

This gentle 5 mile walk is a good introduction to the landscape of the area. The route passes several sites of interest for their wildlife or history; some are shown on the route map, and information boards provide more detail along the way.

Starting at Flitwick Mill on the outskirts of Flitwick, the walk follows the River Flit, which used to power several mills in the area. The mill at Greenfield was demolished in 1971.



Greenfield Mill from an original sketch by Vera Merryweather

On Maggots Moor the course of the river is marked by meandering depressions, edged by trees growing on the old riverbanks. The Flit once flowed through the old pastures you cross on the way to Flitton.

At Flitton you'll see the 500 year old church and the de Grey mausoleum, one of the most important in England. *Access information is available at the church.*

At the end of Brook Lane, the walk goes around Flitton Moor. Part of what was once a much larger wet moorland, it provides a mixture of habitats that support a wide range of wildlife.

The bridle path to Ruxox Farm takes you through an area where people have lived for over 6,000 years. The most obvious feature is the large "D" shaped moat marking the site of a Grange that once supplied farm produce to Dunstable Priory. Many Roman remains have been found in this area.

The final part of the walk takes in Flitwick Moor, a Site of Special Scientific Interest. The swamp and wet woodland you see today hide a history of peat extraction and the 'famous' medicinal Flitwick Waters.



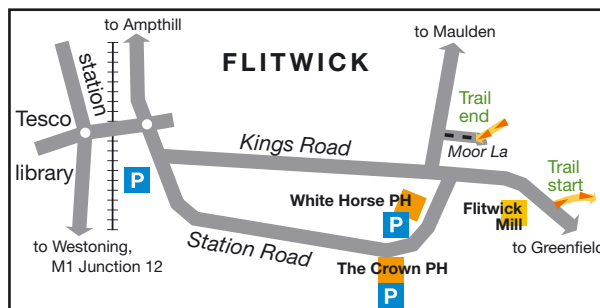
Finding the Two Moors Heritage Trail



Flitwick and Flitton are about 10 miles south of Bedford, and 3 miles from junction 12 of the M1.

Car Parking is available on the street in Maulden and Station Road or at nearby public houses.

Public Transport: Flitwick railway station and bus-stops are about 1/2 mile from the start point.



You may find OS Explorer map 193 useful when walking the trail, which begins at TL042347.

A booklet providing a more detailed map and more information about the features on this walk will be available shortly from Libraries & Tourist Offices. Or, for a virtual tour of the Two Moors Heritage Trail visit www.greensand-trust.org.uk/FDHG

The cover illustration is a detail from Thomas Fisher's painting *Flitton Moor, Bedfordshire* showing peat cutters working c. 1815.

This leaflet forms part of a project funded by the Local Heritage Initiative (lottery funding), and has been supported by the local councils, Greensand Trust and volunteers from the Parish Paths Partnership (P3)

Flitwick & District Heritage Group can be contacted via the Greensand Trust on 01234 743666.



Two Moors Heritage Trail

A waymarked circular walk along the River Flit and nearby areas of interest

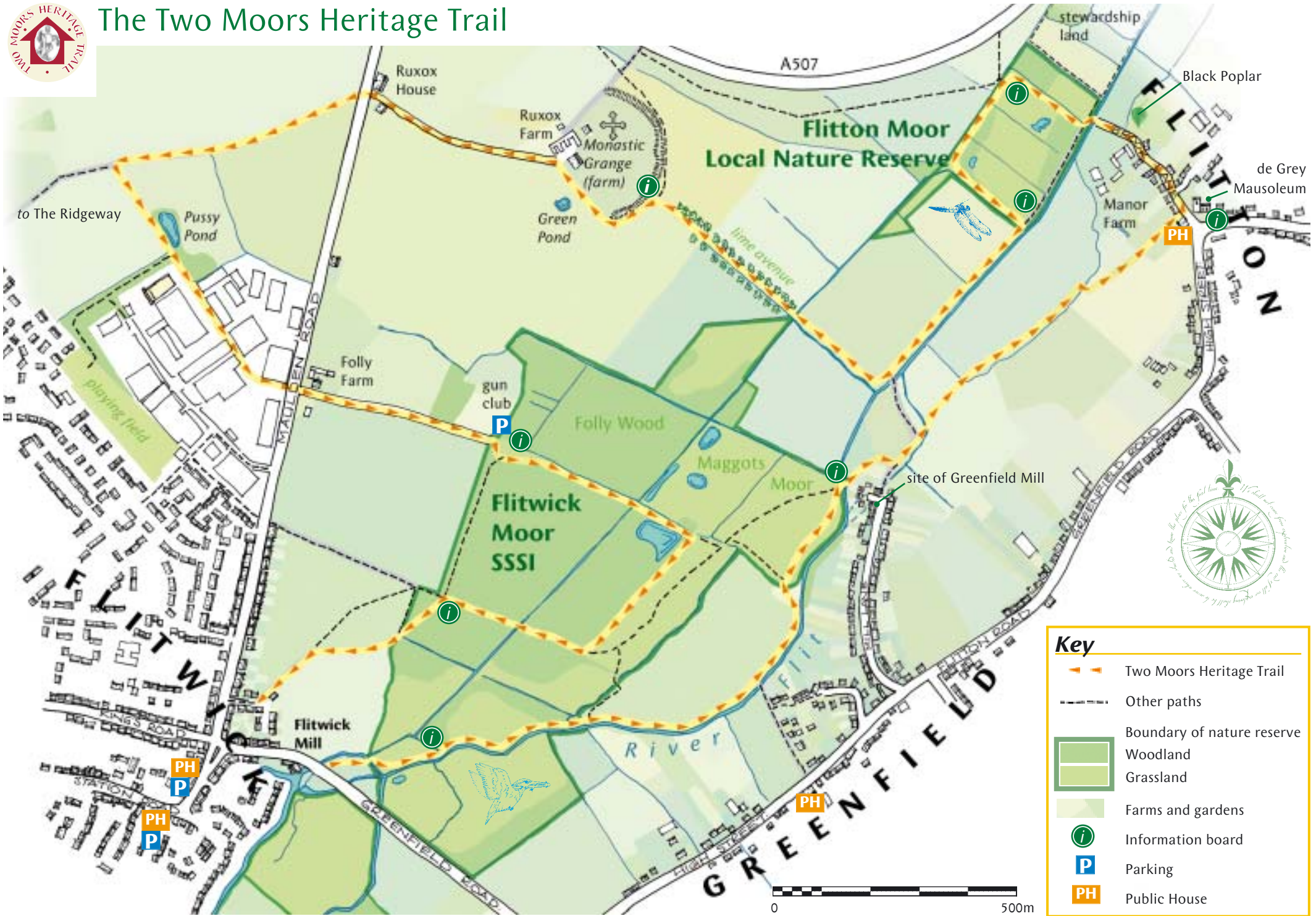
Sarah Wroot 2003

Flitwick & District
Heritage Group





The Two Moors Heritage Trail



Key

- Two Moors Heritage Trail
- Other paths
- Boundary of nature reserve
- Woodland
- Grassland
- Farms and gardens
- Information board
- Parking
- Public House

