



Moulton Hill Lake and Park

'walking for health'

It's good to walk. New research clearly shows that walking is the ideal way to increase the level of physical activity needed to maintain health and fitness for people of all ages.



How far and how often:
The current recommendation for physical activity is:

- 30 minutes of brisk walking five times a week is all it takes to feel the difference.
- 'Brisk' walking, means walking so that you breathe a little faster, feel warmer and have a slightly faster heart beat.
- It doesn't need to be difficult and you should still be able to hold a conversation.

Walking is the perfect activity for health; it can:

- Make you feel good
- Give you more energy
- Help you sleep better
- Help you reduce stress
- Keep your heart strong
- Reduce blood pressure
- Help to manage your weight

So, why walk:

- It's the sure safe way to health and fitness.
- It's a chance to meet people and make friends
- Almost everyone can do it
- You can do it anywhere and any time
- You don't need any equipment - apart from comfortable walking shoes
- There's very little risk of injury
- It doesn't hurt
- You can start slowly and build up gently
- It's free and it's easy

For further information about health walks, visit www.whi.org.uk the 'walking the way to health' website.

Other walking links

The River Ray Parkway - is a walking, riding and cycling route from Coate Water to Moulton Hill. It forms part of the National Cycle Network Route 45 from Salisbury to Gloucester.

A leaflet can be downloaded from www.forestweb.org.uk or obtained from the Great Western Community Forest on 01793 466324.

The Wroughton Timberland Trail - this Timberland Trail follows a route around Wroughton to the south of Swindon. A leaflet describing the route is available from the Community Forest office on 01793 466324.



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Public Transport links
Information about bus services can be obtained from:
Thamesdown Transport
01793 428428
Stagecoach
01793 522243

Websites

- Great Western Community Forest www.forestweb.org.uk
- North Wilts District Council www.northwilts.gov.uk
- Swindon Borough Council www.swindon.gov.uk
- The Woodland Trust www.woodlandtrust.org.uk
- Timberland UK Ltd www.timberland.com
- The Countryside Agency www.countryside.gov.uk
- 'walking the way to health' initiative www.whi.org.uk
- Health Promotion Swindon www.healthpromotionswindon.nhs.uk

Ordnance Survey maps

Landranger 173 Swindon, Devizes & surrounding area
Explorer 169 Cirencester & Swindon.

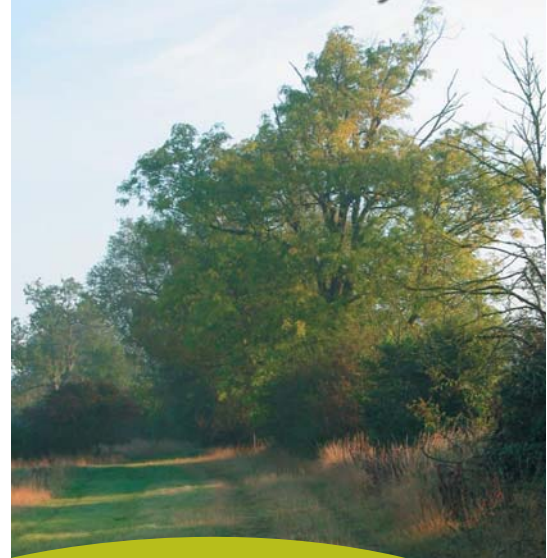
For more information call the Great Western Community Forest on 01793 466324 or visit the website: www.forestweb.org.uk



Purton Parish Council



Forest Discovery



The Swindon and North Wiltshire Timberland Trails

Purton



North Wiltshire District Council



www.forestweb.org.uk

Produced by Fitzpatrick Woolmer Design - 01322 614 114

The Swindon and North Wiltshire Timberland Trails

The Purton Timberland Trail

An easy pleasant walk from Purton to Mouldon Hill Lake, the total return distance is just over 4 miles. The walk begins at Purton Village Hall then on to Collins Lane, a quiet country road that leads you out of Purton towards Mouldon Hill. The route crosses the Swindon to Cricklade Road and on to Berriman's Lane; a farm track that takes you further into the countryside. The walk continues into Berriman's Wood, where a path winds its way through to a footbridge over the River Ray into Mouldon Hill Country Park. A walk around the lake brings you back to the footbridge, from where you return to Purton.



Path to Mouldon Hill through Berriman's Wood

For the majority of walkers, cyclists and young families with pushchairs, access on to the Purton Timberland Trail is good throughout the year. Occasionally after heavy rain, as this is a river valley some flooding may occur. There are no stiles to climb over and there are no hills to walk up, though you may meet horseriders on your walk along the Purton Timberland Trail.

