



Bridge Gardens

### 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](http://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

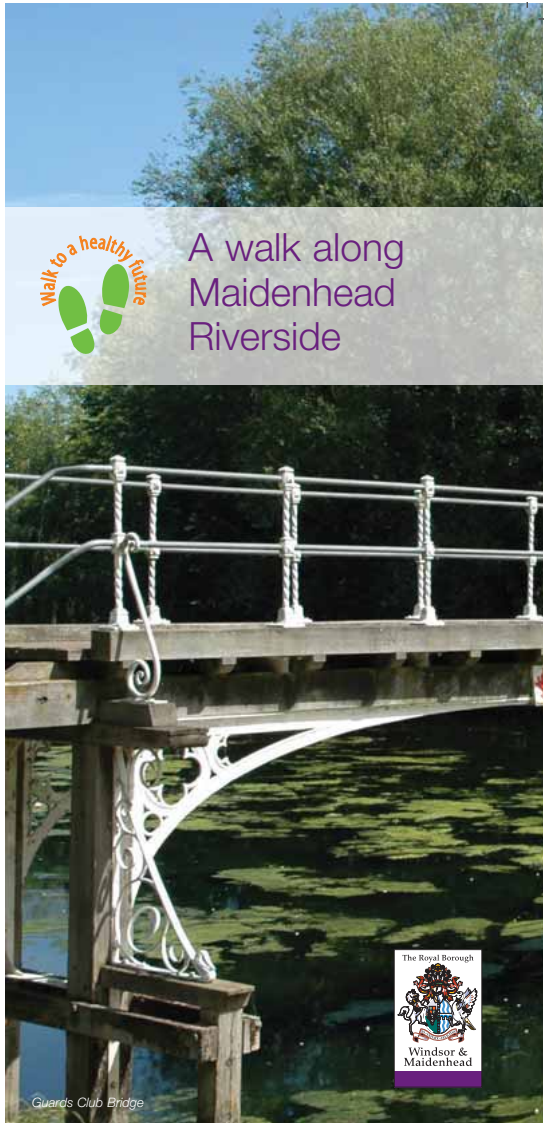
Or visit the website at [www.rbwm.gov.uk](http://www.rbwm.gov.uk)

For further information on public rights of way in the Borough, please visit [www.rbwm.gov.uk/web/prow\\_index.htm](http://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](http://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](http://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 Maidenhead Heritage Trust.



Guards Club Bridge



## A walk along Maidenhead Riverside



Verdant beauty at Ray Mill Island

An information board shows a map and details about the island. Near the new toilet and refreshment block can be seen remains of overheated bricks from local kilns. Next comes a picnic area, at which point you begin to hear the roar of the weir. The weir is now in front of you with an information board nearby. Before the lock was built, there was a "flashlock" here where barges had to be hauled up through a gap in the weir, or shoot downstream. Both were dangerous operations and barges often sank.

Return from the island, over the bridge and take a look at Boulter's Lock. The first "pound" lock with gates on the upper Thames was built on the Taplow side of the river in 1772. It was replaced by one on this site in 1825. There is a stone commemorating the opening of the present lock in 1912 by Lord Desborough, an Olympic sportsman who was Mayor, and later the High Steward of Maidenhead.

Beyond the Lock, on the left is Boulter's Lock car park which could be an alternative starting point. You can now return along the river side, cross the road or use the footpath under Maidenhead Bridge and return to Guards Club Park.

At a short distance you will see the view of Boulter's Lock which has the largest and flattest brickwork spans ever built. If you stand under the bridge and clap your hands, you will find out why it is called the "Sounding Arch".

Retrace your steps, cross Maidenhead Bridge then turn right. As you re-cross it you can see a disused building, formerly Skindles Hotel, where royalty took strawberry teas on the lawn during its Victorian heyday. Look left to see the recently developed pathway under the bridge linking to the Thames Riviera Hotel. Beyond on the top of the hill are the turrets of Taplow Court where previous residents included the Grenfells.

After a short distance you will see the view of Boulter's Lock made famous by Gregory's painting of the scene there on Ascot Sunday 1895. The iron bridge in the painting was replaced by a stone one in 1912. Cross the bridge, taking care for traffic, towards Boulter's Lock Hotel, previously the home of the miller who steved or "dolled" flour. Notice their interpretation of the Ascot Sunday painting and also a green telephone kiosk by the door. This previously stood at the lock where a red kiosk was thought inappropriate. It is one of the few surviving No. 1 models first introduced in 1926.

Pass the hotel, turn right along a footpath over the sluice gates for Ray Mill and on to Ray Mill Island, where



Before the first World War visitors who thronged Maidenhead Hotel which was built for the river. Walk past the Thames Chandlers Quay, towards the Club Road. Beyond Bridge Gardens at the former boathouses you need to cross the road. After a short distance you are able to cross back over the road to the path running alongside Boulter's Lock. After a short distance you are able to cross the road again to the promenade from which you can watch the river, the boats and the swans. Seen through the gap after the first island, Bridge Eyt, the boatyard and gas holder are reminders of the commercial use of the river. Maidenhead gasworks, opened in 1835, was sited there to receive supplies of coal by barge.

far as you can see towards the town. On the corner of Bridge Gardens is the Ada Lewis Trough, originally situated outside the Riviera Hotel where it provided water for the horses and the cabmen. There was a bridge toll-house here until 1903, when the bridge was freed and the jubilant townspeople threw the gate into the river.



