

# Millbrook

**Walk:** approx. 6.4 miles/10.25km **Time:** 3 hours

There are also options for shorter walks 8.5km/5 miles **Time:** 2 hours

Enjoy this peaceful woodland walk around the pretty village of Millbrook, with views across Bedfordshire's rolling countryside, some of the route follows part of the Greensand Ridge Walk, Bedfordshire's premier walking route.

## Millbrook

Millbrook is a village in Central Bedfordshire to the west of the town of Ampthill. In the 19th Century the village had several mills in operation, all located around the same brook and had a 600 strong population. The village boasted a shop, bakery, blacksmiths and school. The last mill was demolished in 1940 and the school closed in 1977. Today the village has a small population of just 140 people and is known for its beautiful church of St Michael and All Angels which sits high up in the centre of the village, and can be seen from across the parish.

## Millbrook Proving Ground

Millbrook Proving Ground is a vehicle test and development facility, the 285 hectare site is located to the north of the village of Millbrook. This circular walk runs adjacent to the concealed site and offers glimpses of the test track which is mostly hidden behind conifers.

The site was first built in April 1968, due to its close proximity to Luton (Vauxhalls HQ) and London. The 5 lane high speed circuit was initially used for testing Vauxhall Cars and Bedford trucks. Now the Proving Ground has recently been extended to include a new technology park and has a world wide client base employing over 400 people.

## Center Parcs

Center Parcs Woburn is a holiday village located in the parish of Millbrook. It is a 365 acre forest site which houses a large hotel, sub tropical swimming pool, spa and 625 lodges. It first opened its doors to the public in July 2014 costing an estimated 250 million pounds; it was one of the largest leisure projects of its kind in the UK. As part of the development a 5 metre wide circular bridleway was created around the site, this circular walk follows part of the new bridleway route. For more information on the Center Parc village in Millbrook please visit [www.centerparcs.co.uk/villages/woburn](http://www.centerparcs.co.uk/villages/woburn)

## Healthy walking

Why not get out and get healthy? There is no better way to start than 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 and depression. So make today the day you start to enjoy Central Bedfordshire and enjoy good health. For information on healthy walking log on to

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

## Planning your walk

The Greensand Ridge car park is the suggested starting point for the walk, which is described in an anti-clockwise direction. However, you can walk in either direction and shorten the walk by taking the short cut; details shown on map.



# Circular walks Millbrook

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## Refreshments, parking and toilets

You can park at both car parks shown on the map throughout the year. The Chequers Public House is in the village of Millbrook and there is also a café and toilets located in Staples Garden Centre on Fordfield Road. Further shops and public houses are located in the Market Town of Ampthill which is one mile to the east of Millbrook village.

## Public transport

For information contact Traveline – 0871 200 22 33.  
The closest train station is at Flitwick which is 2 miles away.

## Ordnance Survey maps

The route is covered on Ordnance Survey Landranger Series map 153 (Bedford and Huntingdon). These are available from local bookshops and some petrol stations.

## Did you enjoy the walk?

If you have any comments about this walk or wish to request a leaflet, please contact us on **0300 300 8305** or email us on **recreational.routes@centralbedfordshire.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

To discover more walks in Central Bedfordshire visit [www.centralbedfordshire.gov.uk/countryside](http://www.centralbedfordshire.gov.uk/countryside)

Or why not explore the Greensand Ridge by following the fabulous Greensand Ridge Walk. Part of this walk uses this long distance path and many of the area's most valuable landscapes and historic towns.



