

# HERTFORDSHIRE AND BEDFORDSHIRE

Outstanding Circular Walks

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# John Bunyan Country

<b>Start</b>	Priory Country Park, about 1½ miles (2.4km) to the east of Bedford town centre	<b>GPS waypoints</b>
<b>Distance</b>	7½ miles (12.1km)	TL 072 493
<b>Height gain</b>	145 feet (45m)	TL 079 489
<b>Approximate time</b>	3½ hours	TL 084 480
<b>Parking</b>	Priory Country Park	TL 067 471
<b>Ordnance Survey maps</b>	Landranger 153 (Bedford & Huntingdon), Explorer 208 (Bedford & St Neots)	TL 065 475
		TL 050 474
		TL 053 408
		TL 050 495
		TL 062 494

*A short stretch through a modern business park and a 1¼-mile (2km) walk along roads through the built-up area between Elstow and Bedford is more than compensated for by some delightful riverside walking beside the Great Ouse, two attractive villages and much historic and architectural interest. There is a strong John Bunyan theme: he was born in Elstow, wrote The Pilgrim's Progress while in Bedford jail and there are museums and various sites associated with his life in both Elstow and Bedford.*

 Start in front of the visitor centre, walk down to the lake and turn right onto the tarmac path beside it. Go through a gate, cross a drive, go

