

# THE Ickniel Way TRAIL

The Ickniel Way Trail is a route open to walkers, horse-riders and cyclists.  
This leaflet shows the route and describes some of the many interesting places you'll find along the way.

The Trail is available for walking, horse riding and cycling, either in short sections or for the entire length for those planning more adventurous long distance walks and rides. A variety of other local and regional routes join the Trail, creating many opportunities to explore nearby villages, towns and sites of interest. The route also links in with the Sustrans National Cycle Network.

Although most of the route is fairly level, there are some steeper sections. Most of the route will require good walking boots and wet weather gear in the autumn and winter months as the surfaces are likely to be muddy. Parts of the Trail may be accessible to those in wheelchairs, please contact the relevant County Council for further details.

Please respect the life and work of the countryside – leave only footprints, take only photos. Please be considerate to other path users. Cyclists should give way to horse-riders and pedestrians. Using the Trail involves travelling along and crossing some stretches of road. There is ongoing work to make this safer, but please take care – make sure you can easily be seen, that your equipment (or horse!) is reliable and well looked after, and your headgear and other safety equipment are properly maintained.

The Ickniel Way is shown on Ordnance Survey Explorer maps in regular lettering (Ickniel Way Path) (Old English lettering – Ickniel Way - indicates the prehistoric trackway). The Ickniel Way Trail route is shown on current OS maps.

The Trail makes use of existing bridleways and byways for the main part, but there are some permissive links which have been negotiated with the landowners.

The Trail is waymarked along its length with a distinctive Neolithic flint axe emblem and you'll also find a guide for each section. These are available free of charge and cover Buckinghamshire, Bedfordshire, Hertfordshire, Essex, Cambridgeshire and Suffolk. The relevant Ordnance Survey map from the 1:25000 Explorer series will also be useful:-

- No. 181 – Chiltern Hills North, Aylesbury
- No. 182 – St Albans and Hatfield
- No. 192 – Buckingham & Milton Keynes
- No. 193 – Luton & Stevenage
- No. 208 (trace) – Bedford & St Neots
- No. 209 – Cambridge
- No. 210 – Newmarket & Haverhill
- No. 226 (trace) – Ely & Newmarket
- No. 229 – Thetford in the Brecks



**Key to Map**

- Ickniel Way Trail
- ⋯ Ickniel Way Trail - Walkers Path
- - - Bridleway
- Chiltern Hills Area of Outstanding Beauty
- The Brecks
- Harpenden** Major Towns
- Dunstable Downs Places of Interest
- Railways with stations
- Motorways
- Connecting routes



An Ickniel Way guide for horse-riders is available from East Anglian Trails.  
Tel: 01728 860429 E-mail: [billbarrett@suffolonline.net](mailto:billbarrett@suffolonline.net)

The Ickniel Way Association produces a guide to the Ickniel Way for walkers, as well as an annual accommodation list – both available from [chrisjames56@btinternet.com](mailto:chrisjames56@btinternet.com)

Tel: 01462 742684.  
[www.icknielway.co.uk](http://www.icknielway.co.uk)  
[www.icknielwaytrail.co.uk](http://www.icknielwaytrail.co.uk)



The Trail is easily accessible by road or public transport from London and other areas of the South East and Midlands. Parking is available at a small number of sites along the route, some of which are suitable for horseboxes. Phone the County Council in each area for information.

	County Council Phone Numbers	Bus	Local Tourist Information Offices
<b>Bedfordshire</b>	01234 363222	01234 228337	01582 401579
<b>Buckinghamshire</b>	01296 395000	0345 382000	01296 330559
<b>Hertfordshire</b>	01438 737555	0345 244344	01992 584322
<b>Essex</b>	01245 437647	0845 6000110	01799 510444
<b>Cambridgeshire</b>	01223 717111	01233 717740	01223 322640
<b>Suffolk</b>	0844 8000101	0870 608 2 608	01638 667200

**Travel Information**  
The National Traveline – 0870 608 2 608  
National Rail Enquiries: 08457 484950

**Tourist Information**  
Regional: The East of England Tourist Board: (Beds, Herts, Cambs, Suffolk, Essex) [www.eastofenglandtouristboard.com](http://www.eastofenglandtouristboard.com)  
and the Southern Tourist Board (Bucks) – [www.southernmtb.co.uk](http://www.southernmtb.co.uk)