**Lea Valley Walk, Saturday 18th April 2009**

12 walkers, 26.5 miles – leader Rob Myers

12 walkers including one first timer enjoyed a warm spring day for this walk that began with a stroll along the River Lea Navigation to Hertford. Breaks were taken at the Rye House Gatehouse, Amwell Reservoir and Hertford Castle. The leader gave a short talk on the Rye House plot and the history of Hertford Castle. The walk then passed Hertford Town FC and Dave was very excited to find that they were playing at home. It took a supreme effort of will for him to remain with us on the walk. After Hertford we used a disused rail track called the Cole Green Way. Halfway along the track was the lunchtime pub. The Cowpers Arms was a real find and is highly recommended. A freehouse that served reasonably priced delicious food in relaxed surroundings. After lunch there was a boring bit around the outskirts of Welwyn Garden City before we took another break at Mill Green mill. This looked interesting and we wished we had more time to look around. Upon leaving Mill Green we passed a couple of man-made lakes before wading through a stream under a bridge. Next came Lemsford Mill described by Queen Elizabeth I as the prettiest village in England and Brocket Hall, a stately home now used as a conference centre. We had a final drink stop in the attractive Wheathampstead church before pressing on to Harpenden. Everyone agreed that they had a great day's walk.