

## Directions

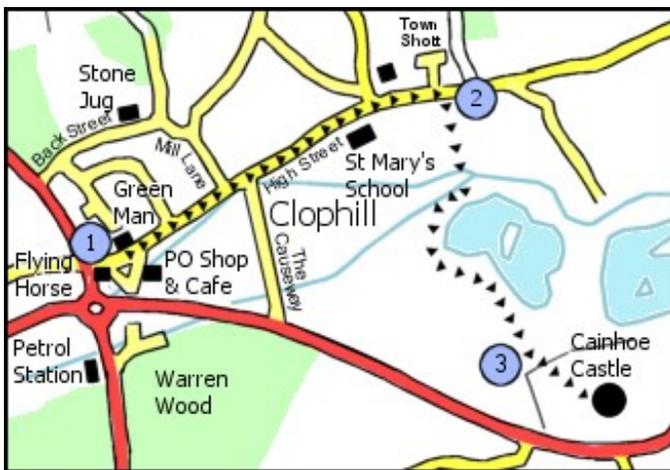
1. Start at The Green and walk east along the High Street for ¾ miles until you come to a public footpath opposite the red post box just past Town Shott.

2. Follow the public footpath and cross two footbridges over the River Flitt. The public footpath then follows the fence on your left that surrounds the lakes.

*The lakes are a result of quarrying for fuller's earth. 1.3 million tons have been removed. Fuller's earth was used in the textile industry in a process called fulling. It was kneaded into woollen cloth to absorb lanolin, oils, and other greasy impurities as part of the cloth finishing process. Now it used for such things as cat litter.*

3. After ½ mile you will come to a stile into the field that contains Cainhoe Castle. The field has Permissive Open Access which means that you can walk anywhere within it. (Please keep dogs on a lead as sometimes there are sheep here.) Read the description of the castle overleaf then follow the suggested exploration route.

4. After you have explored the castle return to Clophill by the reverse route.



## General Information

You will walk across surface types ranging from hard surfaces to field footpaths. There is a climb up the castle.



## Facilities in Clophill

**Post Office, Stores and Café.** The Green.  
01525 860 988

**The Green Man.** The Green. Italian restaurant.  
01525 860352

**The Flying Horse.** The Green. Country pub and dining. 01525 860 293

**The Stone Jug.** Back Street. Traditional village pub with food. 01525 860352

There are no public toilets in the village.

## How to get to Clophill

The village is situated near the intersection of the A6 between Bedford and Luton and the A507 between Ampthill and Shefford. There are half-hourly buses from Bedford and hourly from Luton with a less frequent service from Biggleswade and Ampthill.

Postcode for Sat Nav – MK45 4AD

Produced by Colin Watt. 14 December 2011.

## CLOPHILL DISCOVERY WALKS

### Walk 5

### Clophill to Historic Cainhoe Castle and back.

3.2 miles

*One of a series of walks starting at The Green, Clophill.*

This historic walk takes you south past the 'lakes' to explore Cainhoe Castle and back.

All the walks in the series:-

1. Clophill to Appley Corner and back through Chicksands Wood.
2. Clophill to Wardhedges (with optional pub stop) then Silsoe and back.
3. Clophill to Maulden and back through Maulden Wood.
4. Clophill to Haynes (with optional pub stop) and back.
5. Clophill to Historic Cainhoe Castle and back.
6. Public Footpaths around the Village of Clophill.