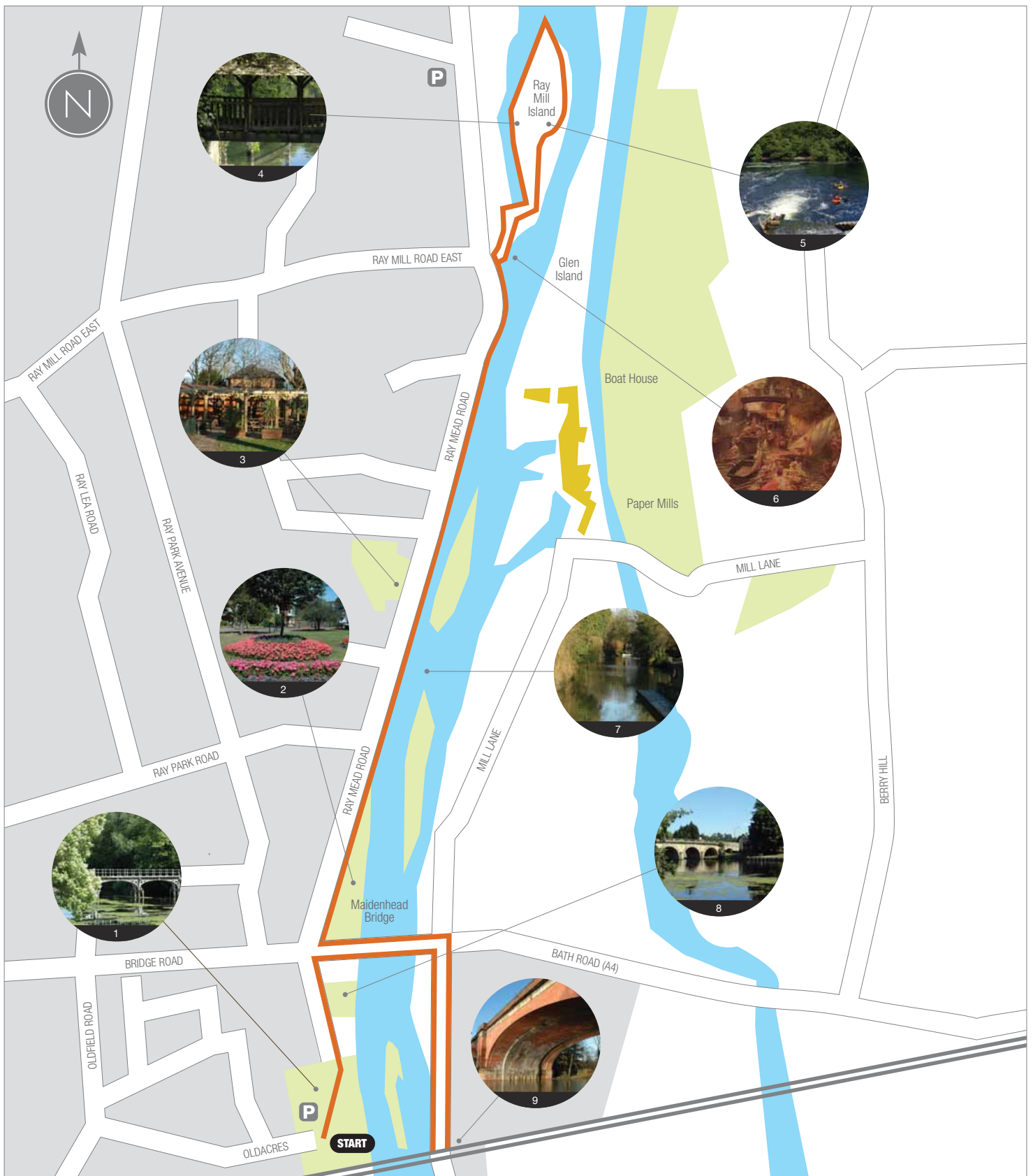
This walk starts at the free public car park at the Guards Club Park (access is from Oldfield Road via Oldacres) following the route of the Thames Path for part of the way. The picturesque bridge here, pictured on the front cover, is open during the summer months – outside the swan breeding period. The Guards Club provided recreation for military officers from the depots at Windsor and Pithbright. Plaques record the creation of the park for the Silver Jubilee in 1977. The turret on top of the shelter came from a boathouse formally on the island. Leave by the park gates into Guards Club Road. Beyond Oldfield House, there is access to the river at the Reftinger Open Space, which is named after the art collector whose collection was kept in the house. Proceed to the Thames Riviera Hotel and turn right over the Maidenhead Bridge and then right again into River Road. Beyond is a terrace of houses with balconies known as "Gaiety Row", used by the lady-friends of the guards who were not allowed to stay at the club opposite.

You now come to Brunel's railway bridge built in 1838 and which has the largest and flattest brickwork spans ever built. If you stand under the bridge and clap your hands, you will find out why it is called the "Sounding Arch".


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**A walk along the Maidenhead Riverside.**  
This walk is approximately 2.75 miles. A beautiful stroll highlighting the historical aspects of Maidenhead river side



**Legend**

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

**Picture Key**

- 1 Bridge seen from Guards Club
- 2 Bridge Gardens
- 3 Jenners Cafe
- 4 Ray Mill Island Old Bridge
- 5 Ray Mill Island Wier
- 6 Bouters Lock (Edward Gregory)
- 7 View down Thames
- 8 Maidenhead Bridge
- 9 Brunel's Sounding Arch

