

## Healthy Walking

Why not get out and get healthy? There is no better way to start than by taking a walk. Just 30 minutes a day can improve health and well-being, reduce the risk of heart disease, help to prevent diabetes, improve muscle strength even reduce anxiety & depression. So make today the day you start to enjoy Bedfordshire and enjoy good health. For information on healthy walking log on to [walk4health.org](http://walk4health.org)

## Planning your walk

The suggested starting point is from the small car park near Houghton House and the walk is described in a clockwise direction. However, you can begin at any other point and walk in either direction. Parking is also available at Maulden Church and in Ampthill, where you can join the route by following the Greensand Ridge Walk through Ampthill Park.

## Refreshments, Parking and Toilets

Ampthill has a wide variety of public houses and other places to eat, as well as a wide range of shops. There are also public houses and shops in Maulden, The George public house in George Street, Maulden is just off the route and close to St. Mary the Virgin church, [www.stmarysmaulden.org](http://www.stmarysmaulden.org)

## Public Transport

A regular bus service operates to Ampthill and Maulden for information contact Traveline 0871 200 22 33 the nearest railway station is at Flitwick.

## Ordnance Survey Maps

The route is covered on Ordnance Survey andranger Series map 153. It is also shown on Explorer map 193.

## Did you enjoy the walk?

If you have any comments about this walk or encounter any problems, please contact [rightsofway@centralbedfordshire.gov.uk](mailto:rightsofway@centralbedfordshire.gov.uk) This is one of a series of circular walk leaflets produced by Central Bedfordshire Council. For further information and availability please contact us on 0300 300 8085.

## Countryside Code

- Be safe –plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

[www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)

## Tips for enjoying your walk

Parts of the walk can become muddy especially after heavy rain, so strong waterproof footwear is recommended. Take care where conditions are rough and do let someone know where you are going. Please be aware that much of the walk is unsuitable for wheelchairs and difficult for pushchairs.

## Other Walks

Find out about more of Bedfordshire's walking and riding routes as well as nature reserves and country parks by visiting [www.lets-go.org.uk](http://www.lets-go.org.uk)

[www.greensandridgewalk.co.uk](http://www.greensandridgewalk.co.uk) where you can find information on Central Bedfordshire's fabulous 40 mile walk

[www.centralbedfordshire.gov.uk/countryside](http://www.centralbedfordshire.gov.uk/countryside) for ROW and walking information.



Dogs are welcome on all our sites and rights of way but do keep them under control and away from any grazing animals as well as other visitors and please be a considerate owner; clean up if your dog leaves a mess.



## CIRCULAR WALKS

# Ampthill – Maulden

Approx: 6.6 miles/ 10.7 km

Time: 3½ hours. There are also options for shorter walks of three miles and 3.75 miles



Central Bedfordshire

Central Bedfordshire Council  
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