

cycling routes

# ASHRIDGE

getting around

5 enjoyable routes suitable for family cycling to see the best parts of the Ashridge Estate. All cycle routes start from the Visitor Centre **V** on Monument Drive where toilets, bike parking, shop and a café can make your day even better.

**Why not cycle to Ashridge from home ?**

You can pick up a map from the visitor centre

## Duncombe Terrace Route:

7km/5miles (return) ●●●●

**A short, flat, linear ride with great views.**

Mixed surfaces, good quality to start with followed by a section of farm track, best suited for mountain bikes. Leave your bike in the cycle stands in the Beacon car park, and hike to the top of the Beacon, an iron age hill fort. It takes your breath away !

## Ashridge House Route:

8km/6miles (return) ●●●●

**A short, flat, linear route through the woods.**

Good quality hard surfaces all the way best suited for road bikes. Go quietly in the woods and you'll see deer. Once the home of the Earls and Dukes of Bridgewater; the house is now a management college. You can see the gardens on summer weekends.

## Pitstone Windmill Route: 9km/7miles (return) ●●●●

**An undulating linear route with a steep section.**

A mixture of firm surfaces best suited for mountain bikes. You're allowed to get off and push on Moneybury Hill, but the effort is worth it for views of the Ridgeway and a closer look at this seventeenth century windmill. You'll feel the wind in your sails on this route !

## Aldbury Route: 6km/4miles ●●●●

**A short steep section and mostly off road circular route, so better with mountain bikes.**

Discover one of the most picturesque villages in the Chilterns: a village green with pond, stocks and whipping post still in place. Pubs, café and a shop provide more conventional forms of refreshment and entertainment.

## Ashridge Circuit: 23km/17miles ●●●●

**A long undulating, scenic circular route for the experienced rider:**

Suitable for a road bike. Here's your chance to see the best bits of Ashridge in one trip. Climb the escarpment - descend the dip slope. Cruise the canal - Download a permit from the website below. Go on have a big day out.

**(But take care: The B489 near Ivinghoe can be busy with fast traffic.)**

<http://www.waterscape.com/things-to-do/cycling/permit>



# The Ashridge Estate is a special place:

- Internationally recognised and protected because of its wildlife, landscape and archaeology.
- Beechwoods carpeted by bluebells in the spring and home to a herd of fallow deer.
- Rare butterflies and an impressive collection of wildflowers flourish on the chalk grassland.
- Ancient hill forts, earthworks and trackways reveal how people have shaped the land since prehistoric times.
- It's in the Chilterns Area of Outstanding Natural Beauty.

**Wildlife and archaeology are sensitive and vulnerable to damage and disturbance.**  
**To protect this special place please keep to the marked paths and bridleways and avoid the sensitive areas**

## Help us keep this place special

See National Trust website for information about the Estate

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

### Responsible cycling

- Give cycling a good name by being a considerate and responsible cyclist.
- Please keep to the marked paths and bridleways, and avoid the sensitive areas.



Follow this sign for one of the waymarked routes:



Or these signs for a bridleway: On bridleways, cyclists are required to give way to other users; mobility vehicles, walkers and horses. Especially on shared use paths, please slow down, give people plenty of room and use your bell.



This sign indicates a footpath: Cycling is not allowed on footpaths.

