



Have yourself a Greensand Country cycling adventure

Greensand Country Cycleways: **Chiltern Link**

A 2 mile (3.5km) north south route that links the Greensand Cycleway to the Chiltern Cycleway using a mixture of roads and byways. It provides a quieter route than the A6 which also links the two Cycleways.

Key facts:

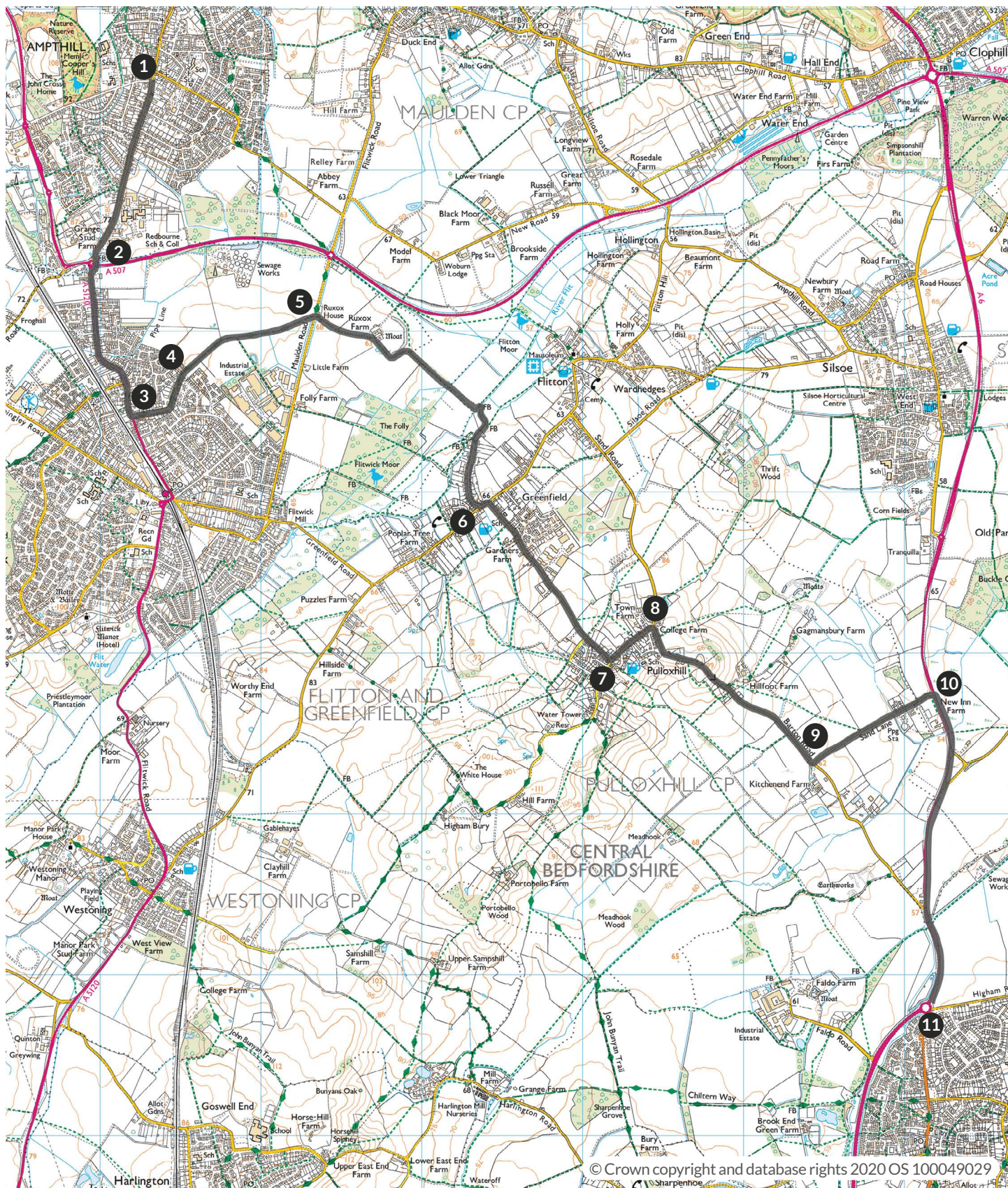
Route marker:

