

No	Location	Miles	Km	Time	Difficulty	Completed
1	Castle Ashby Circular: A fantastic walk including a stately home, great tea rooms, rivers, wildlife, spooky graveyards	65	105	2 hours	Mainly off road. There are a few hills & especially a steep path up to Whiston church	
2	Collingtree Circular: A golf course, open fields, villages, a canal, pocket parks &, oh...an injury...	8	128	3.5 hours	Mainly off road & along canal paths. Mostly flat easy walking, although there are several stiles to negotiate	
3	Braunston Circular: An ancient footpath, a gunpowder plot, a tale of woes, fab jams & marmalades & a canal finish	75	12	3 – 3.5 hours	Mainly off road. There are quite a few hills and it can get muddy in winter, but it's great to enjoy the changing seasons	
4	Delapre Abbey Circular: A 10 mile walk from an ancient Abbey, along the Nene way, through the washlands & beyond!	10	161	3.5 hours	A mix of off-road & on country lanes. As some tracks are around a lake & across fields it can get muddy in wet times	
5	Brackley Circular: Market towns, fields, 'Snakes (nearly) on a Plane' & frustration..."Get off my land!"	65	105	2.5 hours	Almost completely across fields (& aerodromes)	
6	Great & Little Brington Circular: A wave to Diana..	44	71	2 hours	Mainly off road including across grass fields. There are a few steep up & down hills & it can get muddy in winter, but it's great to enjoy the changing seasons	
7	Yardley Gobian Circular: Stepping back in time across the fields to 'The Deserted Village'	37	595	90 mins	This is a really undemanding walk which goes through two Northamptonshire villages. It's mainly across fields & we hardly saw a soul (bliss!).	
8	Old Village Circular: 8 miles across the fields with great views & big trees on a boiling hot day	8	128	3 hours	All across fields so may be tricky in wet weather	
9	Oundle Water Meadows Circular: Wonderful water, wildlife & willows	7	113	2 hours 40	Field / water meadow walking most of the way, but appears to drain well. Sometimes early on there's quite a lot of nettles.	
10	Stoke Bruerne Circular: A lovely walk for all the family around Northamptonshire's jewel in the canal network	62	10	3 hours	A brilliant flat walk...across fields, farm tracks and roads. It's also generally very well marked – we didn't have a map & didn't get lost!	
11	Salcey Forest Circular: We followed an Elephant looking for an Owl but saw neither today...	25	402	1 hour	Good forestry tracks	
12	Abthorpe Circular: Picturesque South Northamptonshire villages (1) in the Tove valley	2	322	1 hour	On roads and across open fields so if there's been heavy rain it may be muddy in parts.	
13	Weston Circular: Picturesque South Northamptonshire villages (2) in the Tove valley	325	523	2 hours	All pretty flat and apart from the start & end across fields	
14	Bugbrooke Circular: Back to the flats of the canals, but with fantastic views over our beautiful county	75	1207	2.5 hours	Canal paths, paddocks & fields – a real mix	
15	Northampton: A brief walk around the historic town centre	2	322	1 hour	Extremely easy all town centre walking	
16	Wellingborough town centre heritage trail	2	322	30 mins	Extremely easy all town centre walking	
17	Thrapston & Titchmarsh Nature Reserves Circular: A 'twitchers'	8	129	3 hours	Fairly flat, mainly on woodland paths & grass. Like we said above it was very muddy in winter	
18	Stony Stratford Circular: Crossing the border twice....a walk in the Great Ouse valley	31	489	1 – 1.5 hours	This is a fairly flat walk using hard paths alongside rivers & canals & then across fields for a short stretch, also involves canal paths & a fantastic aqueduct.	
19	Sywell Country Park Circular	25	4	1 hour	A flat easy to follow track	
20	The Bramptons & the Bampton Valley Way Circular	35	56	2 hours	Easy routes along well marked paths & fields. It's also pretty flat.	
21	Harringworth Circular: Wonderful structures & wildlife in the Welland Valley	44	71	2 hours	Easy routes along well marked paths & fields. There's also a mile of walking along a road, so care is needed. It's also pretty flat apart from a couple of small climbs.	
22	Summer Leys Circular: What a beautiful little nature reserve	2	322	30 mins	Mainly on hard paths & completely flat.	
23	Towcester town centre: A short walk back in history	3	482	1 hour	Mainly hard path apart from a short stretch in the watermeadow which was a bit muddy in mid December	
24	Rothwell town centre..."the place of the red well"	15	241	30 mins	All on hard paths/road & flat	
25	Abington Park, Northampton: Ever walked in one of the UK's top	175	3	1.5 hours	All flat & all on concrete paths although you may wish to wander off to explore.	