### Walk





- |                        |                            |
|------------------------|----------------------------|
| 1 Sandy – Everton      | 7 Rushmere Country Park    |
| 2 Old Warden           | 8 Cranfield                |
| 3 Silsoe – Shillington | 9 Totternhoe               |
| 4 Ampthill – Maulden   | 10 Dunstable Downs         |
| 5 Millbrook            | 11 Whipsnade               |
| 6 Woburn – Eversholt   | ■ ■ ■ Greensand Ridge walk |

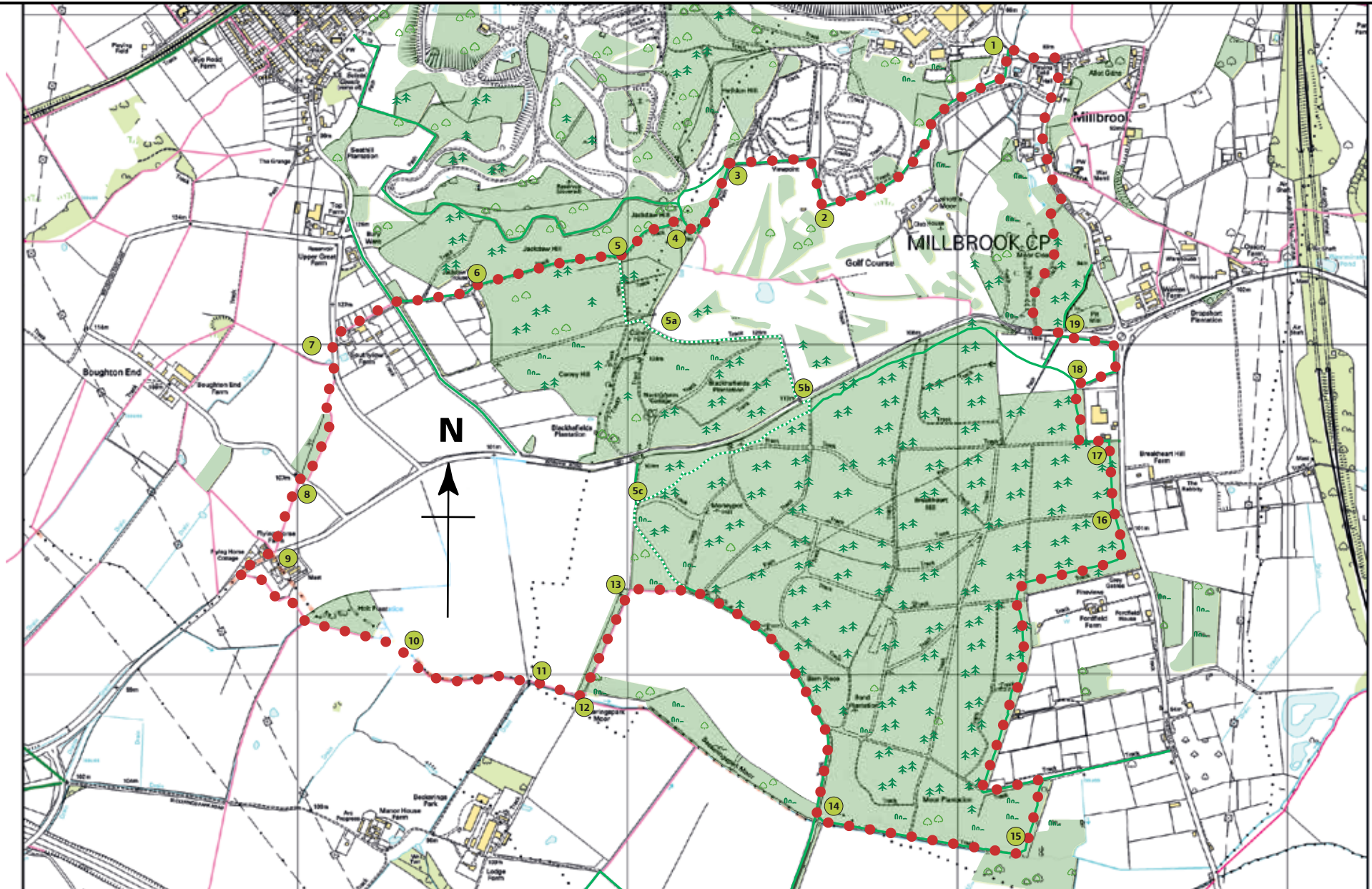
# Walk 5

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<b>Key</b>	<span style="color: red;">● ● ● ●</span> The walk	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">P</span> Parking	 Church
	<span style="color: magenta;">—</span> Footpath	 Public house	 Woodland
	<span style="color: green;">—</span> Bridleway	 Take care when crossing or following the road	
	<span style="color: red;">- - -</span> Shortcut		



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## 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.

