

Woburn Sands & Aspley Heath

Walk details correct at 14 March 2024

Approx. 5.4 miles

WALK WARNING

The walk crosses a railway line. Care should be taken as it is unlikely that the U3A insurance covers collisions with trains.

Directions

Walk starts at the Frosts Garden Centre. Post code for satnav is MK17 8UE. Most direct route is to follow the A421, then signs to the Stables but continue forward past the turning to the Stables (at traffic lights), Frosts Garden is on the right.
Approx 38 mins, 17 miles.

Terrainology

Most of walk is on paths and good tracks.

Stileometer

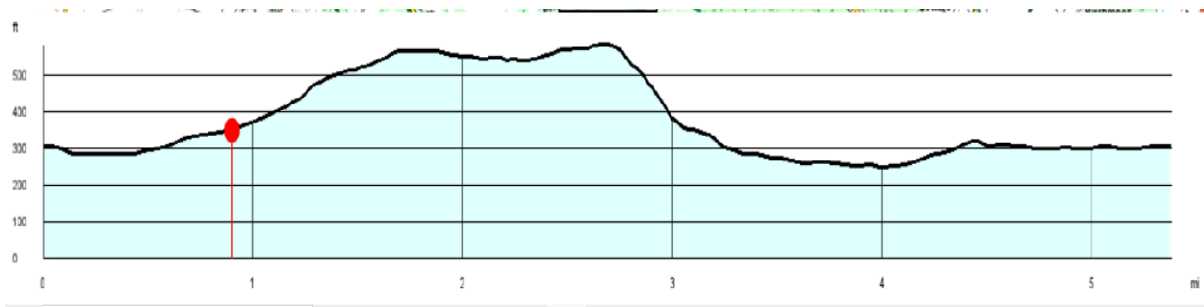
Reads 0 for this walk.

Inclineometrics

Maximum height change over entire walk is approx 440ft but there are no significant 'ups'.

Dining arrangements

Frosts Garden Centre, Newport Road, Woburns Sands, MK17 8UE
<https://www.frostgardenscentres.co.uk/visit/woburn> and follow links to the food menu.
Frosts no longer accept table bookings so timing/seating may be pot luck.
Starting loos should be available as the garden centre opens at 9am.



1. Turn right out of Frosts car park and follow road railway line.
2. Cross level crossing and continue forward on Station Road.
3. Continue forward onto High Street (A5130)
4. At double roundabout by Swan pub, turn right at 2nd roundabout onto Church Road.
5. Bear left onto Sandy Lane
6. Continue forward to junction with Church Road & Heath Lane.
7. At junction bear left and follow line of Church Road.
8. Continue forward

9. Just before junction with Church Road take footpath on the right.
10. Continue forward on footpath (there is a golf course on left).
11. At Bow Brickhill Road cross road to follow footpath on other side of road.
12. Where path turns left, look for path to the right of entrance to Cromwell stables.
13. Go forward, follow path, through gap in hedge.
14. Follow path to the right and forward to the railway line.
15. Cross railway, TAKE CARE.
16. Follow path forward.
17. Continue past houses on left & then a green space on left.
18. **NOTE** At the time of the walk the footpath was closed due to building work which required a diversion through the housing estate.
19. Just after green space look for a footpath diagonally to the right.
20. (If footpath is missed, continue forward to Walton Road)
21. Turn right onto Walton Road
22. Follow road to church.
23. Opposite church look for footpath on the right by the community centre.
24. Follow footpath at side of football/cricket pitch, past small pavilion building.
25. Go through hedge just after building.
26. Continue forward diagonally across field.
27. Where path meets hedge go through hedge and turn left onto footpath.
28. Follow footpath forward onto Newport Road.
29. At road turn right and back to Frosts Garden Centre.