Start at the Church in Rothersthorpe, follow the tow path heading south to the canal. On reaching the canal, turn east and follow the towpath to the Gayton Marina. Enter the village on the footpath west taking you back to Rothersthorpe.

Plan ahead – it may be easier to cycle or catch a bus to the start of your walk than to drive. Consider car sharing if you can. Fewer cars means fewer queues. If you need to drive please consider the needs of cyclists, pedestrians and local access by parking considerately in the villages.

Grass-rack pondweed and Long-stalked pondweed are present in small numbers. It is a good indicator of good water quality. Two rare varieties of damselfly and dragonfly are recorded. The White-legged damselfly is an important species and is vulnerable to levels of pollution. Three large hawker dragonflies breed here, the largest being the Common Hawker. They are voracious predators, eating small fish and other larvae.

The native white clawed crayfish has been found here although there are also Signal crayfish which are more aggressive and are a threat to our native crayfish. Fish in the canal include bream, eel, pike, perch, roach and tench. Birds that can be seen and nest in the reedbeds in the spring and summer are the White-headed and Cetti’s warbler, both highly territorial species. Black-headed gulls, sky-larks, linnet and dunnock are also common.

The Berry Ringwork, Rothersthorpe

Ringworks are medieval enclosures that contained buildings which were entirely or partly occupied from late 12th century. They were surrounded by a substantial ditch and bank that contained buildings. Remains of ridge and furrow indicate the location of former buildings. Remains of ridge and furrow on bridges past the locks until you reach Church Street and turn left and return to the Church.

Approx 3.7 miles. 1 Hour 15 mins. Terrain - Easy.

The Midshires Way starts from Pulpit Hill, near Little Kimble in Buckinghamshire and runs to Stockport for 230 miles, passing through Leicestershire, Northamptonshire, Warwickshire, Staffordshire and Cheshire. It was later connected with another canal from Birmingham towards the River Thames with the Grand Junction first opened in 1805 and linked the River Thames with the LGBC

The Midshires Way

The Grand Union Canal & Grand Union Canal Walks

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The medieval village of Rothersthorpe has at its heart The Berry Ringwork and it lies within a stone’s throw of the Grand Union Canal. This picturesque walk leads you through the historical village and along the tranquil canal with its multitude of flora and fauna including some rare plants, dragonflies and waterfowl.