The Alban Way is a trail for cyclists and walkers along a former railway line that is an important link in the local sustainable transport network and forms part of the National Cycle Network. It has many access points, most of which are in or close to parks.

The Alban Way has a varied route, suitable for all ages with lighting at the Parliament End and the many access points, most of which are on-street or footpath and provide a route for leisure, commuting and links to schools.

The Alban Way is 41 miles long and can be cycled in 40 minutes. It is a mixture of footpaths, gravel paths and old railway lines. It is a safe link between historic towns and access to many partnerships and facilities. The route is to the north of the Alban Way and can be cycled in 40 minutes.

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St Albans Abbey forms the heart of the historic city of St Albans.

Cross with delight Camp Road Bridge, built in 2003.
Dating back to Saxon times, the village of Hatfield was first known as Hetfelle. Always important because of its strategic position, Hatfield was developed as one of London's new towns.

In 1934, the De Havilland aircraft company set up its factory here, to produce many remarkable planes, including the De Havilland Mosquito. The aircraft industry was a significant part of Hatfield's economy, and the post-war demand for new housing contributed to the town's growth.

The Hatfield to St Albans Branch Line was a major railway route until its closure in 1962. The associated Hatfield Aerodrome ceased operations in the 1960s, and the airfield has since been repurposed for commercial, residential, and leisure facilities, as well as a new campus for the University of Hertfordshire.