These routes will be subject to change during the London 2012 Olympic and Paralympic Games. Some routes may not be accessible from June to September 2012.

For more walks and to track your progress visit www.walk4life.info
Hadleigh
During the medieval period Hadleigh lay at the centre of an important royal estate. West Wood and Great Wood are remnants of the woodland of that time. In 1891 General William Booth of the Salvation Army bought Hadleigh Farm to provide a training centre for the ‘poor and destitute’ of London and other large cities. Today’s landscape has the relics of this activity which included brickworks, orchards, a piggery, dairy and poultry farm. The Farm, which will host the 2012 Games Mountain Bike competition, is still owned by the Salvation Army.

West Wood
The northern part of the wood is mainly Oak, Hornbeam and Sweet Chestnut whilst the southern part has masses of Wild Service Tree. It is home to many woodland birds including Blue Tits, Great Tits, Blackcaps and Woodpeckers. From the edges of the wood you may see Sparrowhawks and other birds of prey. In spring the Bluebells make a lovely sight and the first butterflies - Brimstone, Peacocks, Whites and Commas, with a distinctive comma shaped marked on the underside of their wing, can be seen.

Great Wood
Great Wood is mainly Hornbeam and Sweet Chestnut Coppice with Oak Standards and is good for butterflies, including the rare Heath Fritillary which was reintroduced to the site ten years ago. The wood is also home to a healthy population of Dormice.

Belton Hills
The hills provide a mosaic of grassland and scrub, with several rare plants including the Deptford Pink and several Vetches.

Hadleigh Castle
Hadleigh Castle orginates from 1215. Most of what you can see today is the work of Edward III from the 1360s. The grassland round the castle supports a range of rare plants and insects. Look out for Milk Thistle with its distinctive white-veined leaves.

Hadleigh Marsh
The historic grazing marshes below the mountain biking course provide rich habitats for plants and animals able to tolerate the salty environment. In winter, internationally important numbers of birds such as Dunlin, Redshank and Red Plover feed here. Rare plants such as the Hairy Buttercup thrive here, as do Dragonflies and other insects.

Accessibility Information
Both Walk4Life Miles are barrier free with firm, relatively flat surfaces.

West Wood and Great Wood walks have some uneven surfaces including woodland paths.

Castle Walk and Hadleigh Marsh walk have stiles and gates. Both walks have slopes and some uneven surfaces including grass.

About this map
The Olympic and Paralympic Games offer an opportunity to inspire everyone across the UK to do something different, including the way we travel.

The London 2012 Active Travel programme aims to build on the opportunities offered by the Games to encourage more walking and cycling in the lead-up to, during and after the Games. It is a UK wide programme jointly delivered by Transport for London, the Olympic Delivery Authority (ODA) and the London Organising Committee of the Olympic and Paralympic Games (LOCOG).

This map is one of a series of 12 that have been delivered as part of the London 2012 Active Travel programme. They carry the London 2012 Inspire mark; a mark of excellence awarded to projects that encourage participation in opportunities inspired by the Games.

The maps have been specially designed to encourage short local walks around the venues that will be used to host the London 2012 Games. Getting around by foot or bike is a great way to incorporate physical activity into busy lives and we hope these maps may inspire you to explore on foot, helping London 2012 meet its aim of delivering a truly sustainable Games.

Photos: Natural England/Peter Wakely and Essex County Council