

# 1 Bedford River

This nice flat ride explores Bedford's beautiful and varied riverside. It hardly touches a road - ideal for beginners! It links with many other rides (see Connections below). Please have special regard for pedestrians. Many sections are popular for strolling and some are narrow. Although basically a linear route, the return route follows some sections parallel to the outward ride. This ride is easily accessible by bike from most parts of the town (e.g. by the connecting rides). If you come by car we suggest you park in Priory Country Park.

**8 Miles  
EASY**

## PUBS

Beefeater, Priory Park  
Embankment Hotel

## TEAS & SNACKS

Kiosk, Russell Park  
Kiosk, Longholme Lake  
Kiosk, Priory Park

## PICNIC SITES

Priory Country Park  
Riverside area  
Honeyhills, Queens Park

*Our description starts from Priory Park but you can join anywhere.*

## 1. PRIORY PARK TO CARDINGTON LOCK (1.5 miles)

# From the car park go past the Visitors Centre and left by the lake.  
# Follow the path over a small causeway and two bridges to the lock.  
*En route you will pass the canoe slalom. There is a riverside path upstream but its use is not advised. If you do not want to continue to Cardington (see Connections) then*

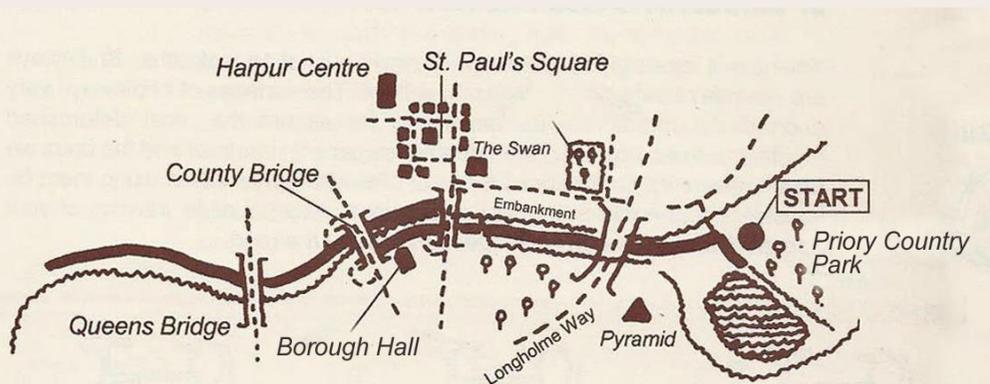
# Return to the Visitors Centre.

## 2. PRIORY PARK TO QUEEN'S BRIDGE (5.0 MILES)

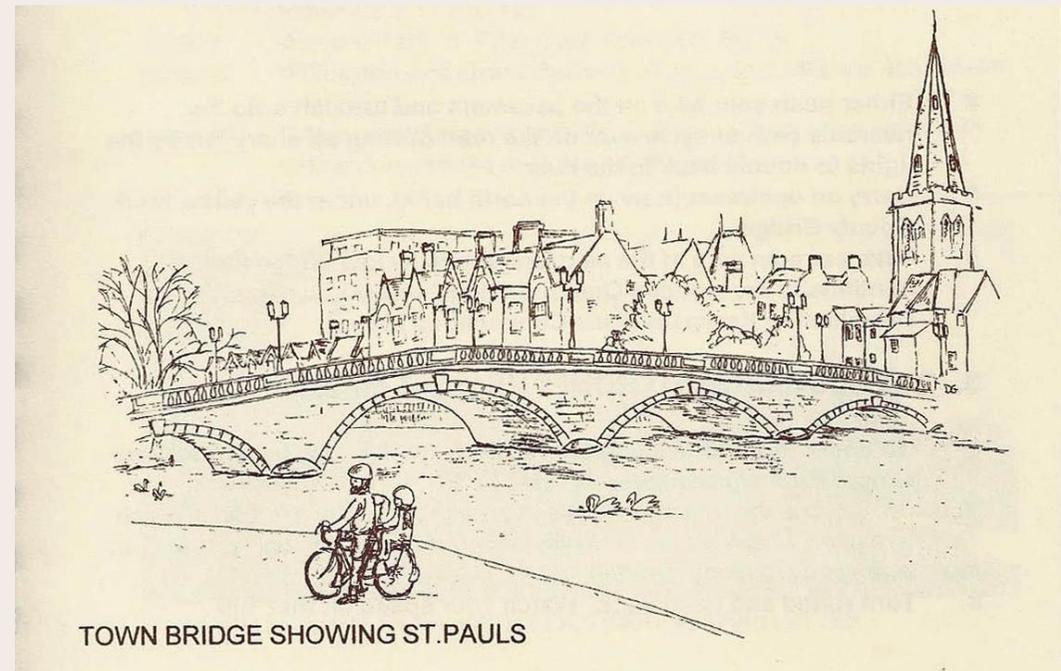
# From the car park go back towards the exit and turn left onto the cycle path immediately before the bridge over the 'New Cut' river.  
# Follow this straight through to the pyramid where you go right at a T-junction with another path. Go over the river on the narrow King's Bridge, swing left and right under the road bridge and left again just before the white bridge.

