

A pleasant walk that leads you through the Millennium Country Park and surrounding farmland to the Georgian Market Town of Ampthill with its historical connections then onto the attractive village of Millbrook with its distinctive cottages originally built to house the workers of the Duke of Bedford's Estate.

Access information

You will walk across surface types ranging from hard & firm without stones to uneven cultivated ground and the steepest linear gradient is 1:6 with cross falls of 1:9 and steeper. A bridge has a restricted width of 980mm between points 2 & 3 on the map and there are steps at point 6 with a max step height of 300mm. Barriers along the path include a couple of stiles and a number of kissing gates. Public toilets are available at the Forest Centre and in Ampthill.



Facilities

The Forest Centre has ample parking, toilets and a café bar. The Chequers Pub is located in Millbrook and Ampthill has an impressive mixture of shops, as well as public houses and toilets.

Let the train take the strain!

From Bedford or Bletchley alight at Millbrook Station to start your walk via the Country Park Visitor Centre (about 20 mins walk). Please note there is no Sunday service. For timetable details visit www.londonmidland.com or ring 08457 484950

Bus timetable details ring 01234 220030 or visit www.travelsmart.com

Let's Go - for details of other walks or rides throughout Bedfordshire please visit www.letsgo.org.uk

Let us keep you informed



For further information on all parts of the Forest of Marston Vale, our activities, and the facilities of the Forest Centre please visit:

www.marstonvale.org

Receive news about the Forest including what's on (either by post or email) by signing up via our website or by calling the Forest Centre.

The Forest Centre
Station Road
Marston Moretaine
Bedfordshire, MK43 0PR

T. 01234 767037
E. info@marstonvale.org



This leaflet was delivered by the Forest of Marston Vale Volunteers with assistance from The Marston Vale Trust working in partnership with Central Bedfordshire District Council, Bedford Borough Council & The British Horse Society and was funded by Natural England through the Paths for Communities Project.

Partners:
Forest Volunteers, Central Bedfordshire Council, Bedford Borough Council, The British Horse Society and Marston P3 Group



This project has been funded under the Rural Development Programme for England

Promoted
Route



Forest Centre to Millbrook
& Ampthill Park (7 miles)



Forest Centre & Millennium Country Park to Millbrook & Ampthill

1

From the map board outside the Forest Centre walk right, past the cycle hire shed, through the pergola and turn right down the bridleway, passing a picnic table and towards a waymark post, following the right hand grass track. Continue forward past a field gate on the right and turn right at a waymark post and turn right again over a wooden foot bridge. Continue ahead, keeping the hedgerow on your right, and past a bench after approximately 100m. Continue along the surfaced track parallel with the Bedford to Bletchley railway until you come to a wooden kissing gate that leads out of the Park onto Station Lane and Millbrook Train Station.

2

Cross the railway at Millbrook Station and continue along Station Lane using the grass verge for 430m to a public footpath signpost on your left. Please take care when walking along the road verge. At the signpost walk down steps and through trees, over a wooden footbridge that crosses one of the many ditches that flow into the Elstow Brook. At the bridge and footpath junction follow the right hand path heading uphill over arable fields keeping the pylons on your left.

3

At the crest of the hill there's a good view of the Cardington sheds, old brick pits and Millbrook test track to your right. Head straight along the path towards a waymark post in the distance. Descend into a conifer plantation and follow the path through some trees. Continue across an open field to a footpath junction. Ignore the footpath to the right and head through a gap in the hedge with a waymark post to side. Continue across the next field to a gap in the hedgerow and Millbrook Road. Cross the road and follow the footpath sign over a small field where you will emerge onto a gravel track. Take the second left across a bridge heading along a surfaced track towards buildings at Park Farm Cottage. Follow a surfaced track past farm buildings and head across a small paddock to another gate in the far right hand corner. There's a very prominent old oak tree on the right.

4

Head uphill and through a gate into Ampthill Park (can be boggy if it has rained). Continue forwards at a waymark post and take the left hand fork uphill following the sandy path. Turn into right fork and continue uphill towards a gate. Ignore path into the

