

This leaflet has been created by the Greensand Country Landscape Partnership, a National Lottery Heritage Funded Programme, led by Bedfordshire Rural Communities Charity and The Greensand Trust and working with 24 partner organisations to support the future of our distinct, beautiful and loved landscape.

Greensand Country is a 'green oasis' of peace and quiet, rolling countryside and breathtaking views. A place where people feel able to slow down, unwind and connect with nature. Somewhere to escape urban life, breathe easy and feel uplifted.

Get out and explore it for yourself!



There are fantastic opportunities for exploring the area on foot, bicycle or horseback. Explore routes, facilities, points of interest and much more using the interactive map on the Greensand Country website at www.greensandcountry.com or use your smartphone to scan the QR code here.



Explore Greensand Country



Get involved: greensandcountry.com



Explore the distinct, beautiful and loved Greensand Country

Greensand Country is a beautiful and loved landscape. It is defined by the Greensand Ridge, a band of higher ground stretching from Leighton Buzzard to Gamlingay, which rises out of the surrounding vales to create a locally unique environment. Greensand Country contains all of Bedfordshire's remaining heathland, more than half of its woodland and, as a proportion of the area, is made up of more historic parkland than any other place in England.

On Foot



Walking is an ideal way to get to know Greensand Country and experience what it has to offer. When on foot you are closer to nature and able to take in the views, soak up the landscape and enjoy the physical health and mental wellbeing benefits associated with exploring the great outdoors.

The **Greensand Ridge Walk** is the area's most famous route, running for more than 40 miles between Leighton Buzzard and Gamlingay.

A number of new routes have been created, in partnership with Central Bedfordshire Council, Friends of Flitton Moor and Bedfordshire Geology Group, to help local residents, including those new to the area, to explore the landscape on their doorstep. These include:

- **Katherine's Walk** (8.5 miles circular route from Ampthill)
- **Ouzel Valley Meander** (4.5 miles circular route from Leighton Buzzard)
- **The Weneslawe Walk** (8 miles circular route from Potton)
- **Flit Valley Walk** (7 miles linear route from Westoning to Silsoe)
- **A number of historic parkland walks**, including a 4 miles circular walk from Aspley Guise
- **Geo Trails** from Rushmere Country Park, Maulden and Sandy.

Find further information and search these routes and more via our interactive map at www.greensandcountry.com/explore/walk/

By Bike



Cycling is popular in Greensand Country, where quiet lanes and ever-changing scenery make for great days out by bike. There are plenty of level stretches for leisurely rides, as well as challenging climbs for seasoned cyclists and a network of off-road routes that remain passable year-round, thanks to the area's sandy soil.

Accompanying the famous Greensand Ridge Walk, the **Greensand Cycleway** runs the length of the area, covering more than 40 miles between Leighton Buzzard and Gamlingay. It's a great ride to enjoy in one go, but you may prefer to split it into shorter sections or ride one of the circular routes that branch off the main Greensand Cycleway.

In partnership with Sustrans and Central Bedfordshire Council, new cycling routes have been created to help you to explore more of Greensand Country by bike:

- **Stone Way** (15 miles circular ride from Maulden)
- **Heath Way** (15 miles circular ride from Rushmere Country Park)
- **Abbey Way** (15 miles circular ride from Old Warden)
- **Parkland Way** (19 miles circular ride from Woburn)

Find further information and search these routes and more via our interactive map at www.greensandcountry.com/explore/cycle/

On Horseback



Horse Riding is a fun way to explore the landscape and the sandy soil of Greensand Country makes it the perfect place for hacking along greenways and bridleways, many of which are dry and mud-free even in winter.

The British Horse Society has worked with local organisations to promote five circular horse-riding trails, including parking places and places for you and your horse to stay in Greensand Country:

- **Aspley Ride** (7 miles, with option to reduce to 4, from Aspley Heath)
- **Bluebell Ride** (7.5 miles, with option to extend to 12* from Eversholt)
- **Warren Ride** (4.5 miles, with option to shorten to 3.5 or to extend to 12*, from Steppingley or Millbrook)
- **Brick Ride** (9 miles from Marston Moretaine)
- **Assarts Ride** (9 miles from Old Warden)

* Bluebell and Warren can be combined to create a 12 mile ride. In addition, Rushmere Country Park welcomes horse riders.

Find further information and search these routes and more via our interactive map at www.greensandcountry.com/explore/horse-riding

Nature and Wildlife

Greensand Country is the perfect place for a nature hunt and is alive with diverse and wonderful wildlife. Key species include the Adder and Common Lizard on the dry heaths at Stockgrove and Rushmere; Otter and Kingfisher on the Flit river; and Purple Emperor, White Letter Hairstreak and White Admiral butterflies in the woods at Chicksands and Kings Wood. On the heathland and acid grasslands look out for Slow Worms and Common Lizards, Sand Wasps, Digger Wasps and Green Tiger Beetles.

Parks and Reserves



Greensand Country contains all of Bedfordshire's remaining heathland, more than half of its woodland and 28 historic parklands. Its parks and nature reserves are perfect for family visits, with many hosting their own sculpture trails. Greensand Country's parks and reserves are ideal for letting the children play outside, walking the dog or settling down with a picnic. A few favourites include:

- **Rushmere Country Park**
- **Woburn Deer Park**
- **Ampthill Great Park**
- **Cooper's Hill Nature Reserve**
- **Flitwick Moor**
- **Maulden Woods**
- **Swiss Garden at Shuttleworth**
- **Moggerhanger Park**
- **Riddy Nature Reserve**
- **RSPB The Lodge Nature Reserve & Gardens**

Find further information and search these routes and more via our interactive map at www.greensandcountry.com/discover/parks-greenspaces

