Walk 1  Baldock to Arlesey  6 miles/9.5km

**Ivel Springs**: As the name suggests, the River Ivel rises here from chalk springs and is fed by more springs downstream between Baldock and Radwell. The springs and adjacent meadowland are now being managed for wildlife conservation after widespread dumping in the 1990s destroyed much of the habitat.

**Norton Bury Mill**: The first water mill on the River Ivel, less than one mile from Ivel Springs. The Kingsford Way passes a dozen old water mills, some on sites where mills have stood since the writing of the Domesday Book in 1086. The steady flow of the River Ivel provided an ideal source of power for grinding the large quantities of corn produced by the valley’s fertile soils.

**Etonbury**: The northern area of the parish of Arlesey. It was here that the Danes made a series of earthworks in which to lay up their boats between travels.

**Astwick**: Like many other Bedfordshire settlements, Astwick Bury Farm, ‘Bury’ was a term used in the middle ages for a fortified enclosure, often with a moat. The church in Astwick is dedicated to St Guthlac, a 7th century local man.