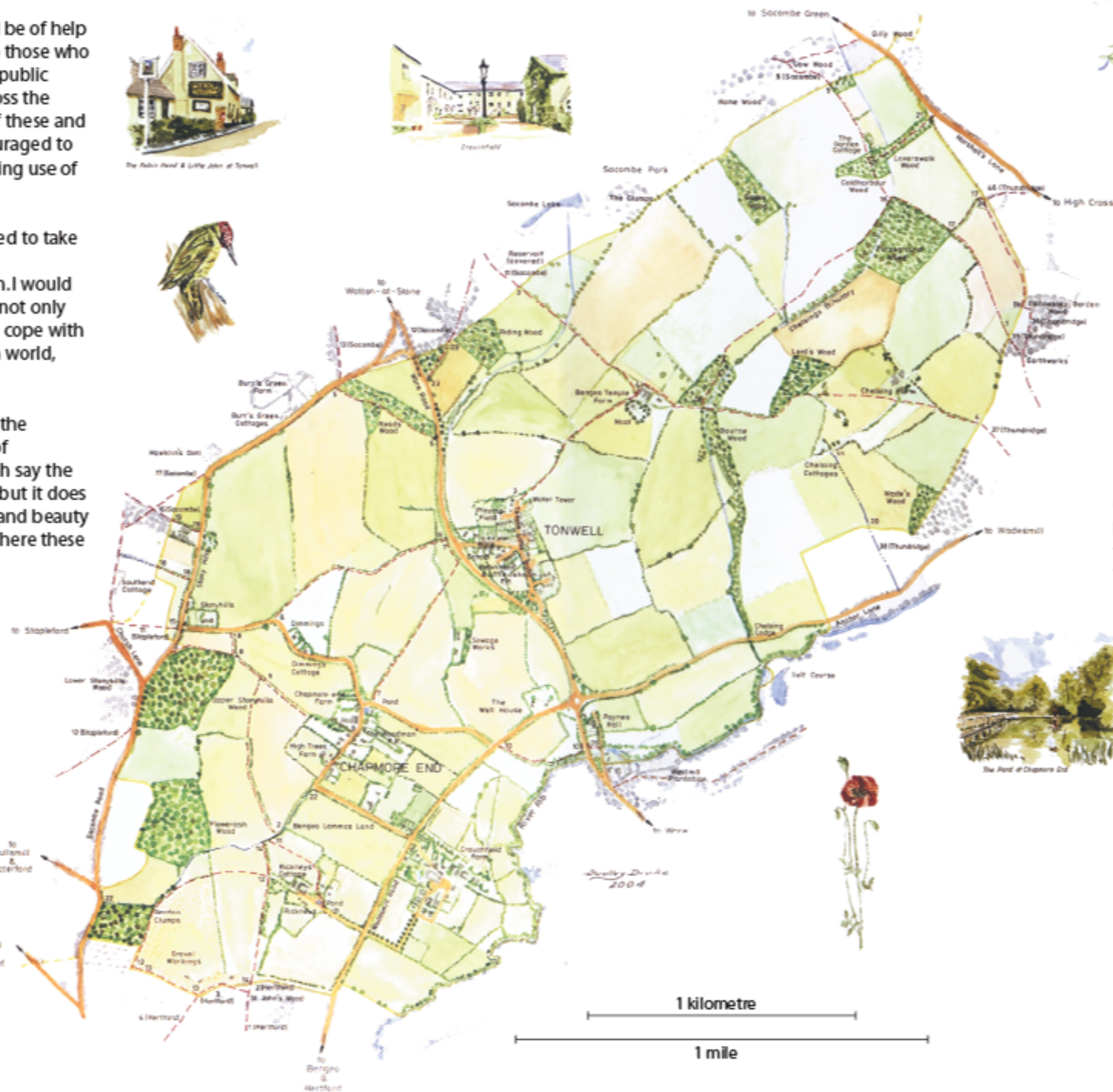


The Parish of Bengoe Rural and its Rights of Way

The purpose of this map is that it should be of help and interest to all who live locally and to those who are visiting the area. It clearly shows the public footpaths and bridleways which criss-cross the parish. Many people already make use of these and it is hoped that many more will be encouraged to explore more of the countryside by making use of our public rights of way.

We are constantly being told that we need to take more exercise. Walking is particularly recommended by the medical profession. I would suggest that walking in the countryside not only keeps one physically fit; it also helps one cope with that scourge of the 21st century western world, namely the mental problem of *stress!*

It would be an exaggeration to describe the countryside in Bengoe Rural as an area of outstanding beauty. It is not on a par with say the North Yorkshire Moors or the Cotswolds but it does contain little pockets of peaceful charm and beauty which are a delight to the eye and ear. Where these are is left for the reader to find!



Copies of this map which includes a brief history of the area are available from Pat Lavis 01920 468166 or The Woodman Pub, Chapmore End.

