



Have yourself a Greensand Country cycling adventure

Greensand Country Cycleways: **Amphill & Flitwick Leisure**

Both these routes combine street running with excursions beyond into the surrounding countryside. The Amphill Loop begins at the historic Amphill Great Park and passes a Site of Special Scientific Interest ((SSSI), a grade II listed pub, and an interesting sandstone church.

The Flitwick loop provides glimpses of a restored mill, a Norman motte and bailey castle and an ancient wood now a local Nature reserve.

Key facts:

Route marker:



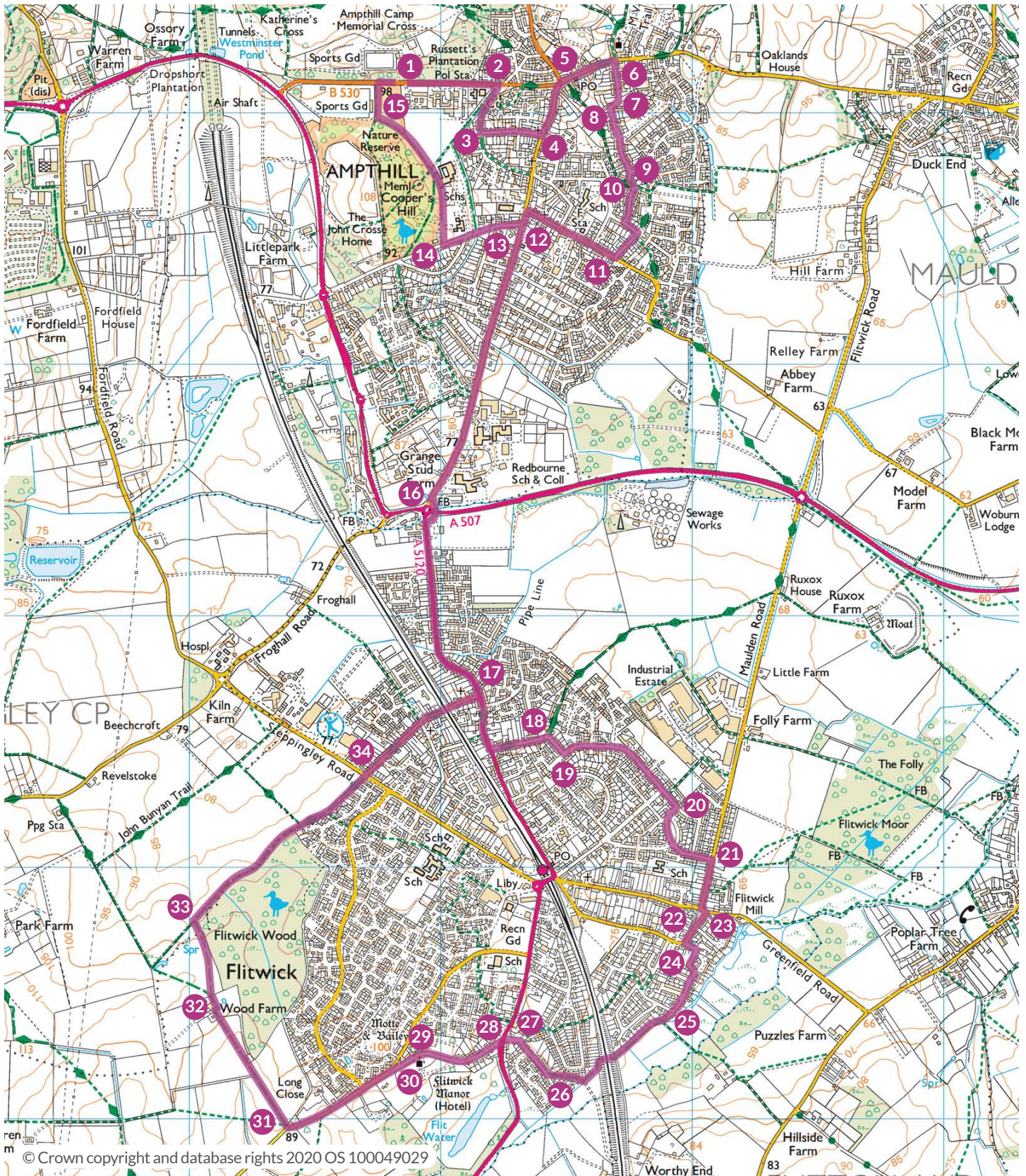
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|--|---|
| Length: | 8 miles (12 km) |
| Direction of travel: | Clockwise but can be ridden in either direction |
| Route type: | On and off road |
| Options: | None |
| Links to other routes: | Greensand Cycleway, Forest Way, Chiltern Link |
| Terrain: | Undulating |
| Car park: | Amphill Park, MK45 2HX Flitwick Leisure Centre, MK45 1TH |
| OS Explorer maps: (Orange 1:25,000) | 193 |