The Woodland Trust and Berriman's Wood

Berriman's Wood is a community wood owned by the Woodland Trust in the Great Western Community Forest. The trees were planted with the help of local people from Purton and Swindon in 1998 and 2000. Beside the footbridge crossing the River Ray is a boundary stone, it marks the limit of Purton Parish; although the parish boundaries are ancient, they were given new meaning in 2000 as a Millennium Project. Access into Berriman's Wood is through either of two kissing gates. Although not surfaced, the woodland paths are level and accessible throughout the year.



Berriman's Wood

Features

The Landscape

In this corner of Wiltshire, the landscape is a pastoral one. Most of the land is managed for livestock farming, so there is an abundance of beef and dairy farms. The fields you walk past and through reflect this; hay and silage is cut in the summer followed by autumn grazing, until the cattle return to their winter quarters.

Common in this area, are the many mediaeval ridge and furrow fields. They are perhaps along with hedgerows, the most common and amongst the oldest man made features in the countryside.

The village of Purton

Purton, at the start of the Timberland Trail, is a village included in the Domesday Book of 1086. Purton is a pleasant village sitting on the eastern edge of the Braydon Forest, a mediaeval royal hunting forest.



Purton Village Hall

The Timberland Trail starts at the Village Hall. In the car park is a steam engine; built in 1839 it clearly marks the start of your walk. Further down the hill is the Turnpike Tollhouse, dating from the 18th Century. On the wall is a plaque, listing the tolls once paid by the travellers who passed this way. Opposite the Tollhouse is Collins Lane; follow the road along the Timberland Trail to Mouldon Hill.

Purton Parish has produced a booklet describing 7 local walks. The parish has more miles of public footpaths than any other in England, so there is plenty of walking to do and lots of interesting places to visit. The Purton Historical Society have published a leaflet about the village, both the walks and the history leaflet are available locally.

The Swindon and North Wiltshire Timberland Trail is one of twelve trails in each of the Community Forests that have been funded by a partnership between Timberland (UK) Ltd and the Countryside Agency. The Purton Timberland Trail has been created with support from North Wiltshire District Council.

The Great Western Community Forest is creating a green network of woodlands, open spaces and areas for wildlife. This will create a greener and healthier environment that will bring pleasure to people for generations to come.