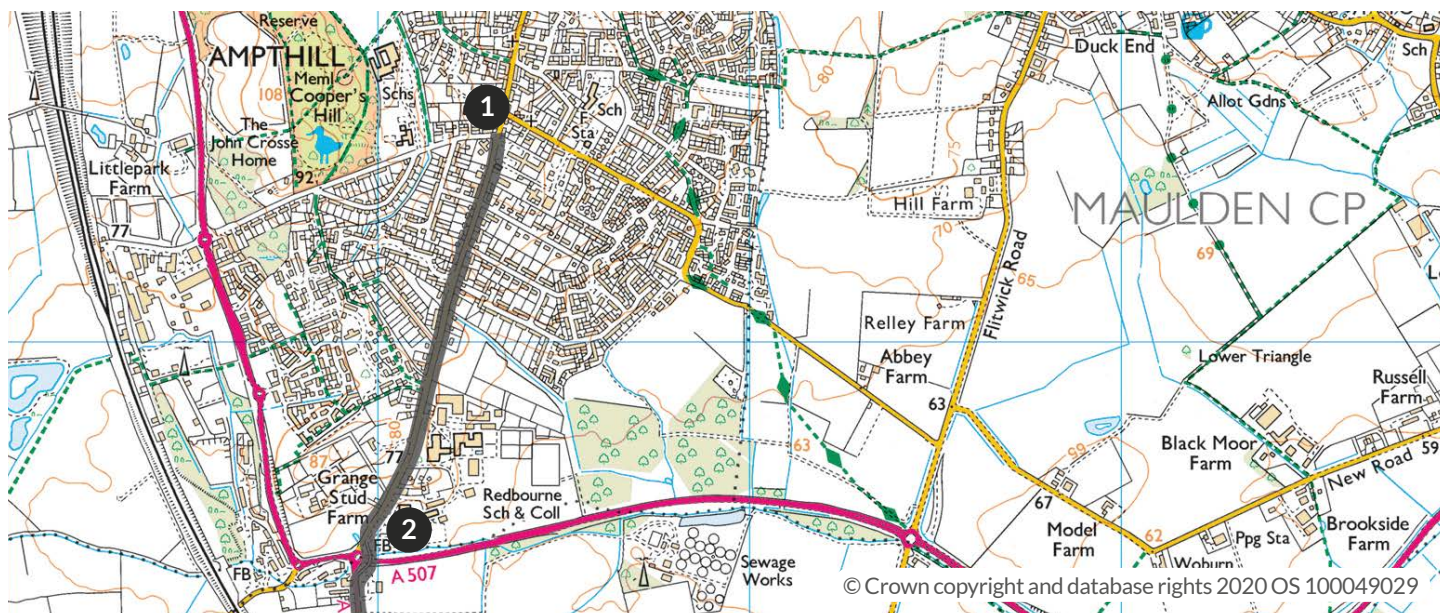


Length:	7 miles (11 ½ km)
Direction of travel:	From north to south but can be ridden in either direction
Route type:	On and off road
Options:	None.
Links to other routes:	Greensand Cycleway, H-Ampthill Flitwick Leisure
Terrain:	Undulating
Car park:	Ampthill Park, MK45 2GU
OS Explorer maps: (Orange 1:25,000)	193



