# Wellbeing Walk

## Caversham Hills Walk Route Map





#### **Directions and Details**

- From Reading Station, use the crossing over Vastern Road and walk through Norman Place to reach the River Thames. Cross the river using Christchurch Bridge a pedestrian and cycling bridge.
- Christchurch Bridge was opened in 2015 and links the centre of Reading on the south bank to Caversham Meadow.



- B On leaving the bridge, turn left and follow the Thames until the end of Wolsey Road. Walk up Wolsey Road and turn left on Gosbrook Road into Church Street. Cross using the crossing and turn into Hemdean Road. Walk up Hemdean Road and turn right at Balmore Park Surgery following the blue National Cycle Network route 5 signs into Balmore Park.
- Please note for a step free route continue up Hemdean Road and rejoin the route at the junction with Rotherfield Way at Point D - route highlighted in purple.
  - Continue through Balmore Park past the brightly coloured NCN Millenium Milepost before heading though the woods and out of the park. Cross Rotherfield Way and walk left down the hill into Grove Hill before turning right into Hemdean Road.

The gravel track is part of National Cycle Network Route 5 which starts in Reading and heads north to Oxford, Birmingham and finally Anglesey! The milepost was re-painted using a design from a local primary school after a competition in 2023.



- Continue up Hemdean Road until reaching a small alley at Badgers Rise. Walk through the alley into Bugs Bottom then follow the gravel track until reaching Gravel Hill and a few houses.
- Bugs Bottom is a green chalkland valley with pleasant grass meadows criss-crossed with trails, mature woodland, and a few steep slopes. As well as amazing butterflies in spring there is a wide variety of birds to spot here.



On leaving Bugs Bottom turn left at the houses and walk up Gravel Hill until an opening at the junction with Kidmore Road.

### Walk Information

This is an 9.5km / 6 mile circular walk from the northern interchange at Reading Railway Station though Caversham and Caversham Heights. On this walk you will enjoy a riverside stroll, the majestic view back over the town from Balmore Park and discover Bugs Bottom and Mapledurham Park, before heading back to Reading Station via St Peter's Churchyard, Caversham Court and Caversham Bridge.

Length 6 miles (9.5km).

Duration 2 to 3 hours.

Reading Walking Routes

**Difficulty** Moderate - this walk has quite long uphill and downhill sections and a set of steps at the entrance to Balmore Park. The walking surfaces are a mixture of pavement, gravel and woodland tracks.

**Suitability** This walk is suitable for wheelchair users or with a push chair or stroller but with a diversion along Hemdean Road to avoid the steps into Balmore Park. The gravel and woodland tracks can be muddy or even flooded

- i This is a long uphill section so shade will be welcome in hot weather! This is a marvellous place to listen to birdsong coming from the dense undergrowth and tree canopy.
- Cross Kidmore Road and head north then turn left into Shepherds Lane. Continue to Woodcote Way where you turn left and walk down to reach Upper Woodcote Road. Turn right and cross at the crossing and continue then take the second left road past The Heights Primary School into Mapledurham Playing Field.
- *i* Mapledurham Playing Field was left to the town by the Hewett family in 1938 for use for outdoor games, sports and pastimes. It is now a popular community park with tennis courts football pitches and a small community orchard.
- G Follow the gravel path across the field and then turn left and follow the tree line and exit the park in the

Caversham Court is an ornamental garden on the banks of the River Thames. It is home to an array of fine trees including a mighty Redwood, Cedar of Lebanon and an Atlas Cedar.



From the entrance turn right and follow the footpath on Church Rd to the traffic lights. Cross the road using the crossing and then turn right on the A4155

after wet weather.

Start and End Reading Station (north) Trooper Watts Way RG1 8FP ///penny.logic.mostly

**Sustainable Transport** This is a circular walk starting and finishing at Reading Railway Station and close to local bus stops in Reading town centre.

**Toilet Facilities** Available at Reading Railway Station and at Caversham Court.

#### **Useful Links**

reading-buses.co.uk/services/RBUS/18 what3words.com/about corner onto Chazey Road. Turn left onto Chazey Road and then right into St Peter's Avenue. Follow this down to St Peter's Church and at the bottom of the hill cross into the churchyard.

St Peter's Church dates from the 12th century although the current tower was built in 1878. It is full of interesting items, magnificent stained-glass windows and is much bigger inside than it looks from outside.



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Printed on Satimat Green - FSC certified, 75% recycled 25% FSC certified fibre. Design by cream-design.co.uk From the churchyard there are steps down into Caversham Court Gardens (these can also be reached by walking through the churchyard and turning right). Walk round the gardens until you reach the gated entrance to Caversham Court Gardens. Bridge Street and head over Caversham Bridge crossing the River Thames for a second time.

The first 'Caversham Bridge' was built sometime between 1163 and 1231 and connected the holy shrines in Caversham with Reading Abbey.



- After crossing Caversham Bridge turn sharp left and back towards Christchurch Bridge walking along the Thames path.
- Pass Christchurch Bridge then turn right back into Norman Place and cross at Vastern Road and back in to Reading Station where the walk ends.

