

	St Albans Historical Trail PT327 – 12Km			
START VENUE	Westminster Lodge Swimming Pool, St Albans, Herts. AL1 2DL OS Explorer Map 182 Grid Ref 1406 **The Permanent Trail is open but please adhere to current restrictions and guidance **			
CAR PARKING	Car Parking available at start, pay and display. Limited free parking is available in a layby on King Harry Lane, 4hours free. (Sect 2 of route)			
PUBLIC TRANSPORT	The local Abbey Flyer train, runs from Watford Junction Station to St Albans Abbey Station. The main St Albans City Train Station (Thameslink) is 1.2miles from the start. There are good public transport links.			
DISTANCE/GRADE	12 km Grade 1			
TERRAIN	The route is on well-made paths through the town centre, local parks and marked footpaths and permissive ways. There is a small section on main roads with pavements. There are no stiles.			
GENERAL INFORMATION	St. Albans city walk is a circular route taking in many of the historical places, including the Verulamium Museum, Roman ruins and its vast centuries-old Cathedral. Wednesday and Saturday are market days. The walk includes the Roman Theatre, on the Gorhambury estate and crosses the river Ver. (On certain days including Saturdays, from September to January, Gorhambury Drive, a permissive path, has planned closures to the public. Details of these closure's will be posted on their website one month beforehand so please check before attending. https://www.gorhamburyestate.co.uk) If closed you can do the shorter route of 8 km **. Please take the time to explore this city.			
REFRESHMENTS	There are several places to buy food and drink along the route.			
TOILETS	There are several public toilets available along the route.			
BWF / IVV	This trail is registered until 31 st December 2025. BWF declaration at bottom of page.			
ROUTE DESCRIPTION CHECK / UPDATED	June 2025 (Please make sure you are using the most up to date version, particularly if you printed this off a while ago). Section UK IPA Walking Group – BWF Club 113			
DATA PROTECTION	The data provided on his form will be retained until <i>1st February 2026</i> for statistical analysis and will then be securely destroyed.			
ENTRY FORM	Please complete the section below and send your IVV logbooks, Payment and an SAE to the Contact Address. Please check the postage rate for weight/ thickness of the envelope. Overseas postage is more expensive.			
ENTRY FEE	£1.50 per walker – payment preferred by Bank Transfer to Metro Bank Account: 45237087 Sort Code: 23-05-80, Name: Region 3 IPA (Metro Bank do not operate "Confirmation of Payee" so a warning saying this account cannot be checked is likely) Please use PT327 +Surname as payment reference (Cheques by exception only when bank transfer is not possible payable to: J S Miles)			
AWARD	A woven cloth badge is available for £2.50. The badge design is shown above.			
SOUVENIR STICKER	A logbook souvenir sticker is available on request - YES/NO			
CONTACT / ADDRESS FOR STAMPING OF BOOKS	Jackie Miles (BWF), 397 Park Avenue. Bushey Hertfordshire. WD23 2BP. Email: walkabout422@gmail.com Please use this form (page 1) to submit your entry and claim IVV stamps			
NAMES OF THOSE COMPLETING THE WALK				
DATE WALK COMPLETED		PAYMENT ENCLOSED	£	
EMAIL	(in case we need to contact you about your entry)			
PT INSERT CARDS	Will be stamped if you do not wish to send your IVV books – YES / NO			
QUESTION 1		QUESTION 4		
QUESTION 2		QUESTION 5		
QUESTION 3		QUESTION 6		
BWF DECLARATION	The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe, enjoyable and memorable event.			

ROUTE DESCRIPTION

1. From Westminster Lodge, join the footpath, running parallel to the car park entry road you have just driven up. Turn left keeping all car parks to your left. Pass the athletics track on your left and at the first Y junction bear left going slightly uphill. At the next cross path, turn left, walking up hill passing on your right the remains of the Roman City Wall.

QUESTION 1: On the 3rd Verulamium Park information board at the top of the path, what three groups of letters were contained in the iron age coins?

2. At the end of the footpath, cross the small footbridge to reach King Harry Lane. Cross the road immediately at the crossing and turn right. At the next pedestrian crossing, cross back over, keeping park on your right and continue to the roundabout at the junction of the A4147, Brewhouse Hill. Turn right.
****At the second pedestrian crossing, cross the road, turn right and then first left onto Gorhambury Drive, a permissive path.**

**** (On certain days including Saturdays, Gorhambury Drive, a permissive path, has planned closures to the public. Details of these closures will be posted on the website one month beforehand so please check before attending. <https://www.gorhamburyestate.co.uk>) **Go to Section 3.**

The footpath/Drive entrance is just past the ticket office on the right (a small Green Metal Gate, open 09.00 to 18.00 hrs). If you wish to enter the Roman Theatre entry is £3.00 for adults. Continue along Gorhambury Drive / Walk, for approximately 1200 metres and turn right on the gravel track / road. (There is a no exit sign on the right). Cross the River Ver remaining on the track / road to the right, go through gate, bear left until you reach the main road, turn right, A5183. (Watling Street, this is the Old Roman Road).