26	Sulgrave Village Circular Walk...full of Stars & Stripes	15	241	1 hour	All on road & flat. We did this in January 2014 as it was too wet to walk across fields	
27	King's Sutton village walk...a must see southern Northants village	2	322	1 hour	All on hard paths around the village	
28	Higham Ferrers town centre	2	322	30 mins	All on hard paths	
29	Raunds town centre...memories of times gone by	2	322	1 hour	All on road, with a few hills	
30	Harlestone Firs Circular	2	322	30 mins	Flat & mainly on forest paths. This area tends to drain well, but in early February there were some muddy patches	
31	Wadenhoe Circular: Kingfishers & just a stunning walk	25	402	1 hour	On road initially & then across fields & then finishing on road	
32	Litchborough & Farthingstone Circular – a little cardio exercise	35	55	1.5 hours	Mainly across fields & then footpaths in the villages. The terrain is quite hilly at times so it's a good cardio workout. There's also several stiles & bridges to negotiate	
33	Eastcote Circular	25	402	1 hour	Mainly across fields, some hard path walking in the villages we'll visit. The terrain is quite hilly at times so it's a good cardio workout. There's also numerous stiles to negotiate	

34	Flore Circular: This one's flawless	45	724	2 hours	A mixture of field paths, lanes & canal towpaths – it really is that varied. It's also pretty much flat & we have to congratulate the landowners for the excellent signage	
35	Grendon & Easton Maudit Circular: 'Larking around'	5	8	2.5 hours	Difficulty: Lots of across fields – we did this in March 2014 when it was pretty dry	
36	Badby Circular: Strolling amongst the bluebells	8	129	3.5 hours	A mixture of road, field & woodland paths, some of which will get wet. There's also some steep climbs so it's a great cardiac workout	
37	Ravensthorpe Circular: Water, wildlife & waiting for a bite	3	48	1 hour	All on grassy paths around the reservoir so it can get muddy	
38	Twywell Circular: 'Up Hill & down Dale'	45	725	2 hours	Mainly off road with a variety of field & forest walking. There are a few hills and it can get muddy in winter as you may be walking across ploughed fields	
39	Aynho Circular	35	563	1.25 hours	A mix of hard path & fields. There's a couple of inclines, but nothing too taxing	
40	Cransley Reservoir Circular...who knew about that?	45	724	2 hours	Mainly off road. There's a few hill pulls on this one & when we walked at the end of May some of the crops hid the paths	
41	Welford Circular...views across 3 counties & 'Postman Pat'	4	65	1.5 – 2 hours	Once away from the starting point in Welford all of this walk is across well marked field paths. There are a few hills and it will definitely get muddy in wetter weather	
42	Cosgrove Circular: watch out for a 'stampede'	2	322	1 hour	Mainly off road across fields & canal paths	
43	Great Addington Circular: The 3 'Ws' – Water, Wildlife & Walking	45	724	2 hour	Mainly off road. Some of it is on an old railway track, but other parts can get quite muddy & also overgrown with stinging nettles	
44	Fermyn Woods Circular: Flip-Flop Frenzy	2	322	1 hour	All off road & whilst the early main tracks are quite firm, once you get into the woods themselves it can get very muddy...as we'll find out!!	
45	Kings Cliffe Circular: Bouncing dogs & unusual libraries...	6	10	2.5 – 3 hours	Much of this walk's across meadow land & can get muddy so beware & keep those boots on! There are a few 'ups & downs' but nothing too strenuous	
46	Whilton Circular: more stampeding	8	129	3.25 hours	Mainly across fields so can be wet at times. Quite a few stiles to climb plus there's some inclines. We were chased by two very persistent herds of cattle, be careful	
47	Irchester Circular: Feeling irked....	4	64	2 hours	A mixture of hard & gravel paths plus some grass tracks along the River Nene so may get a bit muddy at times	
48	Canons Ashby Circular: Round & round the Mulberry Bush...	37	595	1.5 hours	A real mix of quiet country lanes, grass tracks & (in October) some drilled fields. It's an undulating walk too so, if you fancy a workout, pace it!	
