

Cross the bridge and turn left along the footpath between the lake on your right and the river on your left.



On an early dewy morning the spider

webs will fascinate you, their design enhanced by thousands of tiny droplets of dew. If you look carefully in the webs you may see a 'spider nursery': A ball of cobweb in the crook of leaves and stalks. Gently touch it and hundreds of baby spiders the size of pinheads run all over the web. The large wood on your left is the heronry. Watch for herons flying back there and dropping down onto their nests 'like an old umbrella folding up!' Keep on the footpath, over the lake outfall, turn left, then right to follow the old railway track back to the entrance of the Town Walk and Meadows Lane Recreation Park. If you pick the blackberries on the Town Walk, do so before October 9th.

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Printed, published and amended by Thrapston Town Council

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Information leaflet

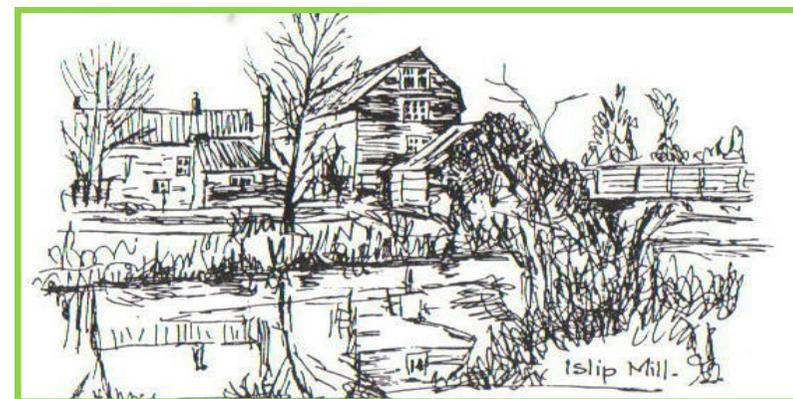
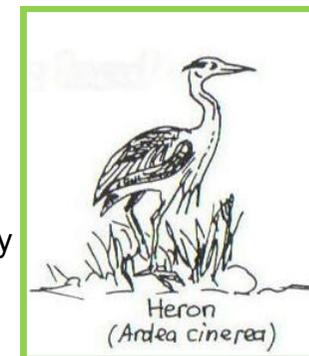
No 10

Updated August 2012

Spiderwebs, Herons and the Black bridge

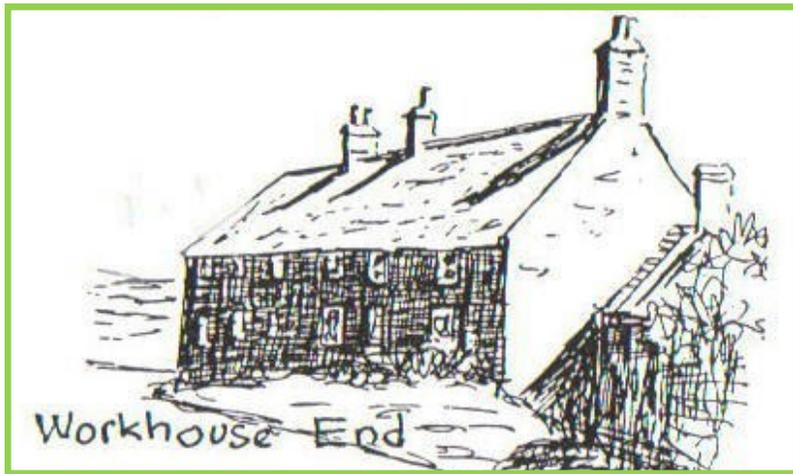
A leisurely walk around the local lakes and lanes.

Take an hour and a half from your busy life and listen to the countryside.



Walk to the Meadow Lane Recreation Park at the end of Chancery Lane, De Vere Road. Take Meadow Lane to the lakes, cross both the footbridges, one over the lake and the other over the River Nene at Islip Mill.

The river bank in summer is covered in wild Balsam, sometimes called 'Touch-me not' because of the way it ejects its seeds when the ripe pods are touched (*Impatiens noli-tangere*). Walk past the ancient mill, last used as a working mill in 1958, and turn right at the top of the lane into Ridge Road. The building on the left of the junction, now modernised, was known as Workhouse End.



Walk down Ridge Road; in spring there are always fields of poppies amongst the yellow rape seed. At the end of Ridge Road is a five-barred gate; open it (don't climb over), fasten it and turn right down the narrow footpath through the spinney. This is really best at about five o' clock on a spring morning. Then you can really hear the spinney. It is very calming to your spirit.



Notice the beautiful Teasels which abound here, the giant Bullrushes and Great Reed Mace in the lake on your left hand side. When the Teasels are mature, some people pick them and make hedgehog toys from them. At the end of the spinney, the beautiful River Nene (pronounced 'Nen' by all true Northamptonshire people), flows calmly by, reflecting the Black Bridge. The original bridge was of stone but was too narrow for the modern river.