The bridleways used may be shared with pedestrians and horses to whom cyclists should give way.





Route map



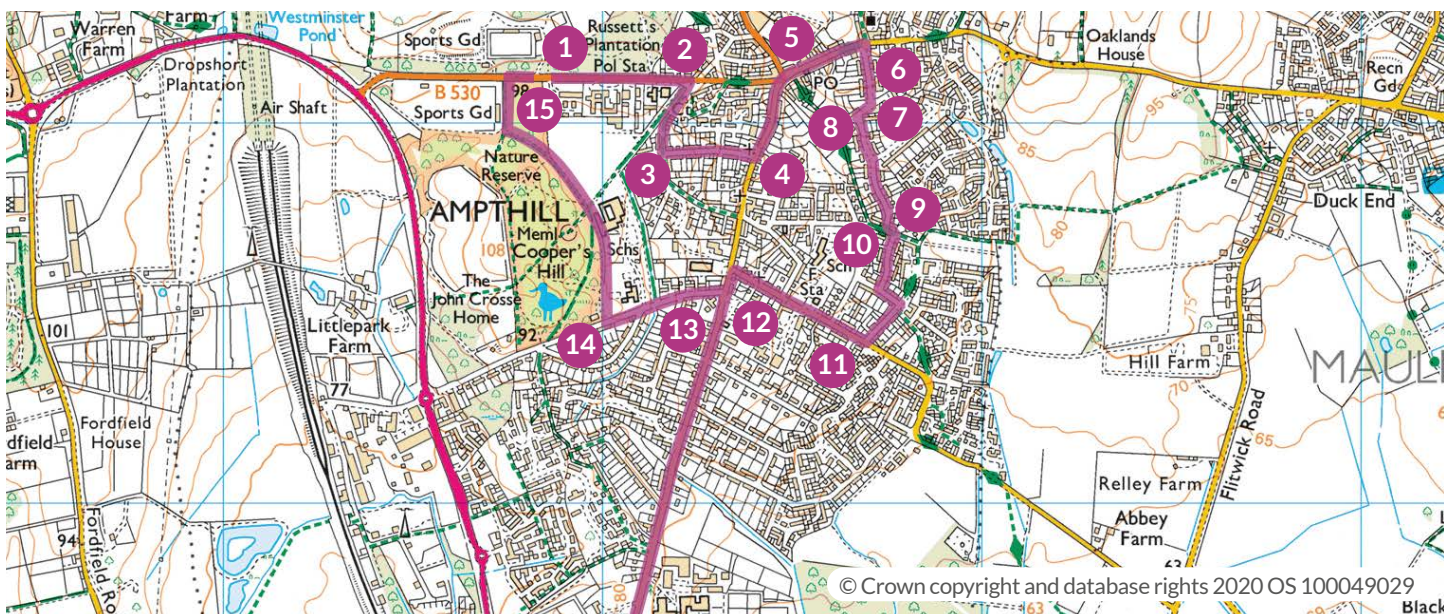


Amphill Loop



From the top

Before departing from the car park at Amphill Great Park it is worth a short walk to the top of the Greensand Ridge to take in the view across the Bedfordshire countryside. The Park has a long history which includes the site of a former castle where Henry VIII imprisoned Catherine of Aragon during a prolonged divorce proceeding; and landscape feature from the parkland designs of Capability Brown. The Greensand Ridge Way, a long-distance walking route crosses the Park making use of the high ground of the ridge summit.



