

Roydon Walks

Introduction and Index

Walking is very enjoyable in its own right, whether you stretch out or whether you amble, but it also has numerous other benefits, from improving mental, emotional and physical health to appreciating more what is all about us in our local areas.

And in Roydon we have a wonderful choice of long or short walks, in interesting built-up areas, or into lovely nature spots and open countryside, or a mixture of all of these.

These eight **Roydon Walks** have been devised and produced by the Roydon Footpath Group and Roydon Parish Council. There are eight walks altogether, varied in their length and their surroundings.

The first six of them are **Heritage Walks**. They point out interesting pieces of local history and environment as you go along.

The last two walks are longer walks and take you further out of Roydon into the fascinating and beautiful surrounding countryside.

One walk is eminently suitable for those who need a hard surface – **Walk 4 - Around the High Road**. The main walk is all on hard surfaces, with two crossings of the main road, each with a dropped kerb. Of the three diversions which can be added onto this walk, only the first one is hard surface, but not the other two.

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Any feedback on the walks is much appreciated. Please send to Trevor Ault via the Parish Council Clerk, Wendy Benson, at roydondiss@gmail.com

We wish you much pleasure in your walking – enjoy!