

Windsor Castle bathed in the glow of late afternoon sun

Healthy Lifestyles

By looking at the chart below you can work out how many calories per mile you can burn!

	Weight in Kilograms						
	45	54	63	72	81	90	100
2.0 mph	65	80	93	105	120	133	145
2.5 mph	62	74	88	100	112	124	138
3.0 mph	60	72	83	95	108	120	132
3.5 mph	59	71	83	93	107	119	130
4.0 mph	59	70	81	94	105	118	129
4.5 mph	69	82	97	110	122	138	151
5.0 mph	77	92	108	123	138	154	169
6.0 mph	86	99	114	130	147	167	190
7.0 mph	96	111	128	146	165	187	212
Speed	Calories burned per mile						

Source: www.aboutwalking.com

Contact Details

To find out more about the benefits of a healthy lifestyle and to book your introductory workout please contact one of the Royal Borough of Windsor and Maidenhead BodyZone Gyms.

Magnet Leisure Centre	01628 777003
Windsor Leisure Centre	01753 842194
Charters Leisure Centre	01344 628686
Braywick Performance	01628 633200

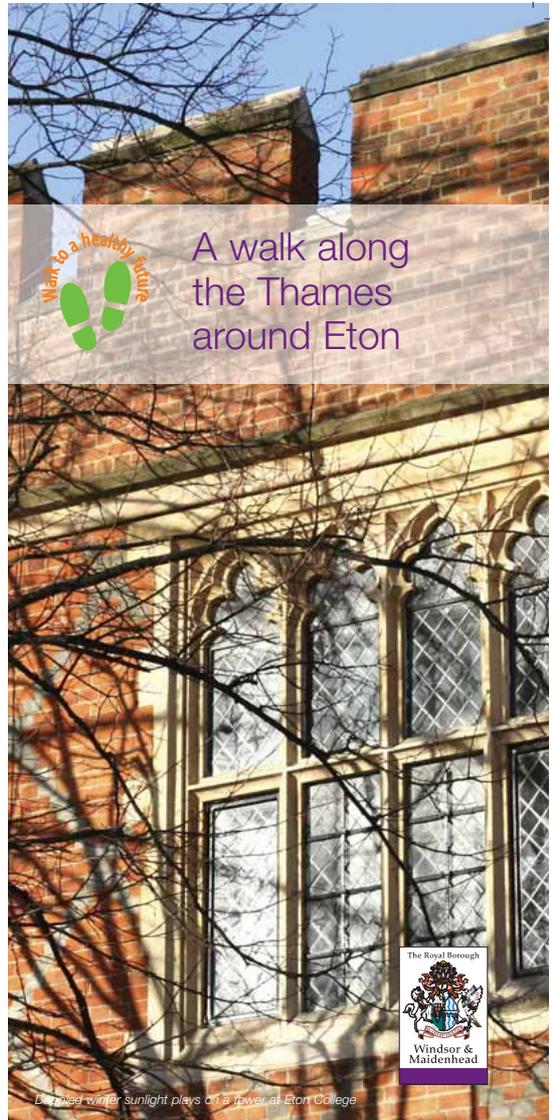
Or visit the website at www.rbwm.gov.uk

For further information on public rights of way in the Borough, please visit www.rbwm.gov.uk/web/prow_index.htm or contact the Rights of Way Team on 01628 683800. You can also visit www.maidenhead.co/walks for more ideas.

For further information on the Trail please contact The National Trails Office, Environment and Economy, Holton, Oxford OX33 1QQ. Telephone: 01865 810224 www.nationaltrail.co.uk

Please take care not to disturb wildlife living around your chosen walk and take your litter home with you. Dogs should be under control and their waste collected for disposal in the bins provided.

Original leaflet designed and researched by Windsor and Maidenhead Urban Wildlife Group.



A walk along the Thames around Eton

Dappled winter sunlight plays off a tower at Eton College



St. Andrews Church in Clewer village

Perhaps you have time for refreshments at the pub before turning right at the T junction and following the road round to the left. Before the road passes over the 'Common Ditch' cross over the stile on the right and then keep close to the stream while looking out for wildflowers along the bank, depending on the season.

Follow the path through the pasture, there are some interesting old farm buildings on the right. Pass under the arch brick viaduct also designed by Brunel.

At the end of the field, in the right hand corner, there is a gate which leads out into a small road. Turn right, passing the College buildings with the dome of the College Library straight ahead. Turn right again into Eton High Street which will return you to the starting point of your walk at Windsor Bridge.

Despite the well used paths through the wood it still has a wide variety of birds, butterflies and plants. Bats have been seen around the edge of the wood and over the river.

Continue under the Elizabeth II Road Bridge which was built in 1960 to carry the relief road from Slough and the M4 to the west of Windsor. Very shortly after the bridge the path turns sharply across a large meadow while the river flows in a dog-leg which has been known by generations of carmen as Upper and Lower Hope. At the start of the meadow, look back to see the spire of St. Andrew's Church in Clewer Village. The path and river come together at the Chinese Bridge, so called because of its wooden structure, (rebuilt in 1944). Under the bridge the backwater flows into Cuckoo Weir where the Swan Lifetime Headquarters and Treatment Centre, committed to the rescue and care of sick and injured mute swans, is situated. Cuckoo Weir was originally the site of a mill owned by Burnham Abbey until the dissolution of the monasteries.

Further down the backwater there are the remains of 'The Sandy', a bathing place that was closed shortly after World War II when there was an outbreak of infantile paralysis (Polio). Leaving the Chinese Bridge carry on along the path beside the river with a view of the Windsor Race Course buildings on the opposite bank. Next look for a seat at the back of which is a plaque marking the bathing places known as 'Athens', once used by the Eton College boys who were not in the habit of wearing bathing costumes.