through another gate and turn left along a track, between a wall on the right and a hedge on the left. At a slight fork, continue straight ahead on a

*The Great Ouse, Bedford*









*St Albans Cathedral*

especially in the fine central tower. Internally, the cathedral is a mixture of the Norman and Gothic styles and is noted for possessing some of the finest surviving early wall paintings in the country. In Victorian times, the poor condition of the building necessitated a major restoration.

 The walk begins in the Market Place. Facing the former town hall (now tourist information centre), walk along the street to the right of it and, at a fork, take the right-hand street (French Row) to a T-junction by the 15th-century clock tower. Cross over, go under the arch straight ahead and follow a paved path to the cathedral. After the path curves left, bear right past the east end of the cathedral to a T-junction and turn right along the south side of the cathedral.

The path bends first left and then right and at a fork, take the left-hand tarmac path which heads gently downhill across grass.

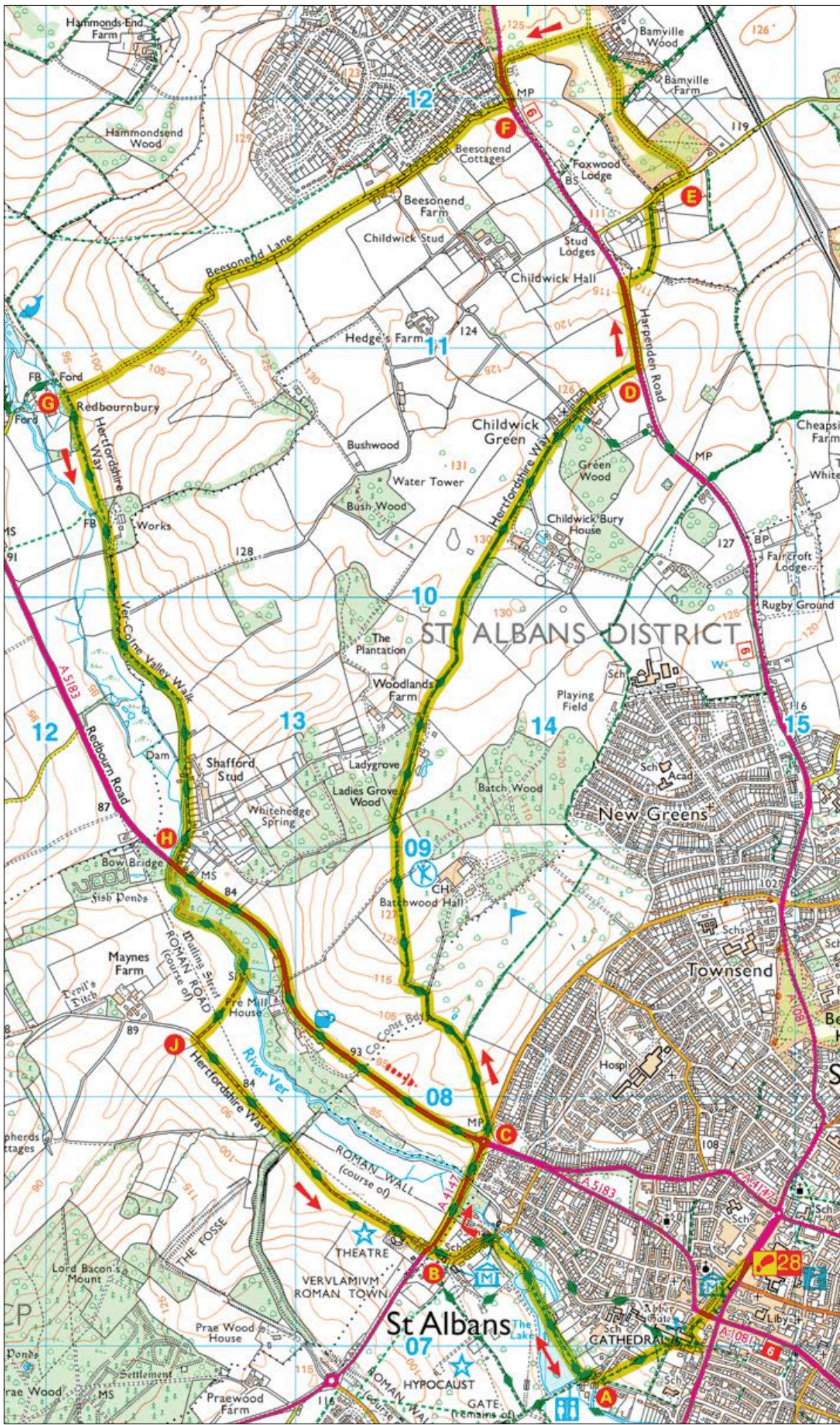
At the bottom, bear right , pass to the left of the **Fighting Cocks** pub, turn left to cross a bridge over the River Ver and turn right to continue along a tarmac path across Verulamium Park, between the lake on the left and the