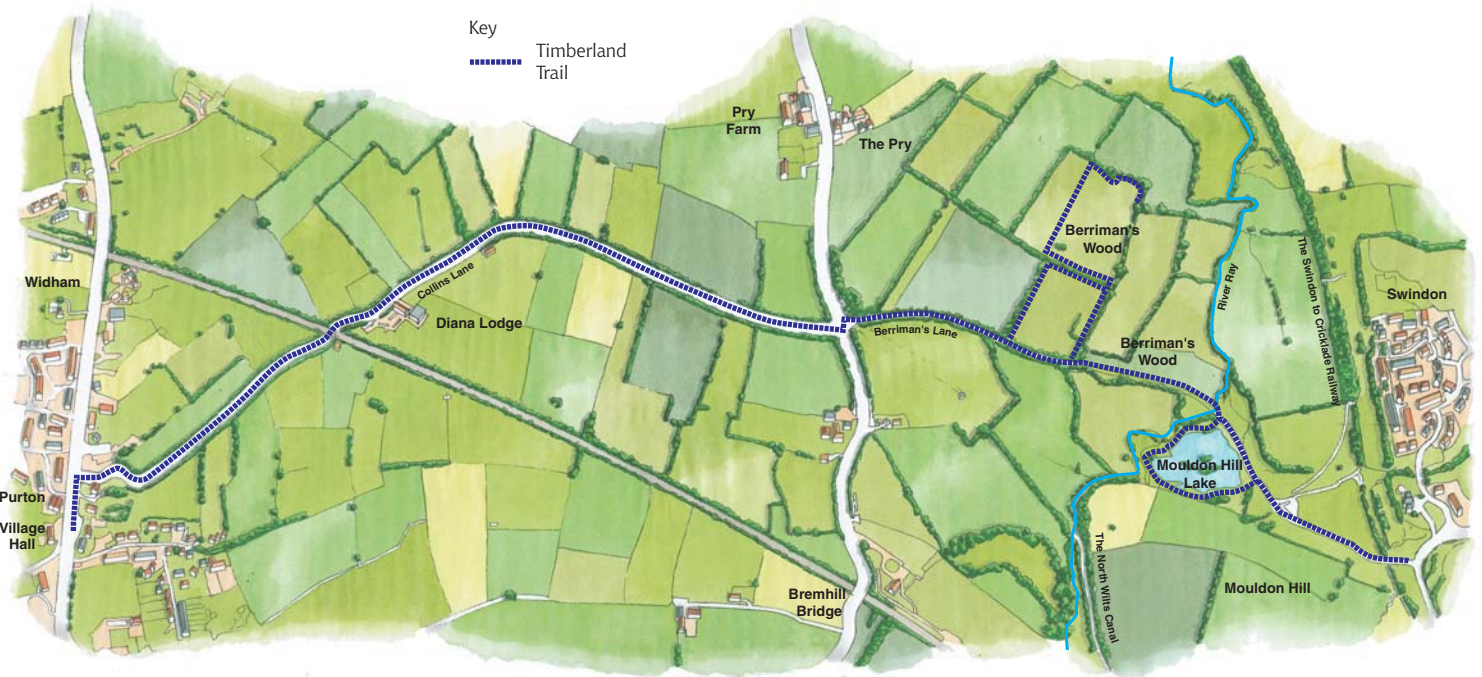


The Purton

Timberland Trail



Moulton Hill Lake and Park



The Swindon to Cricklade Railway

As the name suggests, this line once linked Swindon to Cricklade. You can visit the Swindon and Cricklade Railway centre at Blunsdon Station. The original course of the railway line can be seen near Moulton Hill, a tall hedgerow marks the line, a clearly defined feature on the Ordnance Survey map.

The River Ray

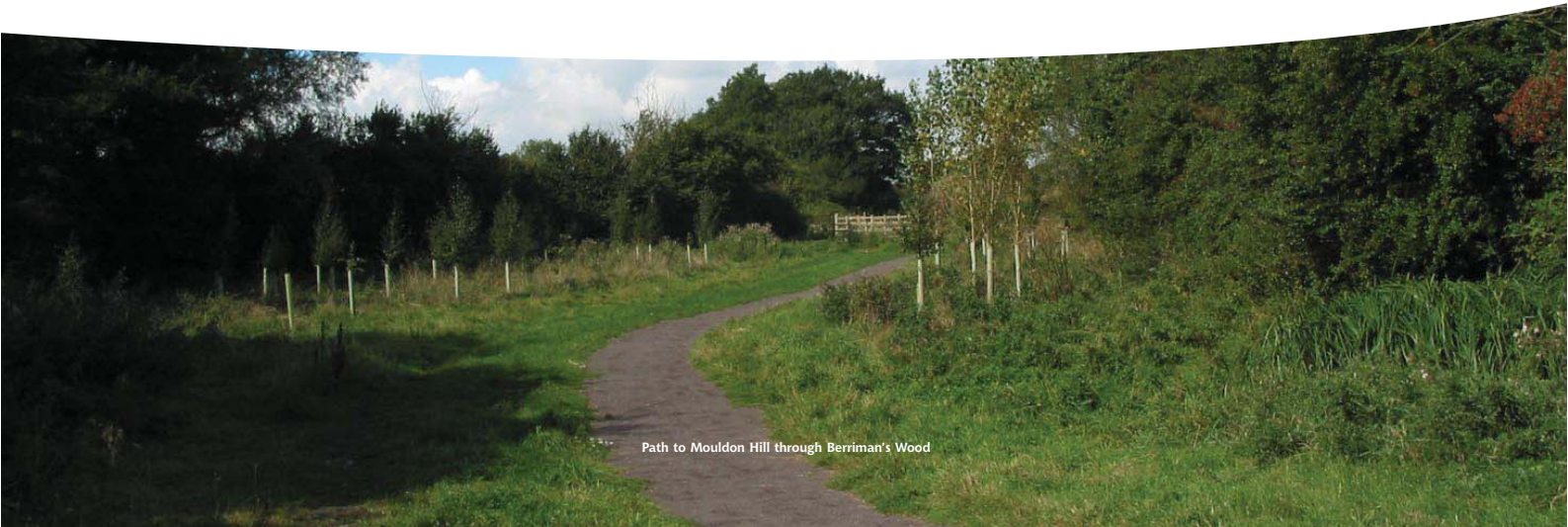
The River Ray is a tributary of the Thames that rises to the south of Swindon. On its journey north, it flows through the west of Swindon where it joins the Thames just to the east of Cricklade. The Ray is a picturesque river, meandering through the landscape with riverside trees, wildflower hay meadows and lots of wildlife.

The North Wilts Canal

The North Wilts Canal runs north from Swindon where it crosses the Timberland Trail at Berriman's Lane. Look to your right at the entrance to the lane, the long linear mound in the field is the course of the old canal; there are plans to restore the canal and locally, a lot of work has already been done on this ambitious project.

The Stroud Valley Line

You will cross the Stroud Valley line at the level crossing on Collins Lane; trains travelling to and from Swindon may interrupt your walk, so please take care when crossing the railway.



Path to Moulton Hill through Berriman's Wood