Finding your way

The minimum recommended level of physical activity for adults is 30 minutes of moderate activity 5 days or more times a week. For more information on local walking schemes visit www.whi.org.uk Why not make walking an enjoyable active hobby combining exercise and exploring the countryside.

Following the Countryside Code

Remember that the countryside is a living working place and the improvements made to these routes could not be made without the support of the landowners, so please follow the Countryside Code:  
- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them  
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

If you wish to report a problem or fault please contact Street Doctor Tel: 0845 601 11 13* (charged at local rate)  
Email: streetdoctor@northamptonshire.gov.uk or go to our website.

The Navigation Inn  
The Navigation Inn is a good starting point for a walk along the canal towpath into Cosgrove, passing the Ornamental Bridge. Cycle parking is provided.

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