Route map



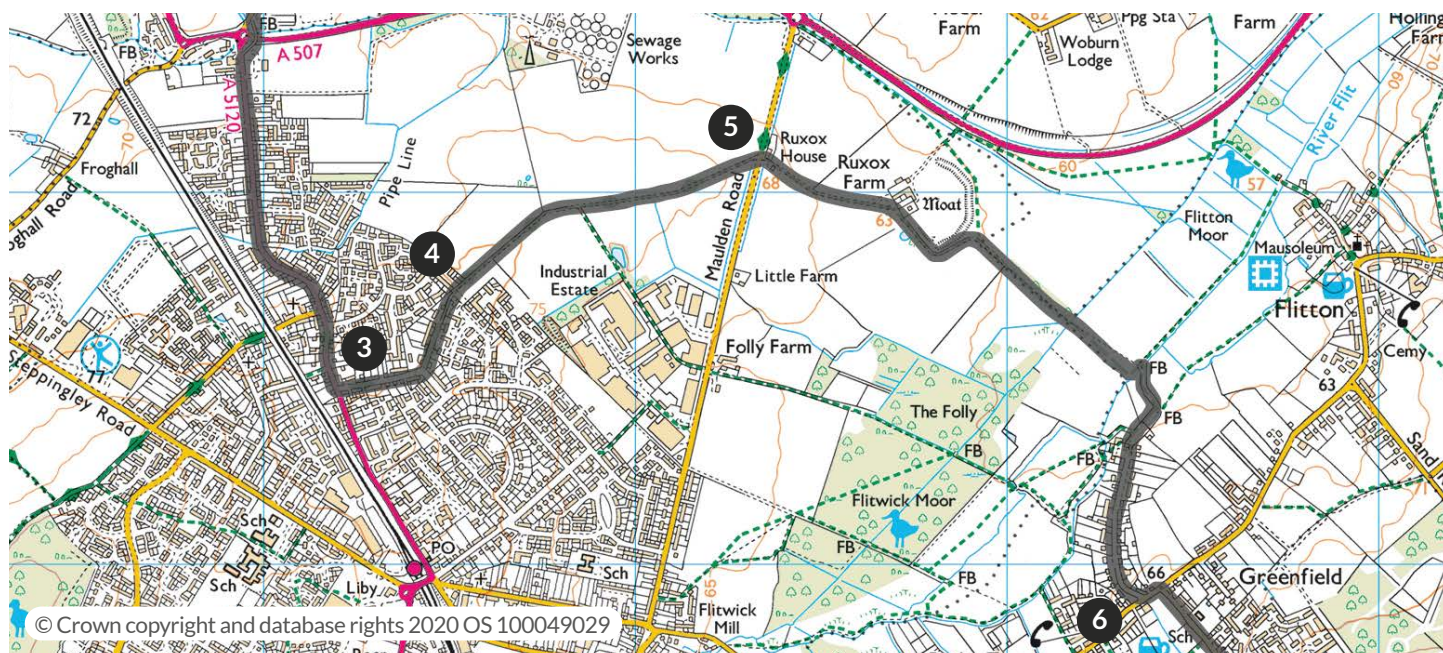


- 1 The start of the link is where the Greensand Cycleway turns east into Oliver Street in the centre of Ampthill. Follow Flitwick Road as far as the A507.

Flit Valley

The road descends smoothly from Ampthill to the Flit Valley and the main and busy A507 east - west road. The stream is channelled under the round-about, and looking west (to your right), the new office buildings occupy the site of the older 'Do-Little Mill', which being towards the headwaters of the Flit, seldom had enough water to operate-hence the name of 'do-little'. From the footbridge the school playing fields which buildings are on the flood plain of the river and further downstream is a the substantial sewage works!

- 2 Shortly before you get to the A507 roundabout you need to take the path to the footbridge across the A507. You must walk across the footbridge.



- 3 Follow Ampthill Road as far as the junction with The Ridgeway. Turn left into The Ridgeway.
- 4 Follow The Ridgeway and when it changes to a bridleway. Follow the bridleway to Maulden Road.
- 5 Cross Maulden Road and continue along take bridleway Flitwick 2 to the village of Greenfield.