49	Kingsthorpe Circular: Kings, Dallies, Firs & a couple of Chapels...	56	901	2.5 hours	All off road, but mainly flat. We walked this on a crisp December 2014 morning &, as we'd had a lot of rain, were expecting it to be a lot wetter than it actually was	
50	The Northampton Round Long Distance Footpath	51				
51	Whittlebury Circular: Golf balls & fast cars	4	643	1.5 hours	Mostly off road & across fields. When we walked it in January 2015 it was very muddy in places. There are a few climbs, but nothing too demanding	
52	Marston Trussell Circular: Historical Battlefields & a Big Rock	35	563	1.5 hours	Mainly across fields so some good footwear required out of the dry season. It's a pretty flat walk apart from one 1/2 mile climb up a couple of fields	
53	Arthingworth Circular: A walk through a railway tunnel?	3	483	1 hour	A combination of hard, gravel paths & a final stretch across fields, quite muddy in January 2015. Mostly flat, but one short, steep field climb towards the end up to the highest point	
54	Oundle Heritage Trail...Back to School	1	161	30 mins	All on hard paths	
55	Titchmarsh Village Heritage Trail: Do you dig it Alan?...	1	161	1 hour	Easy – all on hard paths	
56	Thrapston Town Centre: The Star Spangled Banner	1	161	1 hour	Easy – all on hard paths	
57	Boddington Reservoir Circular	25	402	1.5 hours	Easy, mainly flat walking but a mixture of hard road, gravel paths & grass fields	
58	Fotheringhay Circular: Off with her head!!	6	97	2.5 hours	Pretty much all off road across well marked paths	
59	Kislingbury Circular	375	604	2 hours	A mixture of roads & fields so could get muddy when wet	
60	Sudborough Circular: Living it up around Lyvedon New Bield	75	1207	4 hours	Pretty much all off road. We walked this in March 2015 & some areas were still very muddy. Undulating in places, but not strenuous	
61	Bugbrooke & Nether Heyford Circular: No need to 'flour' this one	525	85	2.5 hours	Along canal paths & across fields	
62	Middleton & East Carlton Circular: 'Steel yourself' ...	4	64	1.5 hours	Mainly off road. A couple of steep climbs, especially at the start, as this is the wonderful Welland Valley, but nothing too taxing	
63	Warkton & Weekley Circular: Ise spies a tea shop	3	482	1 hour	Mainly off road & flat easy walking	
64	Winwick Circular: Views to die for from Honey Hill	7	1127	3 hours	Pretty much all off road & flat apart from one stretch up Honey Hill. It's well worth the climb though as we'll see...	
65	Wansford Circular: Watermeadows & Dick Whittington	6	965	2.5 hours	A mixture of meadow paths & hard surfaces. Pretty much all flat though so easy walking	
66	Polebrook Circular: "Frankly my dear...I don't give a damn"	25	4	1.5 hour	A mixture of roads & fields – nothing muddy though	
67	Brackley Town Centre: Elvis is alive & well	2	322	30 mins	Easy & all on hard footpaths	
68	Greens Norton Circular: Catherine Parr lived here?	15	241	30 mins	A mixture of road & field walking so it could get a bit muddy at times. It's flat, easy terrain though	
69	Hellidon Circular: The 'Peaks' of our stunning County...	375	604	2 hours	Mainly off road. It's a hilly walk & some paths are across fields so they could get muddy	
70	Finedon Circular: Ghostly trains & feeling of being watched	4	644	2.5 hours	Mainly across well marked paths & all pretty much flat	
71	Great Doddington Circular: Pubs & birds	3	483	2 hours	On road at the start in Great Doddington, but then all across fields & gravel paths	

72	Earls Barton Circular: Tea & Kinky Boots Vicar?	4	644	2 hours	A combination of field paths & hard surfaces. The climb into Earls Barton is steady, not strenuous, is currently very wet by the quarry workings	
73	Wicken Circular: Solitude & a rather damp climate	45	724	2 hours	Virtually all off road & therefore it's likely to get muddy in places in wet weather	
74	Easton on the Hill Circular: Got your passport ready?	4	644	2 hours	A combination of road & field path walking which could get muddy in wet conditions	
75	Kettering's Industrial Trail...plus a couple of other bits	2	322	2 hours	Easy, all on hard paths	
76	Daventry Town Centre: "Daventry calling"	1	161	30 mins	Easy, all on hard path	