Towards the end of the reach there is a small concrete bridge, turn right immediately before the bridge and continue past the recreation ground up to the bungalows, where you turn right along the bridle path for 30 metres then left onto a narrow path towards the main road. At the Eton/Dorrey road cross diagonally right and go down 'The Walk'.



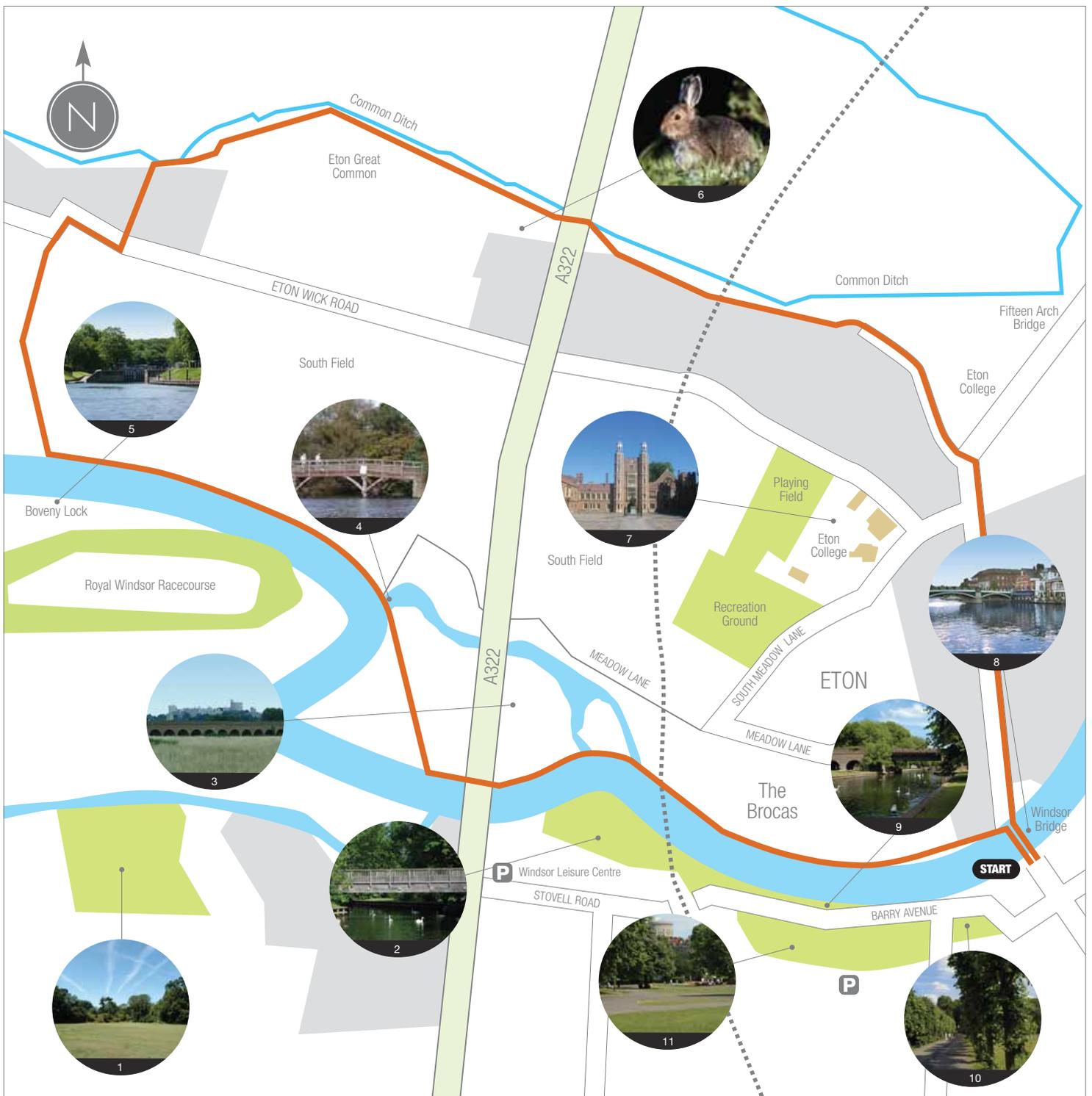
A walk along the Thames around Eton
This walk is approximately 3.5 miles. Parking is available in any of Windsor's main car parks. Start at Windsor Bridge and cross the River Thames walking towards Eton. Take the first turning left and pass between the Waterman's Arms public house and Eton College Boat House on to The Brocas. The Brocas is a wide open meadow named after a local family. It was later acquired by Eton College in the 15th Century. Local farmers can still exercise their Lannas Rights by grazing their cattle here in August. Follow the path which runs alongside the Thames, but pause to look back at the splendid view of Windsor Castle which is the largest inhabited castle in Europe.

The Railway Bridge and Viaduct carry the branch line of the former Great Western Railway from Slough to Windsor. It was opened in 1848, making a wide detour around Eton as the College authorities feared the boys would be led into temptation by the presence of the railway. The bridge itself is a fine example of a single iron span of 51m (167ft), engineered by Isambard Kingdom Brunel to avoid the need for piers in the river which would interfere with navigation.

Continue under the Railway Bridge alongside the river, crossing two small bridges over the backwaters.

View of the serene promenade at Windsor





Legend

-  Walk 1
-  Roads
-  Built up area
-  Car Park

Picture Key

- 1 Clewer Park
- 2 Bath Islands
- 3 Eton Arches
- 4 Chinese Bridge
- 5 Boveney Lock
- 6 Wildlife
- 7 Eton College
- 8 Windsor Bridge
- 9 The Promenade
- 10 The Goswells
- 11 Alexandra Gardens