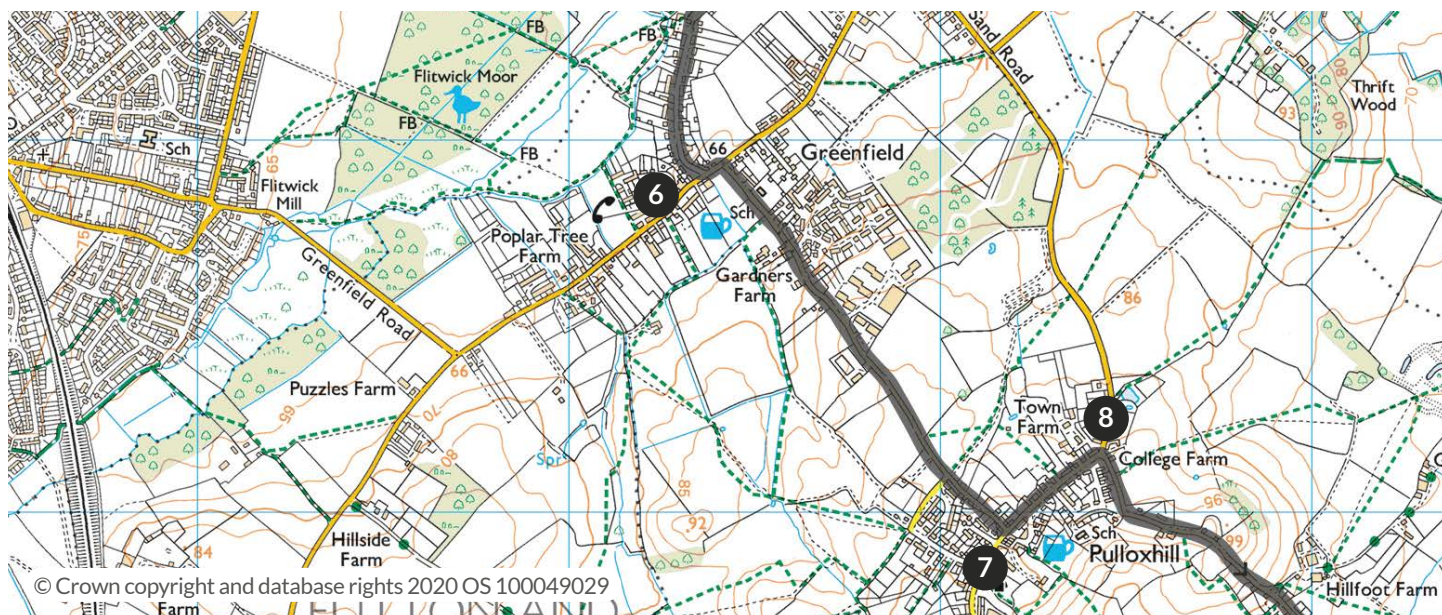
Ruxox Farm

Crossing the road the track leads to Ruxox farm which is one of the most important and complex archaeological sites in the area. Most obvious is the 'D shaped' ditch which marks the boundary of a medieval moated site. These are very common across southern England and represent a mediaeval enthusiasm for these protected homesteads during the period 1250-1350. During excavation of this site the long and involved history was revealed with evidence linking the site to Dunstable abbey in the 12th century; Roman pottery (Samian Ware) and coins from the 1st and 2nd century AD: and older still there is evidence of Iron Age occupation. All of these occupation levels reinforce the value of this site which is slightly elevated above the wetter Flit Valley floodplain.

- 6 The bridleway joins Mill Lane. Follow that until you reach High St. Turn left and then right along Pulloxhill Road past the allotments.

Pulloxhill

Leaving Greenfield village, the road climbs steadily to Pulloxhill with the landmark water tower visible from a distance. This elevated area is formed from glaciated clay hills which are common in Central Bedfordshire. The extensive penultimate glaciation dumped deposits of this type of chalky boulder clay, throughout the landscape contrasting with the flat and wet valley bottom of the River Flit, and the Gault Clay plain to the south and east.

