

## DISTANCE

3.7 miles / 5.95 km  
/ 8200 steps



## CALCULATED TIME

Approx 1hr 25 min



## ELEVATION

259 ft



## DIFFICULTY

Easy



Starting from the main car park we will head towards the lake. You may be wondering why we have called this the “whale walk” – when you look at the map, it is shaped like a whale, that is the only reason. As far as I am aware there are no whales in the lake.... but you never know!

This is a nice easy walk and the terrain is mainly paved. We will walk along the lake, up to the rafting center and then make our way back to the main car park in a full loop, stopping for sweets along the way.

As a Grade 2 listed building, Delapre Abbey is within the top eight % of heritage properties in the UK and is one of just 46 sites listed by Historic England as a registered battlefield. Inside the Abbey, there are five different, interactive storytelling zones to discover which reveal the fascinating history of the building from its life as a nunnery, witnessing the events of the Battle of Northampton unfold, to its heyday as a scandal-ridden Victorian country home.

# DELAPRE WHALE WALK (AG13)



1. Parking at the Free Delapre Abbey Car Park, Delapré Abbey Preservation Trust, Abbey Cottage, Delapré Abbey, London Road, Northampton. NN4 8AW. Head off down the park towards the main road with the glorious Abbey behind you. (You will spend more time at the Abbey at the end of the walk).



2. Cross over the entrance road.



3. Then turn right. You are now heading towards Asda and the town centre. Don't worry, this section is quite short and you will soon be on the quiet canal with the lovely swans.



4. Check point – Southfield Avenue (continue straight)



5. Check point – Ransome Road with Asda in front of you. Not long now before we turn away from the hussle of the main road.



6. Check point – New South Bridge Road. Continue straight.



7. Turn right and follow the River Nene until you reach the rather attractive bridge. Keep an eye out for the black swan (yep, there is a black swan on this section of the canal).



# DELAPRE WHALE WALK (AG13)



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8. Turn left and cross the bridge. This is a good place for a photo opportunity.



9. Take the steps to your right and continue along the River. On this section of the canal you will often see heron's, swans, geese and squirrels!



10. Welcome to Becket's Park. Follow the Riverside Walk trail and keep an eye out for Northampton Marina on your right. Continue straight until you pass a children's play area on your left.  
Note: You must keep the blue fence to your right along this bit of the walk.



11. As you cross the road be aware that swans and geese act as security guards for the Avon building to your right. Swans can be nasty if provoked, so please keep dogs on a lead.  
Note: The path continues to the right of the car park



12. You will pass a big white boat on your right called The Ark (a café). Take the bridge on the right, just beyond the big white boat, and cross the river. If you have reached Midsummer Meadow then you have gone too far.



13. Keep to the river side for a pleasant walk along the paved Nene Valley Way. Passing underneath the busy A45, see if you can spot the geoache in a very unusual place under the bridge. Keep to your right at all times and you will soon find yourself at the Nene Whitewater Centre. You are now on the "tail" of the whale on the map.



14. Follow the path which will lead you to the main building, although we turn off before we get that far.

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15. Turn right and we are now at the halfway stage and making our return to the start.



16. You are walking along the Nene Valley Way which is clearly marked. See if you can spot the tiny little fish in the river below.



17. In front of you is the industrial estate “Brackmills”. Turn right and we will soon be back in nature. Keep going until you pass under the A45 again.



18. Continue straight ahead, do not turn right.



19. Keep to the left. You will soon see the fabulous Delapre Lake on your right where people are often found using water ski's or other water sports. The lake is also beautiful at sunset.



20. Following the shoreline of the lake for a good 10-15 minutes. See if you can spot a rope swing that hangs from a tree over the lake. Dogs love to have a swim here as well.



21. Checkpoint – a small wooden bridge to let you know you are on the right track.

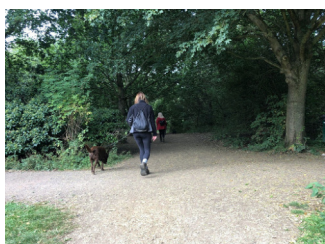
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22. Checkpoint – you will pass a little hut to your left, with the lake still on your right.



23. Select the **left** hand fork when the path splits. You are now heading back to the Abbey where coffee and cake is waiting for you!



24. At the crossroads, continue straight.



25. You are now back to the start. If you have time, then explore the walled garden on your left and this will lead you to the fabulous café that serves a wide range of refreshments including homemade cakes.

## PHOTO CHALLENGE:

Your challenge, should you choose to accept it, is to capture a photo of a swan or a heron on the lake.



For each Adventure Geek walk we will challenge you to take a photo and upload to Facebook, Twitter or Instagram using the hashtag #AGPhotoChallenge.

## DELAPRE ABBEY

Visit: <https://delapreabbey.org/>



- Abbey is closed on a Tuesday (but the café is open).
- Afternoon tea is superb grounds
- Lots of history, lovely gardens, nearby golf course.