

## Healthy Steps

While you are out, you are also doing your health a favour. Regular moderate activity such as brisk walking is enough to keep you in shape. You don't need to sweat or pant - feeling warm and breathing harder than usual will give you benefits. You're never too old or too far gone to start. There are other leafleted walks in the local area, for instance through Hartham Common and Kings Mead. Please contact The Countryside Management Service to obtain these.



*Post Wood is particularly famed for its display of bluebells during May*

## Post Wood & Ware

Distance	2.1 km / 1.3 miles
Rating	Difficult (some steep terrain in the woodland)
Route	Circular through the woodland, links to local car parks
Time	Allow at least one hour
Starting Points	Ware Railway Station (TL3571410) or Presdales Recreation Ground (TL359129)



Taking steps towards a healthy Herts



## Ware

Ware has a long history and has always been a busy commercial town, by virtue of its road and river transport links. Historical artifacts dating from the Saxon and Roman periods and later can be seen in the town's museum. Ware's malt history is very visible in malthouses that remain in the town, now converted to other uses. Present day industry in the town is dominated by the manufacturing of pharmaceuticals by GlaxoSmithKline. Ware has much to offer the visitor, with a good variety of shops and places to eat and drink.

## The New River

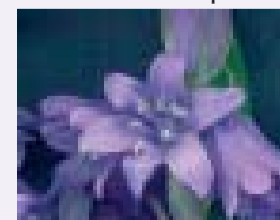
The New River is not strictly a river but an aqueduct built in 1613 to supply London with drinking water. Before its construction London's water supply was limited to the River Thames and local springs and streams. The building of the New River was driven by the needs of London's expanding population and the demand for uncontaminated fresh water. Today it is still used for the supply of water as well as providing a new long distance footpath of 22.4 kilometres.

## Post Wood

Post Wood (also known locally as Presdales Wood) is an ancient woodland, which means it has been woodland since at least 1600 AD. There are features in the woodland which indicate that it is very old. For instance on the southern boundary there is a steep woodbank against the adjacent field. This bank would have been used in the past to keep animals out of the wood. The major trees in the woodland are pedunculate oak, hornbeam and holly. The woodland has many other types of trees and many species of plants and animals. Post Wood is particularly famed for its display of bluebells during May, which



form a rich blue carpet on the ground. The open glade has a wonderful display of pinky white wood anemones during the spring also. At any time of the year you can see and hear woodland



birds and some of the more interesting species include nuthatch, treecreeper and greater spotted woodpecker which feed on insects living on the tree trunks.

# Post Wood & Ware

## Directions

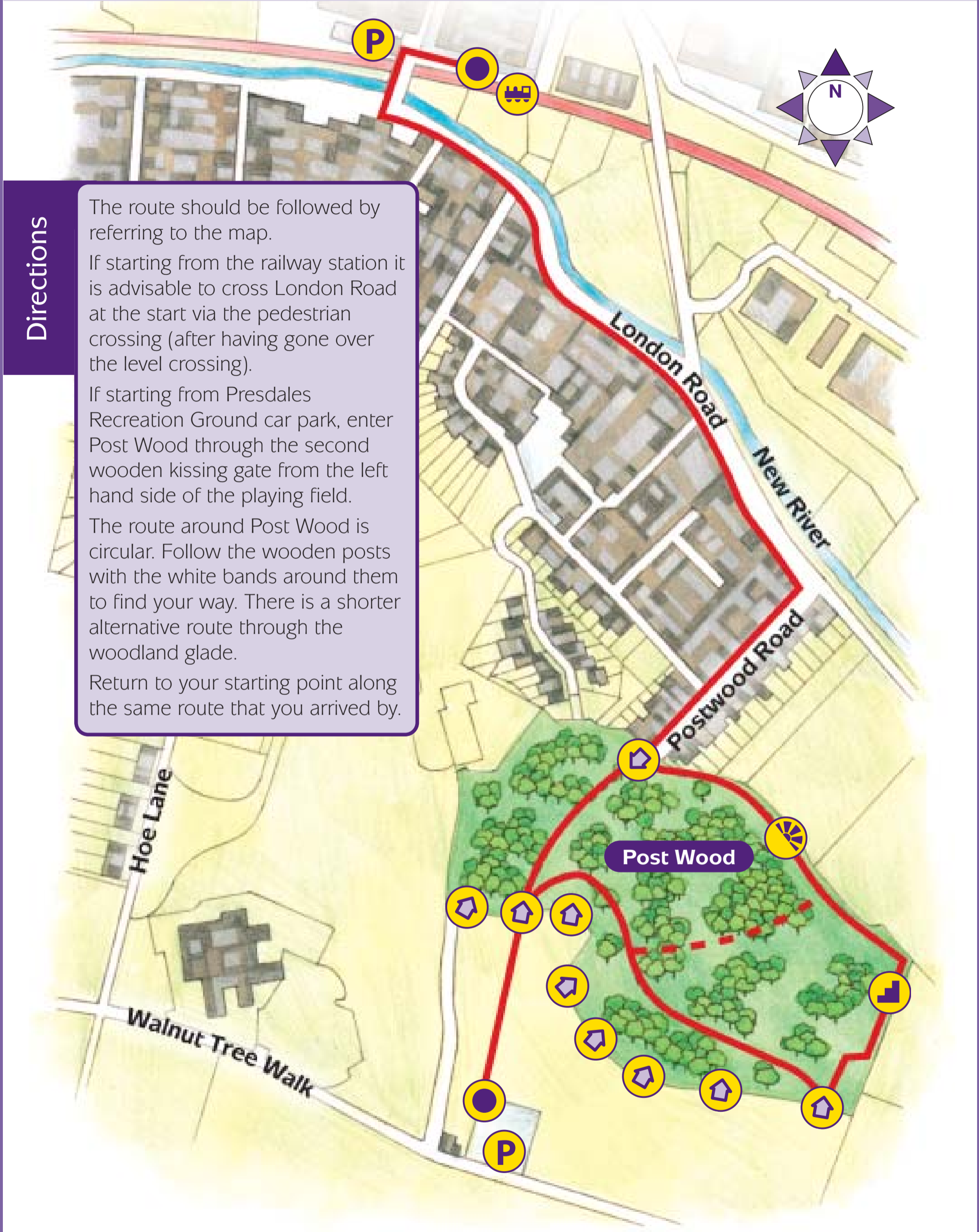
The route should be followed by referring to the map.

If starting from the railway station it is advisable to cross London Road at the start via the pedestrian crossing (after having gone over the level crossing).

If starting from Presdales Recreation Ground car park, enter Post Wood through the second wooden kissing gate from the left hand side of the playing field.

The route around Post Wood is circular. Follow the wooden posts with the white bands around them to find your way. There is a shorter alternative route through the woodland glade.

Return to your starting point along the same route that you arrived by.



## Key

Postwood Walk	Alternative Route	Car Park	Railway Station	Start Point	Entrance Point	View Point	Steps