- 1 Start from the car park at Amphill Park. Turn left along Woburn Street.
- 2 At the junction with Alameda Road turn right and follow the road until...
- 3 ...the junction with Chandos Road where you should turn left.
- 4 At the T-junction, turn left into Dunstable Street and follow it to the mini roundabouts



Churches & pubs

Emerging on to Dunstable Street, the ride has the imposing Victorian Methodist Church on the left and directly opposite, the Old Sun a listed pub dating from c 1800.

- 5 where you turn right into Church Street



Pubs

Amphill has pubs to suit all tastes and the route toward the crossroads at the town centre passes, the White Hart a Grade II listed Coaching Inn which is likely to date from the 16th C. On the left is a small market square and adjacent is a large car park where cycles may be left (locked).

- 6 Follow Church Street until you turn right into Church Avenue opposite the turn for St Andrew the Apostle's church.

St Andrews church

The parish church of Amphill, on the left is one of an attractive group of buildings which include Dynevor House and the Feoffee Alms houses. The church is typical of the many medieval churches across the Greensand County, built in the 12th c with local sandstone with a squat bell tower added in 1506.

- 7 Follow Church Avenue to the T junction with Brinsmade Road and turn right.

Railways & pubs

The route follows a mixed area of housing emerging to join Flitwick Road close to the Engine and Tender pub. which takes its name from the rail station now closed at the bottom of Station Road. This station, on the main line to London, was closed in 1959 when the advice to the citizens of Amphill was to, 'use the alternative excellent bus service'

- 8 At the T junction with Lea Road turn left.
- 9 Follow Lea Road to the T junction with Saunders Piece where you turn left and after a short distance right into Cornwall Road.
- 10 Follow Cornwall Road to the T junction with Dukes Road where you turn left and then after a short distance turn right into Neotsbury Road.
- 11 Follow Neotsbury Road to the T junction with Oliver Street where you turn right.
- 12 Follow Oliver Street to the T junction with Dunstable Street where you turn left at the mini roundabout.
- 13 At the next mini roundabout turn right into Station Road to continue with the Amphill loop or continue along Flitwick Road to Flitwick.
- 14 Follow Station Road as far as the junction on the right with the bridleway. Follow the bridleway to Woburn Street. **This route runs through the nature reserve and you should keep to the bridleway.**



Town Walk

Leaving Station Road at the local schools the ride follows a stream known locally as 'Sweetbriar', and joins the imposing Alameda Avenue, described as a 'town walk'. This double line of lime trees dates from the 19th C. Turning right before the Amphill War Memorial, the route skirts the Coopers Hill, an important SSSI. Known locally as 'The Firs', this area is a rare surviving remnant of formally more extensive heathland habitat, with a mix of heather, birch trees and bracken. This habitat is now carefully managed to encourage the heather to thrive: this gives a Firs a special boom in the month of August.