77	Middleton Cheney Circular: No Bull	1	161	1 hour	Easy & flat, all on hard paths/roads	
78	Crick Village Walk: Everybody knew everybody	2	322	1 hour	All on hard village paths apart from one small stretch on meadow land	
79	Rushden Town Centre: Not feeling 'blue'	15	241	1 hour	Easy – all on flat hard town paths so suitable for all weathers	
80	Wollaston Village Walk: "Who are you..."	2	322	1 hour	Easy & all on hard paths so an ideal village walk for all seasons	
81	Northampton's Shoe Quarter	> 1	08	30 mins	Easy – all on hard footpaths & flat	
82	Rothersthorpe Circular: Bull or No Bull	37	595	2 hours	A mixture of hard surface, tow paths & fields, some of which can be muddy. There are a few hills, but nothing strenuous	
83	Braunston Circular: Canals & Floating breakfasts	25	402	2 hours	A mixture of hard surface, tow paths & one field. The tow paths can be slightly muddy. It's mainly flat so easy walking	
84	Geddington Circular: In the Willows...	3	483	1 hour	A mix of on road, bridleways & fields. Mainly flat & can be muddy in wet periods	
85	Rockingham Village: Up the hill & back down again	> 1	08	30 mins	All on hard paths	
86	East Haddon Circular: Get away from it all	55	885	2–2.5 hours	Mostly across field so may be muddy. There are also quite a few inclines so good for the cardio	
87	The Harlestons Circular: Inspiring Jane Austen	45	724	2.5 hours	A mixture of hard & woodland paths, all of which are well draining so it's good for all seasons	
88	Syresham Village Walk: Know your heritage	1	161	1 hour	Easy & all on hard paths	
89	Burton Latimer Circular: Have you had your daily wheat?	4	644	1.5 hours	A mixture of hard & field paths which may become muddy at times. Some small inclines	
90	Weedon Bec Village Walk: Did Napoleon leave a bomb?	3	483	1.5 hours	Mainly on hard surfaces apart from the stretch along 'Puddlebank' which can be slightly muddy & slippery in wet conditions	
91	Helmdon Village Walk: Lovely village, lovely people	33	54	1 hour	Easy & all on hard paths	
92	Middleton Village Walk: On yer bike!	1	161	1 hour	Flat & all on road	
93	Cottingham Village Walk: Possibly the oldest inn in England	15	24	1 hour	All on main paths. Cottingham's quite a hilly little village, but not too strenuous	
94	Kinewell Lake Circular Walk: Kinda a kindly stroll	35	563	2 hours	Mostly off road & can be quite muddy after rain. Only one slight hill so nothing too strenuous	
95	Upton Circular: Guided by the 'Light'	54	86	1.5 hours	A mixture of hard paths & grass / mud!	
96	Brockhall Circular: The CIA are watching you!...	355	571	1 hour	An easy walk suitable for when the field paths are muddy. Most of the walk is on single track roads with a short stretch along a canal path	
97	Northampton Washlands Circular	34	545	1 hour	A mixture of hard surfaces & field paths which may be muddy in wet weather. There's a small hill, but nothing too strenuous	
98	Kings Cliffe & Blatherwyke Circular: Red Kites & bizarre statues	75	121	3.5 hours	Pretty much all off road along forest tracks & fields. There's no major hills, but the ground can become boggy in wet weather, quite a few stiles, some of which aren't stable	
99	Collingtree & Milton Malser Circular: Max's Morning Walk	39	625	2 hours	A mixture of hard & field paths so may be muddy at times. Flat & easy	
100	The Nene Way Long Distance Footpath					
101	Brigstock & Fermyn Woods Circular	6	966	2.5 hours	A mixture of hard surface, grassy fields & woodland tracks. It's possibly muddy in places during the winter. There is the odd stile	
102	Yelvertoft & Crick Circular: Well...more a figure of 8	59	94	2 hours	Fairly flat & on good surfaces including well-draining canal paths so can be done at all times of the year	
103	Harrington Circular: Time for a Gin anyone?	55	885	2 hours	Mainly off road. There are a few hills and it can get muddy in winter	
104	Maidwell Circular: A short afternoon stroll	25	4	1 hour	A flat easy walk, initially along the Brampton Valley Way & then on field tracks so may become muddy in wet weather	
105	Greatworth Circular: A great little stroll	34	553	1.25 hours	A mixture of hard surface & field walking. There are also a few inclines & several stiles.	