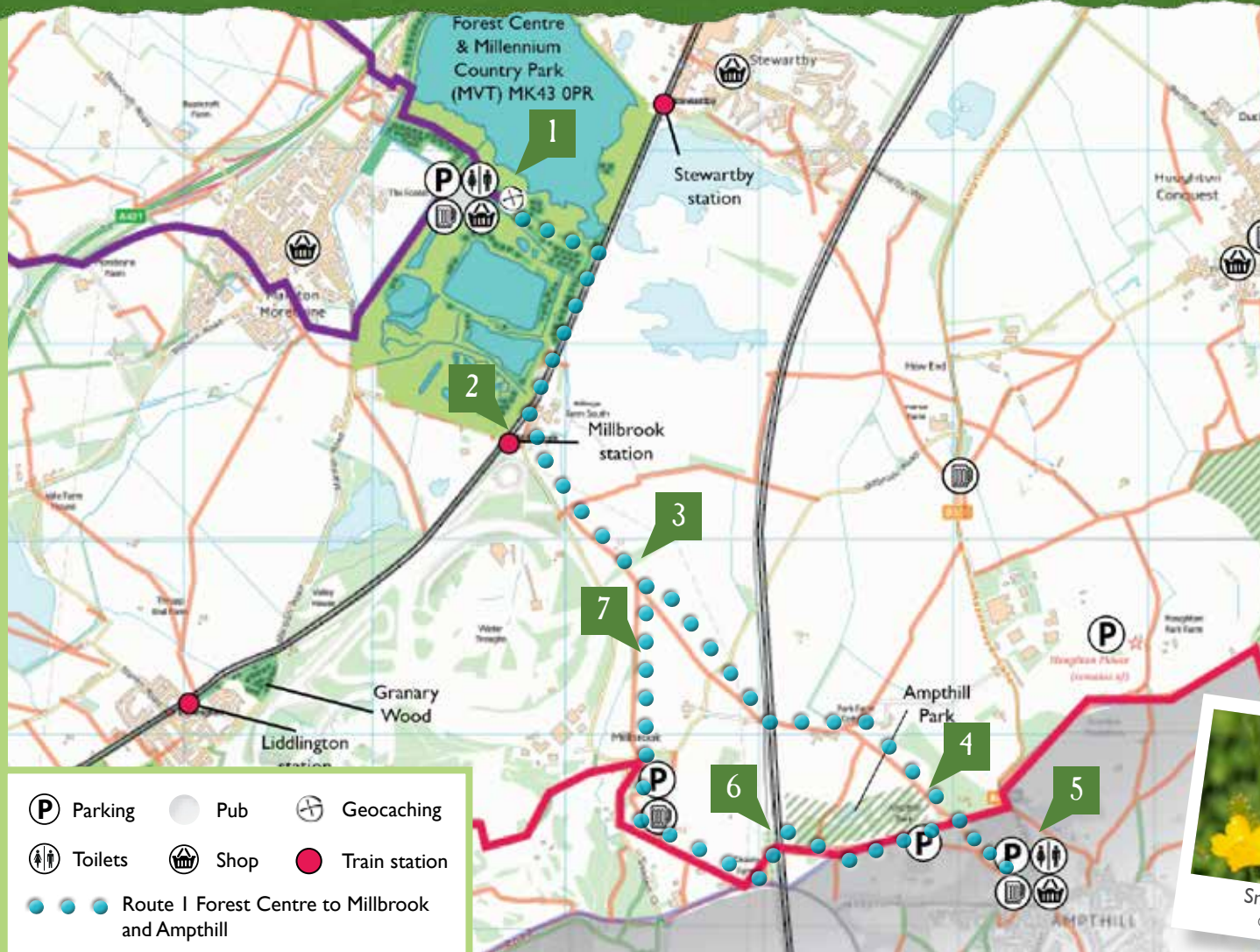
woods and head along the path. Continue up a steep hill (bench at the top). At the top head straight along the path; ignore the gate on the left and go through a wood. Head straight past a bin at the bottom of the hill and through another wooded area. Keep on left path then turn left, exiting the Park through a kissing gate onto Bedford Street.

5

From the kissing gate turn right downhill along Bedford Street towards Waitrose and the Prince of Wales pub, heading into Ampthill town centre. At the mini roundabout turn right uphill along Woburn Street, passing the Queen's Head pub on your left. Turn right along Chapel Lane following signs for the Timberland Trail. Continue along Chapel Lane and then into Park Hill and continue forwards entering Ampthill Park via a gate along a narrow path. Continue, following the Timberland Trail path that opens out into woodland and a broad track. Continue along the track and over an intersection of paths which leads to a park keeper's cottage (now a private dwelling) and open area. At a waymark post take the left hand path along the Greensand Ridge and past the Ampthill



Forest Centre & Millennium Country Park to Millbrook & Ampthill



Camp Memorial Cross and then Catherine's Cross with excellent views across the Marston Vale and plenty of benches. Continue to follow Timberland Trail discs and cross a footpath junction that leads to the park car park. Gradually make your way down to a kissing gate that leads you over a grass field, then out of the park and through a small woodland.

6 Follow the fenced path past grass fields, still following the Timberland Trail discs. Continue along a gravelled path then at crossroads continue straight on. Ahead will be Millbrook Parish Church. Descend the left hand path leading into Millbrook village then turn right along the footpath past the Chequers pub to a T-junction in the road. Turn right along Sandhill Close for 50m to a public footpath on your left. Follow the footpath down the field, cross a small wooden footbridge and along a path next to trees, continuing across a field towards a hedge. From here you can retrace your steps back to the Forest Centre from point 7 on the map.



Small Copper
© Don Morris

OS OpenData Crown Copyright

Maps

This promoted route is not waymarked and the leaflet map is basic so purchasing an Ordnance Survey map is recommended whenever venturing into the countryside. Explorer Maps 193 & 208 cover this walk.