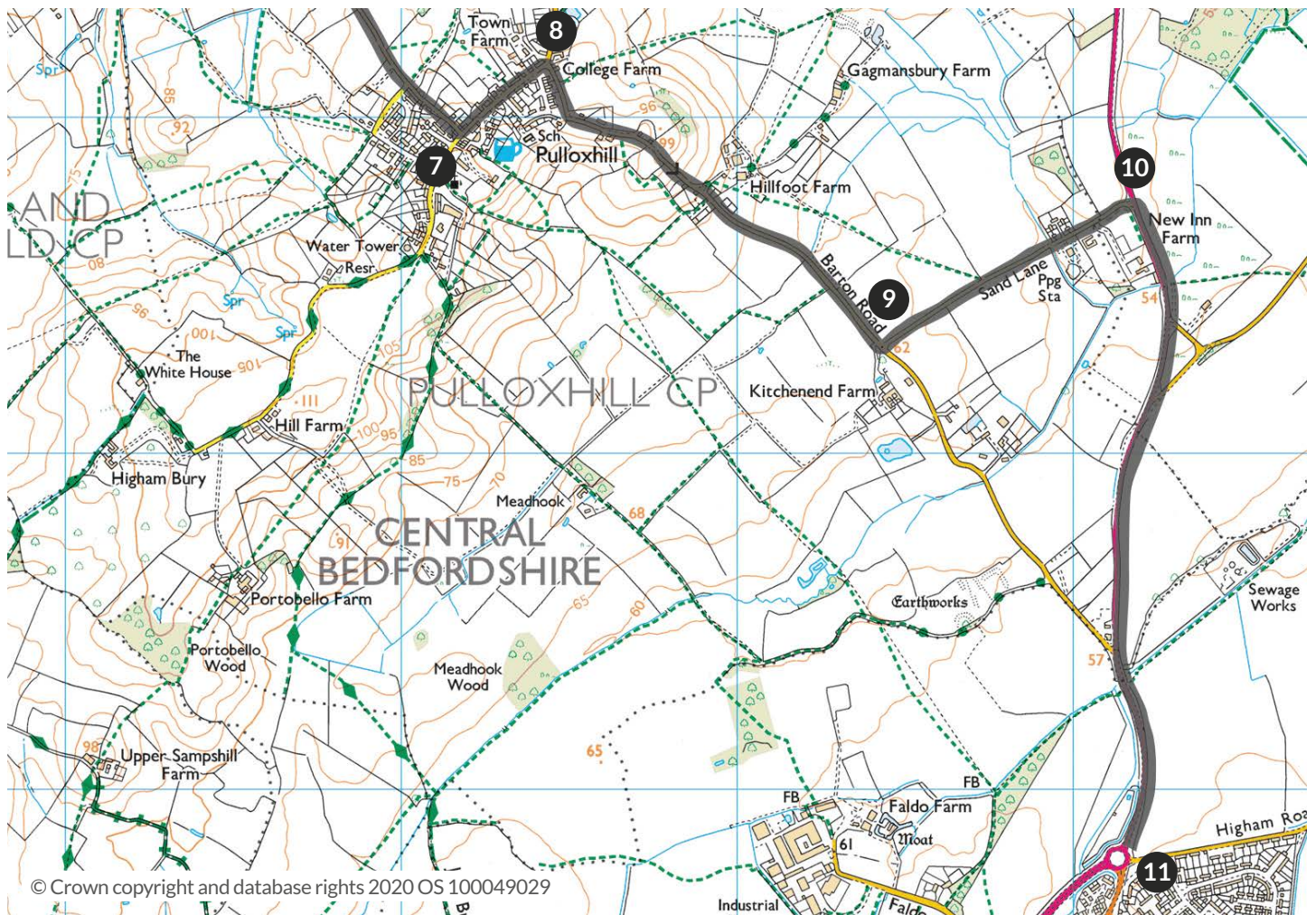


- 7 Follow the road to the T junction at the centre of Pulloxhill.
- 8 Turn left and follow High St to the junction with Barton Road where you turn right.



Pulluxhill summit

The steep climb to the Pulluxhill summit is compensated by a rapid decent passing Hillfoot Farm and joining the busy A6 road. The topography here is a flat clay plain (Gault Clay) which is very wet especially to the east of the A6 road. There are glimpses across the Old Park surrounding the Wrest Park estate. Much of this area has been planted with woodland over the last decade as arable agriculture is difficult. The ride south is now framed by the upstanding ridge of the Chalk escarpment beyond the village of Barton le Clay. The village name gives the clue as to the location with the clay plain to the north and the Chalk to the south: this is the beginning of the Chilterns, Area of Outstanding Natural Beauty (AONB) and the Chiltern Way cycle route.



- 9** Follow Barton Road to the junction with Sand Lane where you turn left.
- 10** Follow Sand Lane to the A6. CAREFULLY cross the A6 and join the shared use path and follow it.
- 11** Join the Chiltern Cycleway at the roundabout.

Refreshments

Details of refreshment outlets can be found on the Greensand Country website



www.greensandcountry.com/experience

Remember when cycling

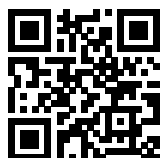
- If possible start your ride from your front door
- If you do drive to the start point then please park with consideration
- Please DO NOT cycle on footpaths.
- Always keep to the waymarked routes and do not enter private land.
- Always ride in single file when roads are narrow and never ride more than two abreast.
- Make sure you are visible to others.
- Always use lights after dark or in poor visibility.
- Plan your route according to the weather and daylight hours.
- Be aware of animals, other cyclists, pedestrians, horse riders and car drivers when cycling.
- Keep your speed down and give way to walkers and other path users.
- Be polite and considerate towards landowners and farmers.
- Keep away from farm machinery or farm/forestry operations.

More information



What 3 Words: Download this app to your smartphone to help you find locations and to tell others where you are. Each 3m square in the world has been assigned a unique 3 word address that will never change.

The route passes a number of churches. More information on them including services, facilities and what else they have to offer can be found online.



www.achurchnearyou.com



www.explorechurches.org

This website may also tell you what is special about the buildings and makes them worth visiting.

Churches are attractive and worthwhile stopping places steeped in community history. They usually have benches to rest on and a porch in which you can shelter from the elements.

Signage for promoted routes throughout Greensand Country has been part-funded by the European Agricultural Fund for Rural Development.