106	Welton Circular: Up the Junction	49	785	1.5 hours	A mixture of hard surfaces, field edges & canal paths	
107	Delapre Abbey Inner Grounds	12	187	1 hour	Easy, flat & usually dry, although the circuit around the lake can get muddy after heavy rain	
108	Naseby Village & Battlefield Walk	475	765	2 hours	All on hard paths & lanes & care is required. There are some hills, but nothing strenuous	
109	Hollowell Circular	5	805	2 hours	Initially on hard paths & country lanes, but then on grass. It's slightly undulating	
110	Gayton Circular: A classic Shire stroll around Four Churches	98	158	3.5 hours	A real mix of on road, field paths & some overgrown bits. It's quite hilly in places, especially at the end & there are several stiles	
111	Bugbrooke & Stowe Circular: "Nine Churches", Catherine Parr & a Tea Room	801	129	3 hours	Mainly off road across field paths, some of which are undulating, but not strenuous. Some parts may get muddy after heavy rain	
112	Silverstone Circular: A great 'Formula' & an Ancient Wood	73	117	2.5 hours	Flat walking on a mixture of hard surfaces, fields & woodland tracks, that could become very boggy after heavy rain. There are several stiles & some are quite loose so be careful	
113	Rushden Lakes Circular (1)...strolls, ski jumps & sculptures	11	173	20 mins	Flat & all on clear, gravel paths. A couple of gates, but no stiles.	
114	Rushden Lakes Circular (2): Beautiful frosty mornings	42	68	2 hours	Flat & no stiles. The first part of the walk is on hard paths, but the return journey along the river could be quite muddy in places after rain	
115	Whitfield Circular..."Mind that Stile!"	46	74	2 hours	Mainly off road & across open fields & meadows. The paths are fairly well marked, & there are a couple of steady hills	
116	Welford Reservoir Circular – two hidden gems	77	1245	2.5 hours	Fairly easy walking on a mixture of hard tracks, fields & paths	

117	Chipping Warden & Edgcote Circular. Northamptonshire at its best	43	686	1.5 hours	A mixture of field & hard surface walking. Mainly flat, with a few small inclines & a couple of stiles. Pretty easy walking	
118	Lampport Circular Walk: Spot the mushroom!	37	594	1 hour 20	A mixture of field edges, gravel & hard paths. This is an "Up & Down" walk & there's roughly 1/2 mile climb up a steady incline. There are no stiles on this walk	
119	The Lyveden Way...stepping back in history	109	175	4 hours	Mainly off road so it could be muddy in places in the winter. The route is pretty flat & stile free	
120	Collyweston Circular...searching for the lost palace	311	5	1 hour	A mixture of field & hard surfaces. One section, on road, involves a hill up to the village & the final stretch is on a path beside the busy A43. There are no stiles	
121	Blisworth Circular	28	45	1 hour	A mixture of hard pavements, fields & canal paths. Fairly flat easy walking with some gates, but no stiles	
122	Nassington Circular... this one will get you "In the Mood!"	77	124	3 hours	A real mixture of hard roads, fields & bridleways. There's some inclines, but nothing too strenuous	
123	Charlton Circular Walk: A stunning short stroll	35	563	1.5 hours	All off road along field edges or on well-marked tracks. There's one steady incline, but it's nothing strenuous & the views make it all worthwhile	
124	Gretton & Kirby	5	8	2.5 hours	Mainly on rough tracks, fields and pasture	
125	Road & Stoke Bruerne	5	8	2 hours	Hard surfaces and field tracks	
126	Grafton Underwood & Warkton circular	61	976	2.25 hours	Mainly fields, wet in winter, lots of stiles	
127	Piddington circular walk	565	91	2 hours	Mainly fields, easy walk and no stiles	
128	Ecton circular	65	105	2 hours	Village paths, short stretch of road, field and riverside tracks, very muddy in parts after Whiston Lock	
129	Pitsford circular	67	107	2 hours	Hard paths throughout	
130	Yardley Hastings and Castle Ashby circular	56	9	2.5 hours	Quiet roads, field tracks and across fields, several stiles on route	
