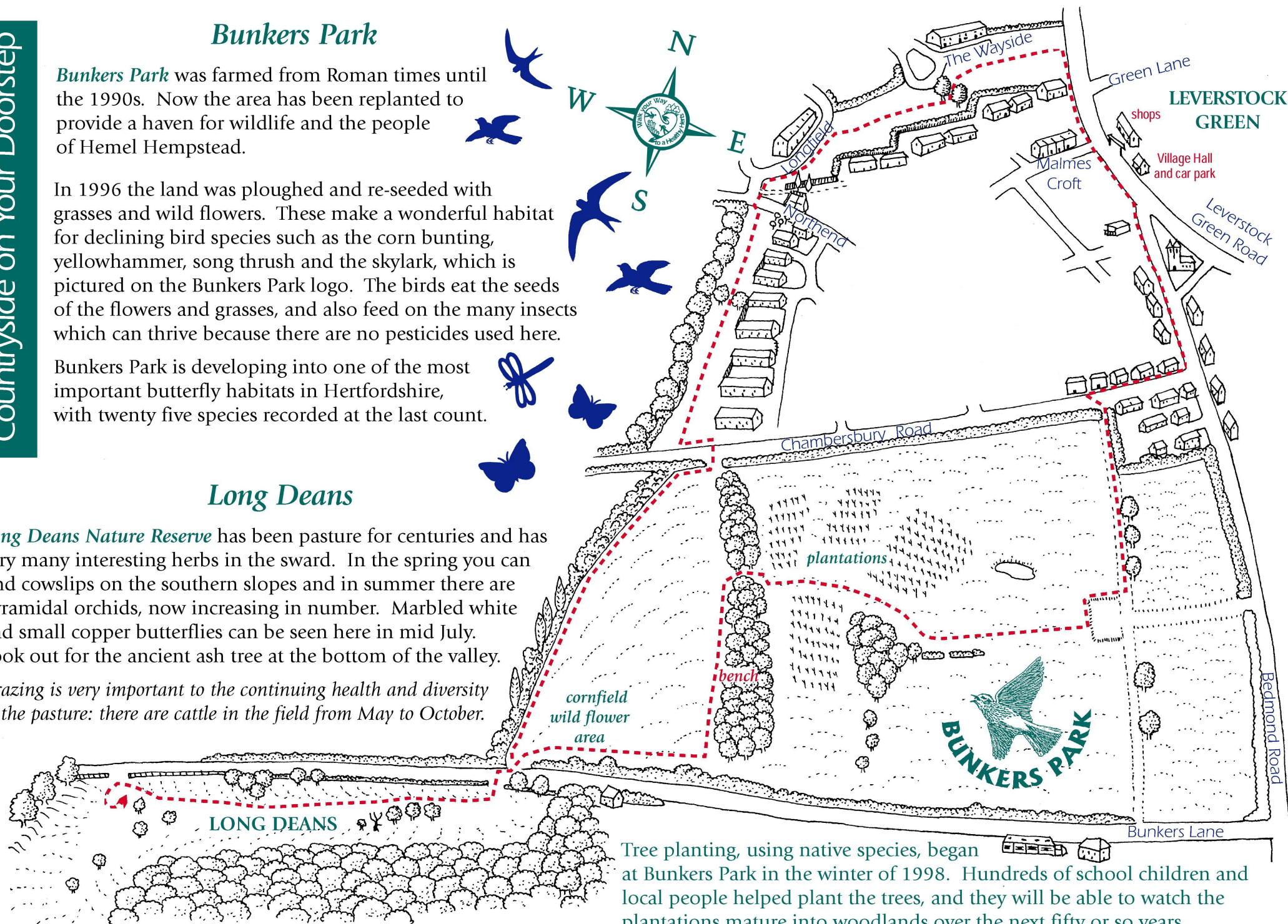
In 1996 the land was ploughed and re-seeded with grasses and wild flowers. These make a wonderful habitat for declining bird species such as the corn bunting, yellowhammer, song thrush and the skylark, which is pictured on the Bunkers Park logo. The birds eat the seeds of the flowers and grasses, and also feed on the many insects which can thrive because there are no pesticides used here.

Bunkers Park is developing into one of the most important butterfly habitats in Hertfordshire, with twenty five species recorded at the last count.

Long Deans

Long Deans Nature Reserve has been pasture for centuries and has very many interesting herbs in the sward. In the spring you can find cowslips on the southern slopes and in summer there are pyramidal orchids, now increasing in number. Marbled white and small copper butterflies can be seen here in mid July. Look out for the ancient ash tree at the bottom of the valley.

Grazing is very important to the continuing health and diversity of the pasture: there are cattle in the field from May to October.



Tree planting, using native species, began at Bunkers Park in the winter of 1998. Hundreds of school children and local people helped plant the trees, and they will be able to watch the plantations mature into woodlands over the next fifty or so years.