

see *England*

*Bedford Borough Council; Central Bedfordshire Council*

**Marsh Farm Cycle Network (NCN 6)** download from

[www.sustrans.org.uk/webfiles/leaflets/Marsh%20Farm%20-%20Luton%20leaflet.pdf](http://www.sustrans.org.uk/webfiles/leaflets/Marsh%20Farm%20-%20Luton%20leaflet.pdf)

A whole network of walking and cycling routes for the community in North Luton, with links to a longer route through Luton and Dunstable

**The Sewell Greenway (NCN 6)** (October 2004) download from

[www.sustrans.org.uk/webfiles/leaflets/sewell\\_greenway.pdf](http://www.sustrans.org.uk/webfiles/leaflets/sewell_greenway.pdf)

A safe and attractive new route for walkers and cyclists between Stanbridge, Dunstable and Houghton Regis

**The Grand Union Canal (NCN 6)** (September 2005) download from

[www.sustrans.org.uk/webfiles/leaflets/GrandUnion.pdf](http://www.sustrans.org.uk/webfiles/leaflets/GrandUnion.pdf) (see Bucks) (7/11)

**The Luton and South Beds Way Cycle Map, Luton to Leighton Buzzard (NCN 6)** FREE (2008) or download from

[www.sustrans.org.uk/assets/files/leaflets/Sustrans\\_South%20Beds%20%20Luton%20Way\\_July08.pdf](http://www.sustrans.org.uk/assets/files/leaflets/Sustrans_South%20Beds%20%20Luton%20Way_July08.pdf)

**Explore Route 51, the University Way, Milton Keynes, Bedford, Sandy** 60p or download from

[http://providerfiles.thedms.co.uk/eandamedia/ee/2805165\\_3.pdf](http://providerfiles.thedms.co.uk/eandamedia/ee/2805165_3.pdf) (Sustrans Shop)

Sustrans. ) 0845 113 0065 (7/11)

**The Three Shires Way** see *England* (7/11)

**The Forest Centre & Millennium Country Park** £1 or download map from [www.marstonvale.org/map/](http://www.marstonvale.org/map/)

includes the walkers' and cyclists' trail (OS 153, GR 00 42) 5 mls

Forest Centre, Marston Vale Millennium Country Park. ) 01234 767037

Email: [info@marstonvale.org](mailto:info@marstonvale.org). [www.marstonvale.org/countrypark/cycling.html](http://www.marstonvale.org/countrypark/cycling.html) (8/11)

**Bedfordshire and the Chiltern Hills on Horseback** £6.95

British Horse Society, see *England*

**The Skylark Ride at Sandy** download from [www.letsgo.org.uk/ride/thedms.aspx?dms=13&feature=9&venue=2805198&easi=true](http://www.letsgo.org.uk/ride/thedms.aspx?dms=13&feature=9&venue=2805198&easi=true)

one of a series of circular routes for horseriders ranging in length from 6 to 20 miles. The routes travel through the countryside in east Bedfordshire with a short section in Cambridgeshire

**Rides on the Wild Side:**

**No 1: Streatley** download from [www.letsgo.org.uk/cycle/thedms.aspx?dms=13&feature=5&venue=2806408&easi=true](http://www.letsgo.org.uk/cycle/thedms.aspx?dms=13&feature=5&venue=2806408&easi=true)

8½ ml circular ride from Stopsley

**No 2: Totternhoe & Eaton Bray** download from [www.chilternsonb.org/downloads/publications/RideontheWildSideNo2.pdf](http://www.chilternsonb.org/downloads/publications/RideontheWildSideNo2.pdf)

7 ml circular ride (7/11)

**Easy Bike Rides off the Bedford to Sandy Cycleway** £3.25

A set of 8 easy rides on 10 postcards

**Easy Cycle Rides Around Bedford** £3.25 (2006)

12 easy cycle rides suitable for families and cyclists of all ages in the local countryside

**Bike Rides from Longholme Lake Cafe, No 1: Eastwards** 60p

4 easy to follow rides, 3 of which are flat and almost entirely on cycle tracks and paths

**Bike Rides from Priory Park, Bedford** 60p

CCNB Publications. ) 01234 355952. [www.ccnb.org.uk/publications.htm](http://www.ccnb.org.uk/publications.htm) to order (7/11) or Bedford TIC.

**Bedford Borough Council Cycle Maps** download from [www.bedford.gov.uk/transport\\_and\\_streets/cycling/cycle\\_maps.aspx](http://www.bedford.gov.uk/transport_and_streets/cycling/cycle_maps.aspx) (7/11)

**Cycle Map Bedford and Kempston** FREE (3rd Edition) or download from

[www.bedfordshire.gov.uk/Resources/PDF/C/Cycling/Bedford%20and%20Kempston%20cycle%20map.pdf](http://www.bedfordshire.gov.uk/Resources/PDF/C/Cycling/Bedford%20and%20Kempston%20cycle%20map.pdf) (5MB)

Cycling & Walking Officer, Bedford Borough Council. ) 01234 276048 (6/11)

**The Shannon Trail**

A circular cycle trail using country lanes and B roads commencing from the town of Potton 18/21 mls

**Beds Cycle Routes, 7 routes**

2 – Dunstable Downs at Dunstable; 3 – Marston Vale at Bedford; 4 – Woburn Wander at Woburn;

5 – The Ouse Valley at Bromham; 6 – St Neots Riverside at Bedford; 7 – North Beds Villages at Harrold;

8 – Old Warden at Old Warden

**The Jubilee Way** 10p

A circular cycle trail using country lanes and B roads commencing from the town of Shefford 17/21 mls

**The Greenwood Cycle Trail** 10p

A 23 ml circular route starting from the Marston Vale Millennium Country Park

download all from [www.letsgo.org.uk/cycle/thedms.aspx?dms=11&catid=71&easi=true&msg=browsing%20all%20cycle%20routes](http://www.letsgo.org.uk/cycle/thedms.aspx?dms=11&catid=71&easi=true&msg=browsing%20all%20cycle%20routes)

Tourist Information Centre, Sandy. ) 01767 682728. Email: [tourist.information@mid.beds.gov.uk](mailto:tourist.information@mid.beds.gov.uk)

(8/11)

**Luton and Dunstable Area Cycle Guide** FREE (2011) or download from [www.luton.gov.uk/internet/transport\\_and\\_streets/cycling](http://www.luton.gov.uk/internet/transport_and_streets/cycling)

(Luton Area Cycle Maps)

Sustainable Travel Officer, Luton BC. ) 01582 634389. Email: [mytravel@luton.gov.uk](mailto:mytravel@luton.gov.uk) (7/11)

**Leighton Linlade Cycling Map** *FREE (2011) or download from*

*[http://gocycle.guerrilladev.co.uk/Cycle-Maps\\_61.html](http://gocycle.guerrilladev.co.uk/Cycle-Maps_61.html)*

*includes 6 local Leisure Route ideas*

*Leighton Linlade Town Cooucil. ) 01525 635111. [www.gocycleleightonlinlade.org](http://www.gocycleleightonlinlade.org) (6/11)*

**Cycling Discovery Maps** *download from*

*[www.visiteastofengland.com/visitor-information/thedms.aspx?dms=11&groupid=5&catid=71&itemtype=55&mstat=1&lstat=1&msg=Cycling%20Routes](http://www.visiteastofengland.com/visitor-information/thedms.aspx?dms=11&groupid=5&catid=71&itemtype=55&mstat=1&lstat=1&msg=Cycling%20Routes) (7/11)*