131	Everdon, Fawsley & Preston Capes	67	1089	3 hours	Across fields, numerous stiles, some cows, some road walking	
132	Cottesbrooke	66	106	3 hours	Field tracks, across fields and quiet road	
133	Rushton & Pipewell	57	92	2.5 hours	No stiles, village paths, field paths and some road walking	
134	Little Harrowden	61	102	2.25 hours	Field edges, across fields, village paths, some stiles	
135	Boughton circular	62	10	3-3.5 hours	Pretty flat on hard surfaces, tracks and field edges, some stiles	
136	Spratton	1	15	30 mins	Easy and all hard paths	
137	Moulton	14	23	30 mins	Easy and all hard paths	
138	Overstone	311	5	90 mins	Village paths, across fields and field tracks	
139	Moulton circular	46	743	90 mins	Fields, meadows, tracks and hard pavements, lots of stiles	
140	Barton Seagrave and Wickstead Park	193	31	60 mins	Apart from the meadow all hard paths	
141	Little Harrowden & Hardwick	55	885	2hr 20	Field paths and bridleways, one stile	
142	Ringstead & Denford	5	8	2 hours	A mixture of good tracks	
143	Bulwick and Deene	55	88	2 hours	Quiet roads, across fields, likely to be very wet in winter, several stiles and footbridges to cross	
144	Cotton End Northampton	275	443	1hr 30	Easy, flat and mainly hard paths	
145	Grafton Regis	62	10	3 hours	Quiet country roads, across fields, canal towpath	
146	Walgrave	72	1159	3 hours	Road walking, village paths, field footpaths and bridleways, very muddy in winter	
147	Little Irchester & Wellingborough	45	724	2.5 hours	Flat, easy and all hard surfaces	
148	Brackmills Country Park (1)	21	336	1 hour	Mostly on hard paths	
149	Brackmills Woods Country Park (2)	6	10	3 hours	Some hard paths, grass and woodland walking, muddy in winter	
150	Something special from Dave coming later					
151	Clipston	665	107	2.75 hours	Quiet roads, villages paths, fields and woodland, a couple of stiles	
152	Quinton, Preston Deanery, Wootton	88	1416	3.5 hours	Hard and field paths	
153	Northampton Riverside meadows	65	105	2.5 hours	Pavements, footpaths, nearly all of it paved	
154	Holcot and Pitsford	553	89	2.5 hours	Village paths, field paths, reservoir path	
155	Collingtree, Milton Malsor and Courteenhall	102	164	4 hours	Hard and field paths, mostly flat and easy	
156	Chelveston	308	495	1.5 hours	Grassy tracks and field edges, no stiles	
157	Hulcote circular	63	101	25	Easy flat walking, several stiles	
158	Stanwick circular	31	49	1 hour	Village paths, hard tracks and muddy footpaths, no stiles or livestock	
159	Wilby	35	56	1.25 hours	Village paths, field edges/fields	
160	Quinton, Piddington, Horton, Hackleton	79	127	3.5 hours	Hard/field paths, maybe muddy	
161	Road & Cosgrove circular	16	256	6.5 hours	Mostly flat, a few stiles, some road, canal paths and fields	
162	Lowick circular	631	101	2 hours 20	Easy walk on quiet country lanes, bridleways and fields, no stiles	
163	Adstone and Woodend	6	10	2.5 hours	Mainly off road across farmland and wooded tracks, many stiles	
164	Brixworth and Pitsford	55	9	2 hours	Mostly paths, well drained tracks and roads, some stiles	
165	Harpole, Harlestone, Nobottle	58	933	1hr 45	Quiet country lanes, farm tracks, some good climbs	
166	Eydon circular	51	82	2.25 hours	Small lanes, fields & rough tracks. Some large stiles & livestock	
167	Brixworth Village Walk	212	341	Flexible	All hard surfaces & wheelchair friendly	

168	Bozeat & Strixton circular	63	102	2.5 hours	Mainly off road, muddy in winter, some stiles not suitable for large dogs	
169	Brixworth & Holcot circular	11	18	4 hours	Paths, well-drained tracks, roads & fields. Could be muddy, some stiles	
170	Tiffeld, Shutlanger, Alderton, Heathencote, Towcester & Caldecote circular	125	201	5 hours	Easy flat field path walking Lots & lots of stiles	
171	Alderton, Grafton Regis, Pury End & Paulerspury Circular	114	1835	4.5 hours	Easy, but tirin & very flat. Would be wet in winter	
172	Wollaston Saxbys Cider Circular	475	764	2 hours	Easy, flat walking on a mix of surfaces	