river on the right. Most of Verulamium, one of the major cities of Roman Britain, lies under the park, but fragments of the walls can be seen on the other side of the lake. There are other stretches of the walls and the foundations of one of the gates, a hypocaust and the remains of a theatre are visible above ground. There is also a superb museum, situated near St Michael's Church.

Beyond the end of the lake, the path emerges onto a road. Turn left and the road bends right by St Michael's Church to a main road (A4147) . Turn right, at a crossroads keep ahead along Batchwood Drive and at a public bridleway sign, turn left along a tarmac track . Follow this winding track for ½ mile (800m) – there is a golf course on the right – and about 100 yards after a right bend, look out for where a waymarked post directs you to turn left along a tree-lined path. The path curves right gently uphill, keeps along the right edge of a field and at a hedge corner, continues across the field towards trees. On the far side, keep ahead along an enclosed path, by the right edge of Ladies Grove Wood, to emerge onto a tarmac track.

As you walk along it, fine views open up to the left over the Ver valley. After







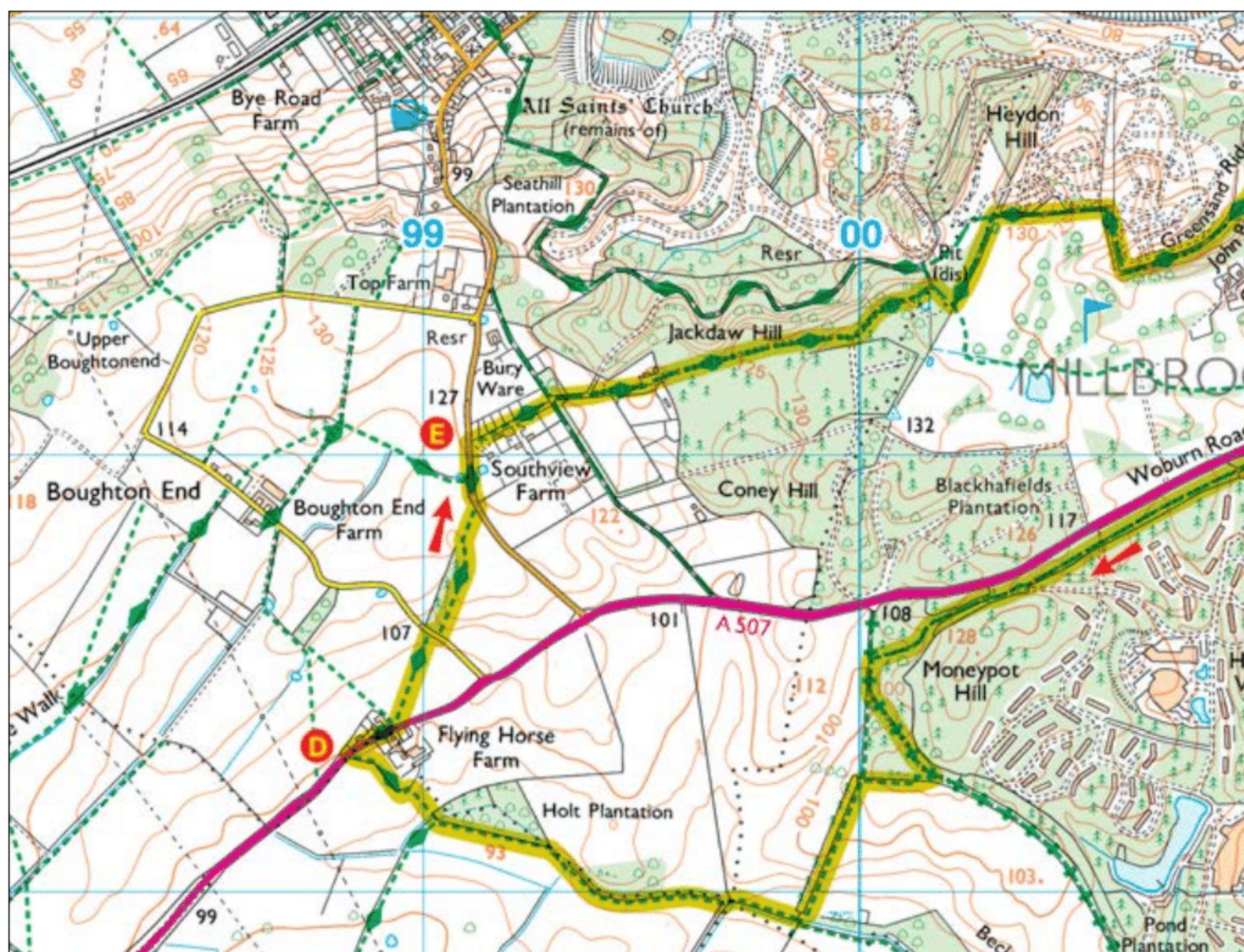
# Amphill Park and Millbrook Warren

<b>Start</b>	Amphill
<b>Distance</b>	8½ miles (13.7km)
<b>Height gain</b>	735 feet (225m)
<b>Approximate time</b>	4 hours
<b>Parking</b>	Amphill
<b>Ordnance Survey maps</b>	Landranger 153 (Bedford & Huntingdon), Explorer 192 (Buckingham & Milton Keynes) and 193 (Luton & Stevenage)

## GPS waypoints

- TL 034 382
- A TL 032 384
- B TL 016 383
- C TL 013 380
- D SP 988 373
- E SP 991 380
- F TL 011 388

*An opening ramble along the greensand ridge through Amphill Park is followed by a walk through the woodlands of Millbrook Common. Then comes an undulating section across fields and through more woodland to the village of Millbrook. Much of this attractive and absorbing route is on the well-waymarked Greensand Ridge Walk and, from the ridge, there are fine and extensive views. Although quite lengthy and with several climbs, it is not a strenuous walk.*