- 1** START – Park at the junction between Sandhill Close and Station Lane opposite the play area in Millbrook or at the Greensand Ridge Car Park and turn LEFT down the hill along the grass verge, turn left at the Greensand Ridge Walk (GSRW) sign through the small car park (alternative car parking), follow the path adjacent to the Millbrook Proving Ground, keep following the signs for the GSRW.
- 2** When you reach the golf Course turn right up the steep hill and follow the path along the edge of the course.
- 3** Bear left at the path junction, and keep following the signs for the GSRW.
- 4** At path junction TURN LEFT following the GSRW signs through the wood.
- 5** If you would like to take the shortcut, or are on horseback or cycling please turn left at T-Junction following the bridleway signs, (go to point 5a). If following the longer route keep to the GSRW.

### Shortcut

- 5a** Follow the track LEFT and then RIGHT along the edge of the golf course, turn right and keep following the waymarked route all the way to the road.
- 5b** Cross the road, once in the wood follow the path to the RIGHT until you reach the vehicle barrier at the unction with the track (known locally as Gypsy Lane).
- 5c** Turn LEFT along the track and follow it to the junction with the bridleway on your left (go to point 14).

- 6** Go through the wooden field gate next to the house and follow the gravel drive, at the crossroads, leave the driveway, following the GSRW straight on along the footpath to the road.
- 7** Turn LEFT and follow verge along road and cross when safe to do so. Follow verge PAST GSRW sign and turn RIGHT at the next finger post following the footpath across the arable field, alongside the wood down hill to the road.
- 8** Turn right along the road and immediately left, following the footpath across the field and then through the hand gate to the road.
- 9** Turn RIGHT along the verge and cross when safe to do so. Turn left at finger post through the metal gate and follow the path adjacent to the fence, turn RIGHT through the gap and follow the path over bridge and turn LEFT following the field edge path.
- 10** Cross the bridge and continue along field edge path straight on.
- 11** Turn LEFT onto farm track and follow the track right.
- 12** Veer LEFT at junction and follow the footpath up the hill
- 13** Turn RIGHT and follow the path inside the wood until it meets the wide track (known locally as Gypsy Lane), follow the track straight on.
- 14** Turn LEFT at junction and follow the

bridleway past the vehicle gate and along the ditch.

- 15** Follow the bridleway up the hill and turn LEFT at junction, follow the path alongside the Center Parc holiday village. \*caution this section can get muddy in winter months\*
- 16** Cross road at Zebra Crossing and follow the path straight on.
- 17** Turn LEFT and follow the path right until you reach the large bund.
- 18** Follow the path around the bund to the road crossing , cross the road and then turn LEFT along the road verge, turning RIGHT at finger post.
- 19** Follow path to the road and turn LEFT following pavement through the village until you reach the START at the play area.

**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. Please be a considerate owner and clean up if your dog leaves a mess.

## Please follow these tips to keep you and your dog safe:

- 🐾 Always keep you dog in sight and train it to come back when called.
- 🐾 Never let your dog chase wildlife or grazing animals – it could get injured too.
- 🐾 Unless you're already friends, keep you dog away from other people and either dogs – not everyone loves your dog as much as you do!
- 🐾 Always clean up after your dog.
- 🐾 Look out for horses, cyclists and runners – for everybody's safety its best to put your dog on a lead as they come by.
- 🐾 Follow all local signs about grazing animals.