173	Delapre Abbey Signposted Walk	187	3	1 hour	Flat & easy	
174	Sulgrave & Culworth Circular	5	805	2 hours	Easy & a mix of surfaces. Several stiles so not suitable for large dogs	
175	Thorpe Mandevile & Thenford Circular	75	121	3.5 hours	Mainly across field paths. There are some hills, but nothing too difficult	
176	Middleton Cheney, Chacombe, Overthorpe & Warkworth Circular	65	105	2.5 hours	Some hills & stiles, but nothing too difficult. There may be a bull on this walk	
177	Cottingham, East Carlton, Wilbarston & Stoke Albany Circular	9	145	3.5 hours	Some hills	
178	The Parks & Woodlands of Corby	5	805	2 hours	Very flat, easy walking on good surfaces	
179	Great Oakley, Newton, Geddington Circular	85	137	3.25 hours	Flat easy walking across a number of surfaces	
180	Stanion, Geddington Chase & Brigstock Circular	85	137	3.5 hours	Flat & on a variety of surfaces. May be muddy in winter	
181	Daventry Country Park	232	374	1 hour	Easy flat walking, accessible for all on hard surfaces	
182	Barnwell	4	644	1.75 hours	Flat easy walking on a mixture of surfaces	
183	Hinton in the Hedges	4	644	1.75 hours	Mostly flat on a variety of surfaces & no stiles. Some quiet road walking	
184	Croughton	54	869	2 hours	Flat with some quiet road walking. Can be muddy in winter	
185	Stanwick Lakes: Hidden Gems Sculpture Trail	1	163	30 mins	Flat & all on hard surfaces. Ideal for the whole family & plenty of things for kids to spot	
186	Stanwick Lakes: Nature Ramble Trail	245	399	1 hour 20	Flat, easy walking on hard surfaces. Plenty to spot. No stiles	
187	Helmdon & Astwell	4	644	1.5 hours	A mixture of surface & some hills. Some large stiles	
188	Hunsbury Pocket Parks	516	83	2 hours	Flat easy paths. May get muddy in places in winter	
189	Everdon Stubbs	-	-	-	Up to you just to wander	
190	West Haddon	4	644	1.5 hours	A hilly walk on a mixture of surfaces. No stiles, good for dogs, but may be livestock present	
191	Lutton & Folksworth	75	1207	3.5 hours	A variety of surfaces. There are hills, some of which are quite steep. No stiles so suitable for dogs	
192	Long Buckby Duck Pond Walk	36	58	1 hour 45 mins	Flat & on a variety of hard village paths & field tracks. There are stiles	
193	The Binty Bint Graffiti Walk	526	85	Up to 3 hours	All hard surface apart from around the reservoir. Busy paths so dogs on leads at most times	
194	Creaton: "The one with the Wild Flower Field"	4	644	1 hour 45 mins	Mixture of surfaces & some hills. There are stiles	
195	Cransley & Loddington Circular	52	84	2 hours 15 mins	A mix of village & field paths. Slightly hilly at times. There are no stiles	
196	Greens Norton, Bradden & Blakesley	85	1367	4 hours	Fairly flat. Lots of stiles & livestock so not really dog friendly	
197	Barby	41	66	2 hours	Mixture of surfaces incl. some road walking. Some stiles & hills	
198	Brafield on the Green	54	87	2.25 hours	Mixture of surfaces. Some small hills & stiles	
199	Foxfield Country Park	159	256	45 minutes	Flat, all weather surface so excellent for accessibility	
200	TBC					
201	Hardingstone Pocket Park	183	29	1 hour	All weather surface, excellent for accessibility. Hilly in places	
202	Paulerspury & Pury End	48	772	1 hour 45 mins	Mixture of surfaces, some stiles & hills	
203	Sutton Bassett & Ashley	6	965	2 hours 30	Mixture of surfaces & hills. No stiles so good for dogs	
204	Draughton	425	664	1 hour 30 mins	Mainly off road, may be muddy in places, hilly & two stiles	
205	Crick Deer Park	35	563	1 hour 30 mins	Mainly on tracks & across grassy fields. Lots of stiles	
206	Stoke Bruerne & Blisworth - missing out that awful road	65	105	2 hours 45 mins	Fairly flat, mostly across field tracks & may be muddy	
207	Dodford & Borough Hill	825	133	3 hours 45 mins	Mixture of surfaces, hilly in places. Good for dogs	
208	Watford Village & Pulpit Bridge	61	98	2.5 hours	Slightly hilly in places. A few stiles & good for dogs off lead	
209	Glaphorn & the Cow Pastures	575	925	2.5 hours	Flat easy walking. A short stretch of road where care is required	