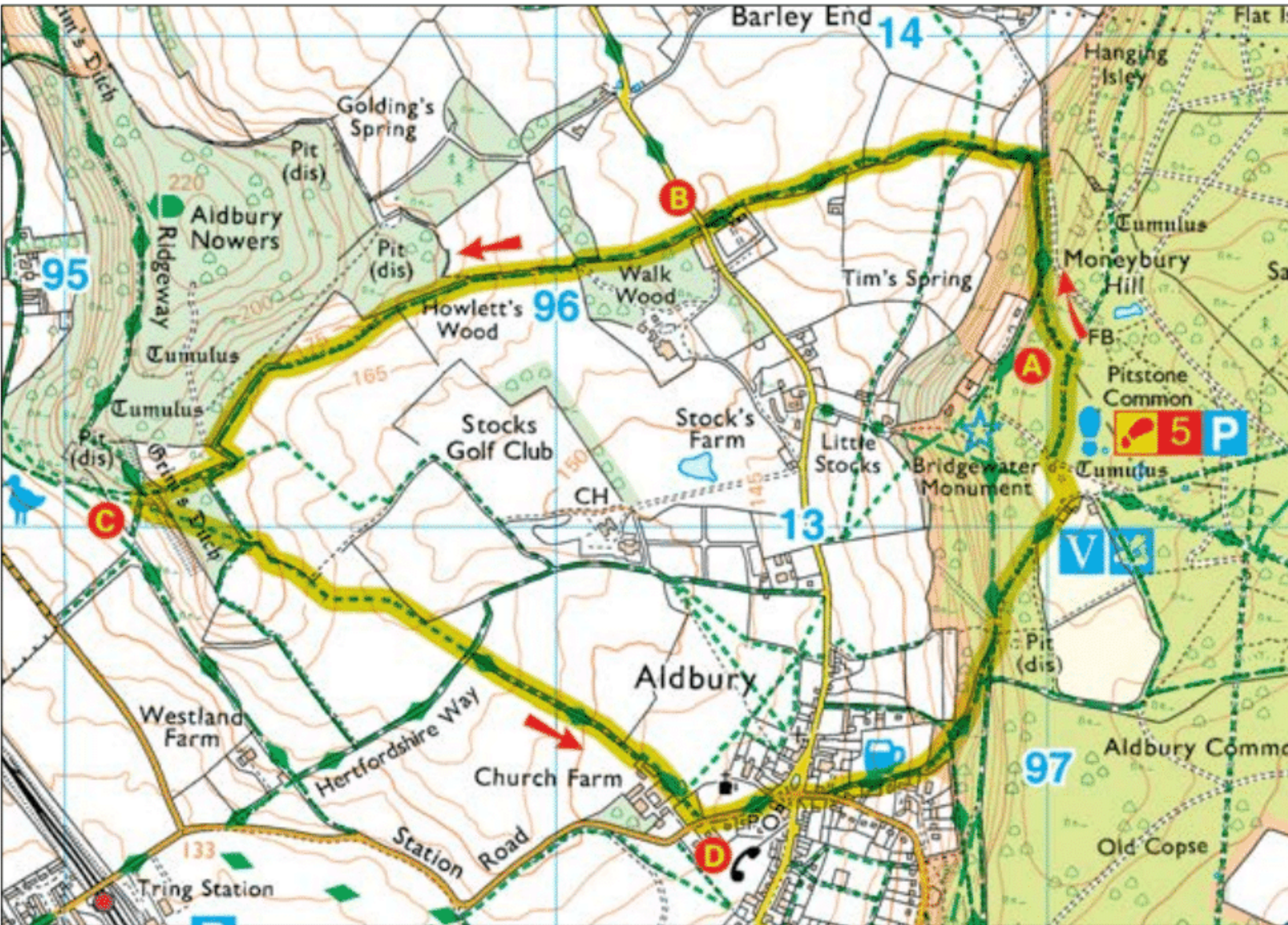
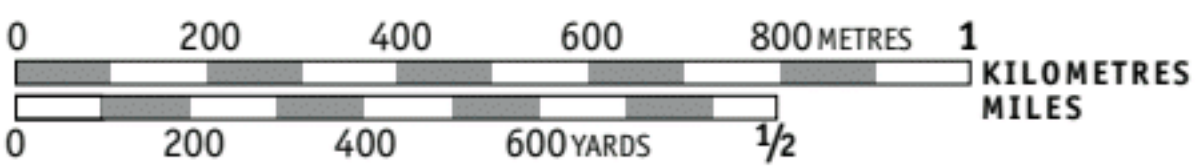
*Bridgewater Monument*

classic English village scene are present in Aldbury: charming brick and half-timbered cottages (some thatched) and a pub, the **Greyhound Inn**, grouped around a triangular green; duck pond,

stocks and whipping-post standing on the green; and a short distance away there is a medieval church. To enhance the scene still further, the village is set against the glorious backdrop of the beech woods of Ashridge. It is not surprising that Aldbury has frequently been used as a film set.

At the crossroads, keep ahead along Toms Hill Road and at a public bridleway sign, bear left along an enclosed track, signposted to Monument, **Tea Room** and Shop. The track heads uphill through woodland, later ascending more steeply and with

steps in places. Bear left on meeting another path and continue up, following Ashridge Estate Boundary Trail signs, back to the start. ●



SCALE 1:25 000 or 2½ INCHES to 1 MILE 4CM to 1KM



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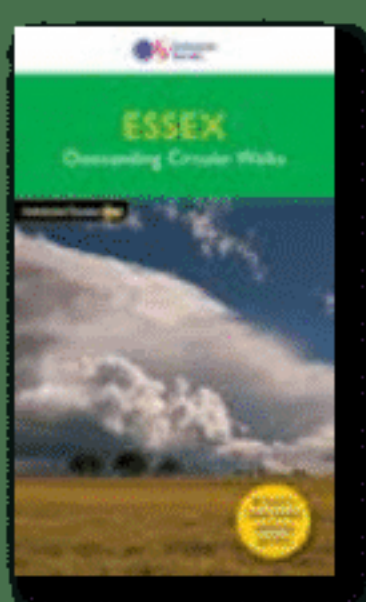
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