## Cainhoe Castle

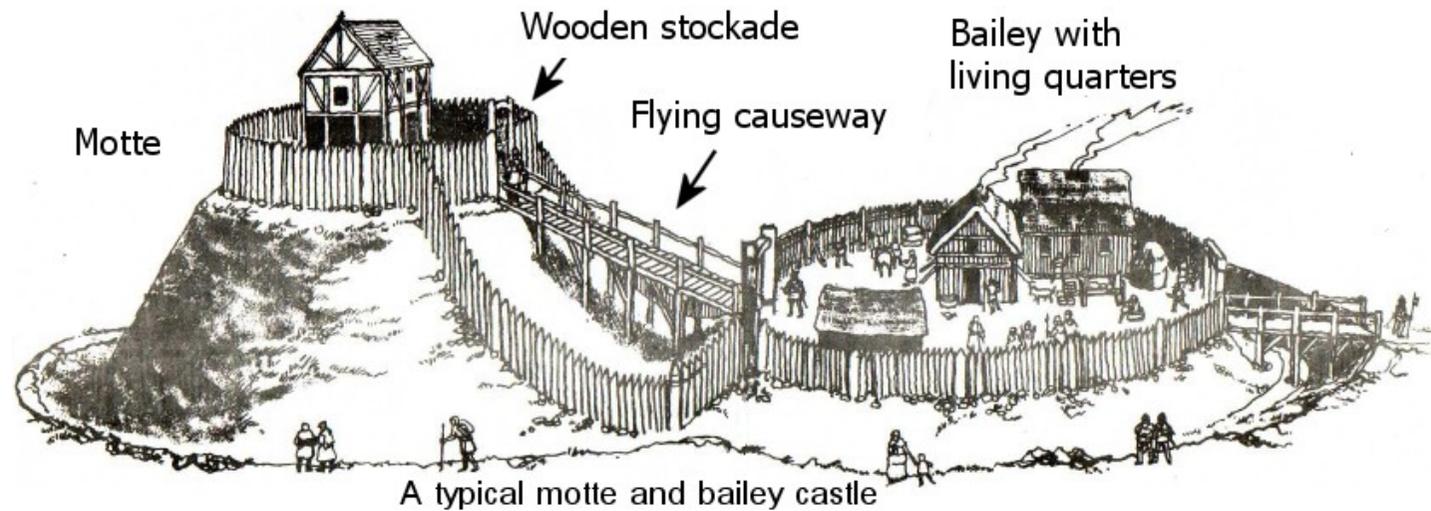
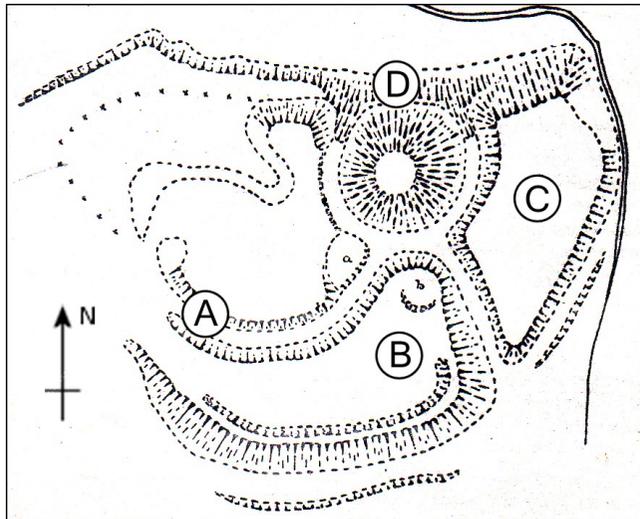
Cainhoe Castle is a motte and bailey castle. It was built soon after the Norman Conquest, probably by Nigel d'Albini who came over from France with William the Conqueror and may have fought for him at the Battle of Hastings. He is recorded in the Domesday book of 1086 as holding the Manor of Clophill and Cainhoe.

The motte is the large mound in the centre. It is built on a natural spur and would have had a wooden palisade and possibly, a watch tower. Around the motte are three irregularly shaped fortified enclosures, called baileys, probably built at different times as the castle expanded.

The baileys would also have wooden palisades and have enclosed courtyards.

William the Conqueror built many motte and bailey castles as they were quick to make and wouldn't have required any special materials.

The Barony of Cainhoe was held by the d'Aubigny (d'Albini) family from the Conquest until the mid 13th century. No castle is mentioned in 1272 when the male line had been extinguished and the estate divided. By 1374, the fortifications were ruinous.



A typical motte and bailey castle

Suggest exploration route:-

1. From the stile walk towards the castle. You will see a gap with the highest point (the motte) behind it. Go into this gap and climb the embankment to the right and go to the dead fallen tree. (Not the one on the motte). (Point A on the map.)
2. You are now on the embankment which forms the enclosure for the first bailey. The gap that you entered by is probably due to later quarrying and would have originally been part of a continuous embankment.
3. Looking towards the motte, the area in front of you would have been enclosed with a wooden palisade on top of the bank. It would have contained the living area.
4. From the fallen tree, walk down the slope away from the motte, through a gap in the nettles and turn left (Point B). You are now in the second bailey. As you walk through it you can see on your left a ditch caused by moving earth to form the first bailey. On your right you can see the ridge that forms the embankment to the second bailey. This bailey was added to provided a larger protected area for living accommodation.
5. Continue to the end of the bailey where there

are some hawthorn trees. Go down the dip and up the other side. (This dip may have been the route of the entrance to the castle.) Turn left and you are in the third bailey, a further expansion. (Point C) As you walk across the enclosure you can see a ditch to your left where earth was removed to build the motte. To your right you can see the embankment for this bailey. Notice how steep it is on the outside. This castle is defensible from all sides.

6. Follow a track that dips into the ditch and follow it around the right hand side of the motte. (Point D) You are now back at the start of the first bailey. From here you can climb the motte. From the top notice that it is circular and steep on all sides.

The field around Cainhoe Castle contains a variety of earthworks. Those to the west of the castle appear to be of the manorial complex, including a moated house and fishponds, which succeeded the castle. Earthworks to the north of the castle, now destroyed by the fuller's earth quarrying but recorded on aerial photographs, may have been the remains of the medieval settlement at Cainhoe.