210	Stanford on Avon & the Hemplow Hills	7	113	3 hours	Mixture of field & some road walking. May be wet in winter. Two big hills	
211	Newnham & The Nuttery Circular	53	85	2.5 hours	Quite hilly, lots of stiles & sheep so not suitable for large dogs. Mainly grassland walking	
212	Maidford & Canons Ashby Circular	9	155	3.75 hours	Fairly flat across arable & pasture fields. Several stiles & some quiet road walking so may not be suitable for dogs	
213	Glendon: Prologis Park Walk	2	322	1 hour	Flat & easy with a café. Great for all ages on hard surfaces	
214	Syresham Circular Walk	685	11	3 hours	Lots of different surfaces. Lots of stile so maybe not the best for dogs	

215	Norton Circular	46	74	2 hours	Quiet lane, field edges, & canal paths. Slightly hilly, no stiles	
216	A stroll around Burton Latimer	39	63	1.25 hours	Fairly flat, a mixture of surfaces, might be muddy in winter. No stiles	
217	Litchborough Circular: The birthplace of Radar	55	885	2 hours	A mixture of surfaces, hilly & several stiles	
218	The Ancient Oaks of Salcey Forest	8	129	4 hours	All on hard surfaces. No stiles & great for dogs off leads	
219	A Knights Tale	71	114	3 hours	All on hard surfaces, flat easy walking. Dogs on lead a lot of the time	
220	Woodford Halse Circular	745	1199	3.25 hours	On a variety of surfaces & slightly hilly. Lots of stiles	
221	Yelvertoft & Clay Coton Circular	745	1199	3.35 hours	Fairly flat walking on canal paths & across fields	
222	Great Houghton Circular - the one with the 'Big Stile'	675	109	2.5 hours	Mainly field walking with lots of stiles that dogs will need lifting over	
223	Staverton Circular passing our highest Hill	71	114	3.20 hours	All off road. Hilly & lots of stiles so nor dog friendly	
224	A Linear Culpture Walk between 3 cafes in Northampton	15	24	1 hour	Flat & almost all on hard surfaces	
225	Harrington Airfield...Carpetbaggers & Nuclear Missiles	43	692	2 hours	Fairly flat. A mixture of field edges, runways & small roads – very diverse! There are a few stiles to cross	
226	Borough Hill Circular...so much history in 2 miles	205	33	1 hour	Flat & all on grass paths. There are no stiles. Dogs are welcome & allowed off-lead, however be aware that cattle sometimes graze here	
227	Long Buckby Circular Walk	4	643	2 hours	Mainly across fields & using bridleways which are very muddy at certain times of the year, but the route includes other tracks & alleyways. There are 3 stiles.	
228	Thornby Circular including the World Peace Café & Hills	925	149	4.15 hours	A mixture of surfaces, quiet lanes & some steep hills, including the wonderful Honey Hill towards the end	
229	Staverton & Braunston Circular	93	1497	4.15 hours	A mixture of surfaces, quiet lanes & some steep hills, including the wonderful Honey Hill towards the end	
230	Hartwell & Hanslope Circular & Village Walk	95	153	3.5 hours	Some hills & a few stiles	
231	Charlton, Kings Sutton & Aynho Circular + Village Walks	8	129	3.5 hours	Between the villages the paths are mainly across fields. There are a few steep hills plus a couple of stiles & numerous gates	
232	Hunsbury Hill Country Park 'Shady Walk' (incl the Iron Age Fort)	117	188	No limit	Mainly a woodland track walk. Easy & no stiles. Great for dogs	
233	Hunsbury Hill Country Park...Open Spaces Route	137	22	No limit	A mixture of easy woodland & grassy tracks. Great for dogs	
234	Bugbrooke Circular...in the footsteps of The Jesus Army	8	129	3.5 hours	Mainly off road & some steep hills	
235	Weldon...the 10 Bridges Walk	36	579	2 hours	Mainly on hard surfaces	
236	Barrowden & Wakerley Great Wood Circular	715	1115	3.5 hours	Some steep hills	
237	Woodnewton & Apethorpe Circular: Coco the Clown	85	137	4 hours	A mixture of surfaces & no stiles	
238	Deenethorpe...another World War II story to tell	58	94	2.5 hours	Fairly flat. Some quiet road walking & no stiles	
239	Northampton Cabinet Art Trail	4	644	No limit	All on town paths	