

Sleapshyde, Smallford and Tyttenhanger Green

About 3 hours, approx. 7.5 miles

This is quite a long walk but passes two pubs both called the The Plough. The one in Sleapshyde is on the half way point while the other is in Tyttenhanger, which is on the final section of the walk.

Starting from the northern end of High Street (1) cross the footbridge over the A414, then turn right along the cycle track and cross the road to St. Albans (London Road). Walk straight on in front of the houses and turn left into Nightingale Lane which nature is currently reclaiming. It is no longer a through route for vehicular traffic being gated at both ends. Walk along the lane to the first footpath sign on the right, (2) the sign is hidden in trees. Turn into this path and follow it along the hedge to a stile. Do not cross the stile, but turn left along the hedge, and walk around the field rather than across it. At a large oak tree (3) turn right into a path between the trees. The footpath joins the road called Highfield Lane after a short distance, cross this road.

Turn right and walk along the pavement, past Highfield Farm on the right, (ignoring the Footpath sign to Tyttenhanger Green on the left) to where the road bends to the right. (4) Turn left into the drive marked '61 & 63 High field Lane, Private Access, No Through Road', then immediately left at the footpath sign in the hedge. Follow the track and turn left through the hedge at the footpath sign to Barley Mow Lane. Follow the hedge on your right to the corner of the wood (Knights Wood)

then walk along the edge of the wood and onwards towards a black and white building visible in the distance. Continue along the track across the field, if possible, straight across the field to the Barley



Mow public house, now a private residence. Or walk around the left hand edge of the last field until you reach a gate into the road (5). Walk along the road in front of the pub to the footpath sign on the right, turn into this path between fences, then



through a stable area. Walk through a kissing gate in the paddock and across a wooden footbridge, turn right and walk along two sides of this field until you reach the far right corner. Turn right across the ditch, (6) then bear left along the hedge line, keeping the hedge on your left. At the end of the hedge (7) bear diagonally left across the field aiming for a point just to the right of the visible house, where there is a kissing gate into the road. The landmarks on this rather rough field vary, if no path

is visible work round the edge of the field and aim for the house.

Cross the road (Colney Heath Lane) into the signed footpath opposite by a bus stop. Cross the concrete bridge and continue until you reach a metal gate allowing access into the field.

Bear diagonally right across the grassy undulating land to a waymark post

(green based marker). Then follow the green markers straight onwards. Keeping on the right of the trees and bushes



to the road, where there is a stile into the roadway.

Cross this road (8) (Smallford Road) into Sleapshyde Lane. Walk along the pavement, past Cherry Tree Cottages on the left, to the small grassy triangle with a signpost saying (9) 'Sleap's Hyde'. Turn left, continue past the Plough Public House, then into the bushes at the footpath sign.

Take the left fork some ten yards onwards across a field on an asphalted path. At the far side turn right, and then left under the bridge into the Alban Way (10). This is the remains of a railway line which ran between St. Albans and Hatfield. Continue until the trail



meets a road (11) (Hill End Lane), turn left along the pavement into Hixberry Lane straight onwards until it meets Tyttenhanger Green (12). Turn



right, and walk the length of Tyttenhanger Green to the junction with (13) Highfield Lane. Cross the road into the footpath opposite. Follow this path across the field. Bear right at the footpath junction and follow the hedge line straight onwards until Nightingale Lane is reached, (14) turn left. Walk back along Nightingale Lane to the junction with the London Road and thence back to London Colney.