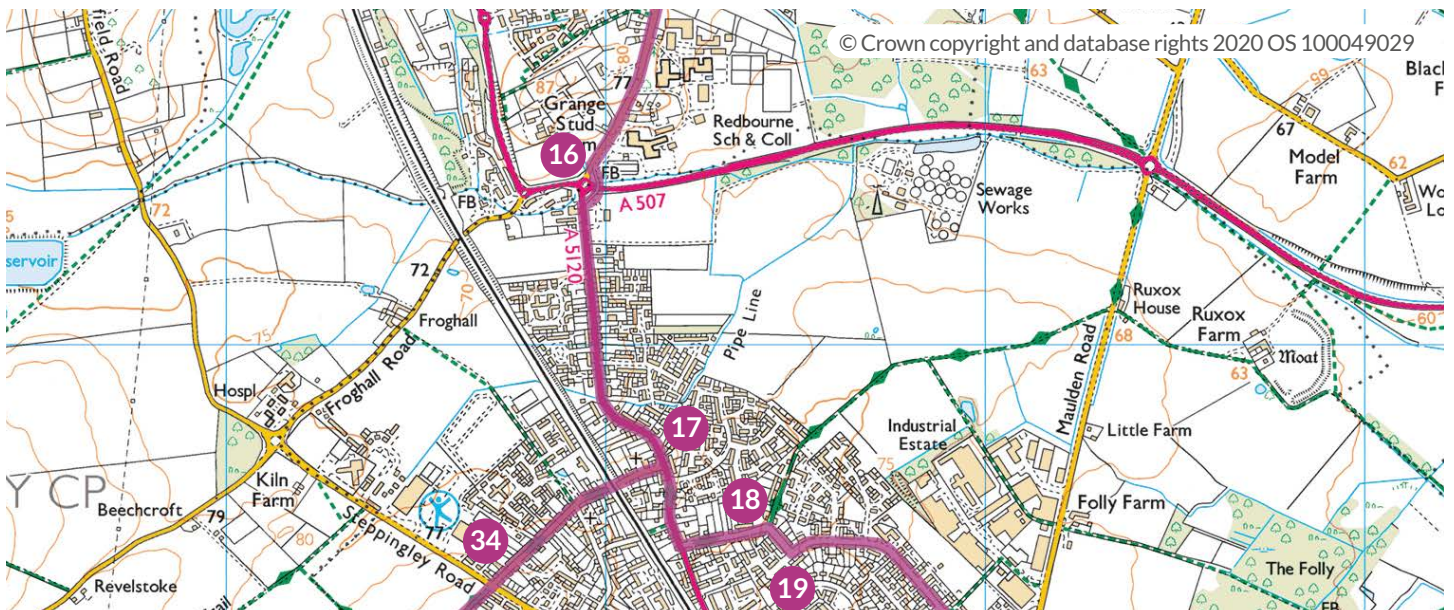
- 15** At the junction with Woburn Street, turn right and after a short distance you are back at the car park.



Rugby

The ride re-joins Woburn Street adjacent to the Amphill and District Rugby Club, which is one of the top 20 rugby clubs in England.

Link from Amphill to Flitwick



- 13** The link starts at the junction of Dunstable Street and Flitwick Road. Follow Flitwick Road as far as the A507.
- 16** 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.**



Flitwick

The route passes into the community of Flitwick which grew rapidly following the opening of a rail station on the Bedford to London line, making the community a dormitory for London.