QUESTION 2: What is the name of the restaurant/pub on your right, on this road, and what is sitting on top of the hat on the sign?

****If Gorhambury Drive is shut, continue on the same side of the road and turn right into St Michaels Street. 8km alternative route****

3. Continue along this road to the roundabout, cross road with care using the island, and turn right downhill, until you get to St Michaels Street, ****turn left, passing the school on your right, immediately turn right towards St Michaels Church, signposted Roman Verulamium. *St Michaels church yard has a footpath, made of headstones, going around it if you wish to explore.*** The road bears left and as you enter the carpark, (alternative start location including coach park.) Verulamium Museum is on your left. continue, passing free public toilets on left, into the park until you reach The Inn on The Park (Cafe). From the far side of the Inn, turn right following a footpath past the play park on your left going past planters and a hedge on the right. Follow the sign to the Roman Mosaic. This is opened daily but the mosaic can still be seen through the windows if shut.
4. Return along the same footpath, continue passing The Inn, now on your left. ***(The footpath around the splash park is currently shut long term due to path damage from flooding, so please return to St Michaels Street car park entrance and turn right passing the exit to the park which is also shut.)*** at the Pass the splash park on your right, follow the paths keeping left at each junction, until you exit the park. Turn right on St Michaels Street. ***Cross the Bridge of Kingsbury (river Ver), the oldest bridge in Hertfordshire and with the Watermill and Waffle House on the left. Turn right onto Fishpool Street and continue up the hill. At the junction with Welclose Street on the left, turn right, No Entry Signs, pass St Albans Boys school. Follow the path round to the right walking through the archway into Abbey Mill Lane.**

(You will return to the Abbey later) Go to the bottom of the hill taking the right fork, until you reach, Ye Olde Fighting Cocks Public House. Turn left beside the Pub, just before a footbridge across some water.

QUESTION 3: Why was the Olde Round House re-built after 1599?

5. Continue from the Pub, turning part left along the tarmacked path in the park, uphill to St Albans Abbey, where there is a shop, refectory, and toilets inside. (**Royal connection**- Within the abbey is a display board in the café/shop area.) If not visiting the abbey turn left and follow path to the end of the building. Turn right across the front / west door.
6. After exploring the Abbey, head to the west exit, located at the far end of the Abbey, opposite the archway in Abbey Mill Lane. Turn right and go through a small metal gate, with a white house to your right, including Romeland Cottage. At end turn right, George Street, which then becomes the High Street. At the pedestrian crossing, cross to the Clock Tower (keeping it on your right) in French Row.

QUESTION 4: What is written on the door of the tower next to the French Row Road sign?

(There are numerous old buildings, shops and eateries in the town centre. Wednesday and Saturday are Market days.)

7. Continue up French Row, turning right when you get to the St Albans Museum and Gallery on your right. A large white building. (This used to be the old court room and there is a café seating area located inside the old court room, as well as toilet facilities located in unusual places and a shop. There are literature booklets inside the café giving a more detailed information regarding some of the court history and the cases held there.)
When you exit, keep the Museum on your right, walk around the building, heading down the hill Chequer Street, to the traffic lights. Cross at the junction and continue in the same direction down Holywell Hill.

Cross at the next pedestrian crossing opposite Café Rouge. (Former Ryders Seed Hall). Continue downhill, turning left into Sopwell Lane. (The Goat Inn Public House, is located on the left and is reputed to be the oldest Brothel in St Albans).

QUESTION 5: What is on the name plate above the door of number 73 Sopwell Lane?

8. Continue until you come to a mini roundabout, turn right onto Cotton Mill Lane, passing the St Albans City Baths. Cross at the pedestrian crossing and continue on the road, in the same direction, over the River Ver and Old Sopwell Gardens. On your left is the Sopwell Nunnery ruins. (Sopwell Priory also known as Sopwell nunnery, was built in 1140 by the Benedictine abbot of St Albans Abbey, Geoffrey Gorham).

QUESTION 6: How many round windows are visible in the ruins?

9. Return to Cotton Mill Lane, cross over the road turning right back towards the St Albans City Baths. Turn left along the river Ver trail, down some steps, keeping the City Baths to your right and river to your left until you cross at a small metal bridge. (If this trail path is flooded you can continue past The Nunnery and turn right onto Prospect Road, Continue to Holywell Hill.) At the end of the path, cross Holywell Hill at the crossing and return to the car park.

Welcome Back. The Section UK IPA Walking Group hopes you enjoyed the St Albans Historical Trail and that you have enjoyed exploring this fascinating City, with its many interesting historical connections, only a few of which have been mentioned during this walk.