

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

Planning your walk

The car park opposite St. Mary's Church in Woburn is the suggested starting point and the walk is described in an anti-clockwise direction. However, you can begin at any other point and walk in either direction. For local information call in at the Heritage Centre and Tourist Information Point off Bedford Street.

Opening Times: Easter – October: Monday-Friday 2.00-4.30pm
Sat/Sun & B/Hols 10.00-5.00pm
only open weekends in October

woburnheritagemuseum.co.uk or telephone on 01525 290631

Refreshments, Parking and Toilets

Woburn has several good pubs and a wealth of restaurants and tea rooms where you can enjoy a wonderful range of refreshments, and there is plenty of parking available at the free car park opposite St. Mary's Church.

Public Transport

A regular bus service operates between Leighton Buzzard and Milton Keynes, for information contact Traveline 0871 200 22 33. There are railway stations at Aspley Guise and at Woburn Sands.

Ordnance Survey Maps

The route is covered on Ordnance Survey Landranger Series map 165. It is also shown on Explorer map 192.

Did you enjoy the walk?

If you have any comments about this walk or encounter any problems, please contact rightsofway@centralbedfordshire.gov.uk

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

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.letsgo.org.uk

www.greensandridgewalk.co.uk where you can find information on Central Bedfordshire's fabulous 40 mile walk

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

Woburn - Eversholt

Walk: 8 Miles/12.9km

Time: 4 hours



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Central Bedfordshire Council
www.centralbedfordshire.gov.uk