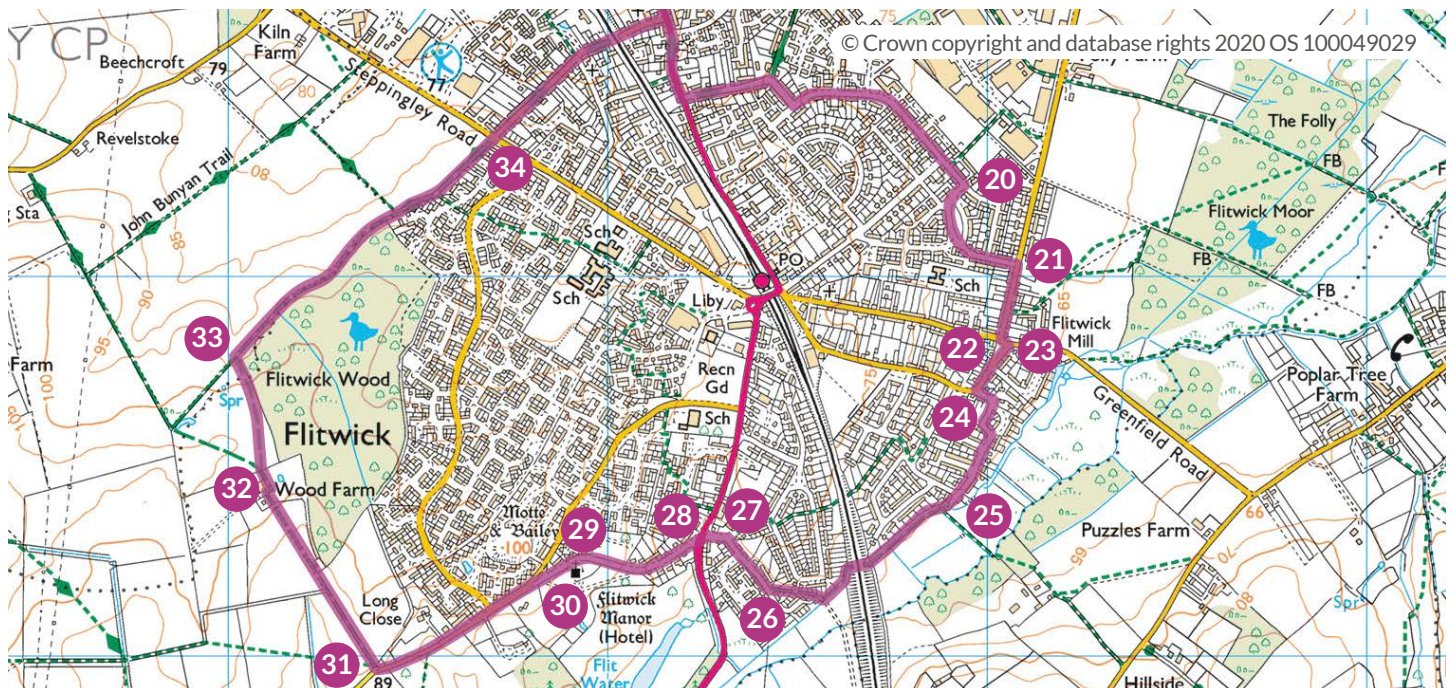


- 17 Follow Amphill Road as far as the junction with Windmill Road.

Flitwick loop

- 18 Follow High Street and take left junction into The Ridgeway where you turn right into Catherine Road which you follow until...
- 19 ...the T junction with Hinksley Road where you turn left.

Before leaving Station Road at waymark 23 it is worth noting Flitwick Mill, which is directly opposite the entrance to the Flitwick Moor Nature Reserve. This mill, which is one of seven mills mentioned in the Domesday Book of 1086, has been restored with a working wheel fed by a 'mill lade'. This water supply runs behind the houses on your left as you cycle along Water Way.



- 20 Follow Hinksley Road round until the T junction with Hatfield Road where you turn right into Hatfield Road which you follow round to the T junction with Maulden Road.
- 21 At the T junction turn right into Maulden Road.
- 22 Follow Maulden Road to the T junction with Greenfield Road where you turn left.
- 23 Very soon after right into Station Road.
- 24 At the Y junction with Water Lane turn left into Water Lane. Follow Water Lane round to the end where it meets a bridleway.
- 25 Follow the bridleway under the railway
- 26 When it meets Hornes End Road turn right.



- 27 Follow Hornes End Road to the junction with Vicarage Hill where you turn left.
- 28 At the junction with Dunstable Road, turn left and after a short distance turn right into Church Road.



Churches & castles

The route passes Flitwick parish church which has was originally within an extensive Parkland. The church, dated to the 12th C, is another of the sandstone church building typical of this part of the Greensand Country. The Manor Hotel adjacent to the church retains an interesting small aboretum, and fragments of a designed parkland landscape including a well preserved 'ha-ha' and a water feature positioned to be viewed from the house, now the hotel. At one time the Norman, Motte and Bailey castle mound was also within this interesting parkland landscape. Unfortunately, this is now isolated within the new housing to the north of Temple Way, but remains a distinctive example of this Norman defensive building type.

- 29 Follow Church Road to the junction with Temple Way where you turn left.
- 30 Follow Temple Way which becomes Church Road as far as the junction with a bridleway where you turn right.



Flitwick Wood

The bridle way from Temple Way provides the first glimpse of the countryside on this ride. Approaching Flitwick Wood adjacent to Wood Farm, the ride then skirts this Local Nature Reserve, which is a fragment of a more extensive ancient wood. One feature of this woodland are signs of ancient wood banks used to demarcate the ownership boundaries.

- 31 Follow Flitwick BW 12 past the Wood Farm.
- 32 Take the right hand fork at the bridleway junction.
- 33 At the bridleway T junction turn right onto another bridleway which you follow until the junction with Steppingley Road.
- 34 Cross Steppingley to follow Windmill Road and back to the High Street.

Refreshments

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



www.greensandcountry.com/experience

Remember when cycling

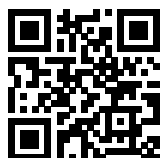
- If possible start your ride from your front door
- If you do drive to the start point then please park with consideration
- Please DO NOT cycle on footpaths.
- Always keep to the waymarked routes and do not enter private land.
- Always ride in single file when roads are narrow and never ride more than 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.