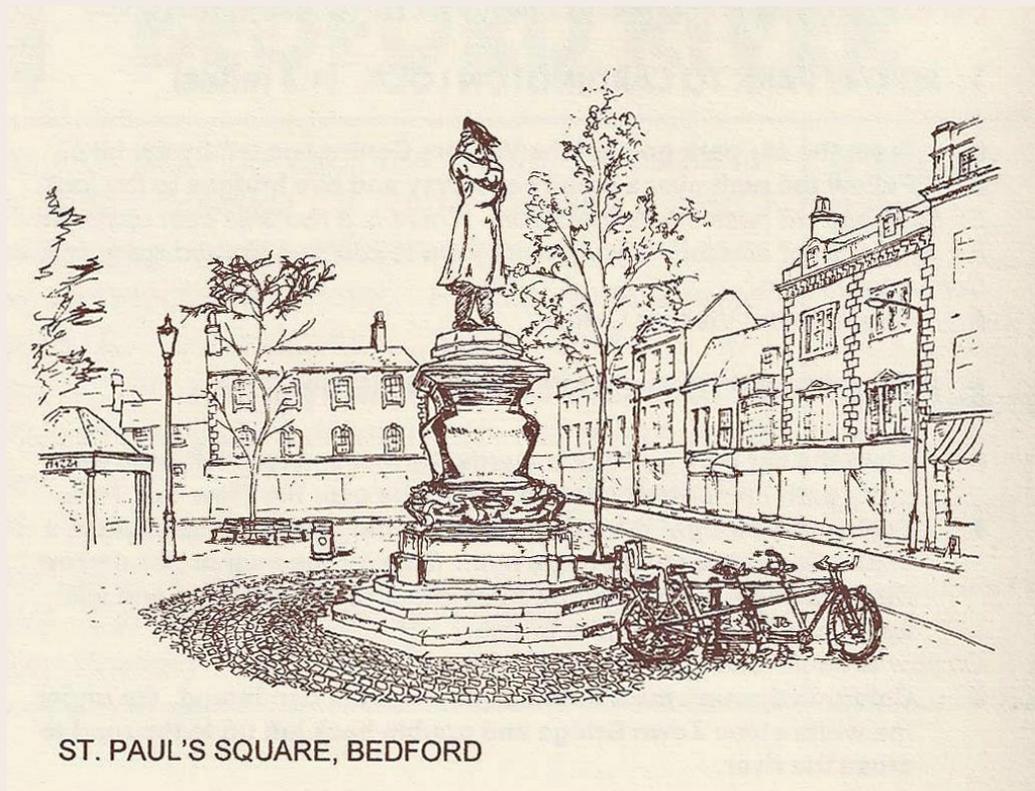
*On your left is the boating lake with its café.*

# Continue through the Mill Meadows, past the bandstand. Go under the white stone Town Bridge and double back left up to the road to cross the river.



Route of Ride 1





ST. PAUL'S SQUARE, BEDFORD

- # Either push your bike on the pavement and turn left onto the riverside path or cycle over on the road turning sharp left by the lights to double back to the river.
- # Carry on upstream (now on the north bank), under the yellow brick County Bridge.
- # Walk under the next (very low) bridge or use the spiral ramp overbridge and continue to the wooden Queen's Bridge where you can divert to Bromham or Kempston (see Connections below).

### 3. QUEEN'S BRIDGE TO HONEYHILL (1.5 miles)

- # Go under the bridge along the riverside, which now begins to have a more rural atmosphere.

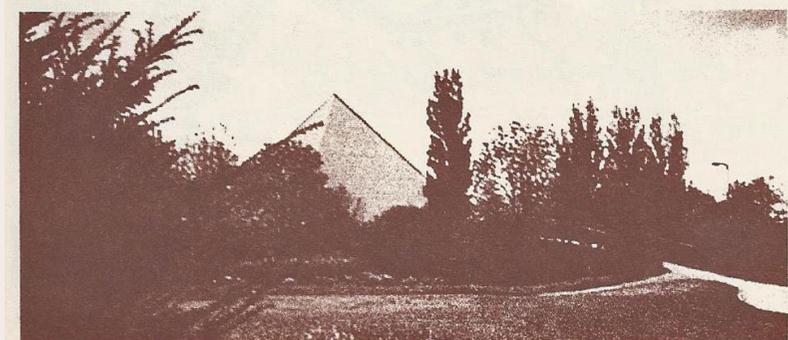
*You join a new wide track which goes up a gentle hill before you reach a fork with the right turn going into the new development of Great Denham. There are plans to extend the cycleway but for now you can proceed on foot. When you are ready to return.*

## 4. RETURN ROUTE

- # This is basically the same as the outward route but we suggest the following variations.
- # County Bridge (immediately after the second railway bridge). Cross to the south bank by going up the approach ramp, keeping to the right on the wide pavement and wheeling your bike down the steps.
- # Engineers' Bridge Go right at the weir just after the Town Bridge and then left along the south bank of the lower river. Take care as you turn left onto the path over the next bridge.
- # Newnham Bridge At the end of the lake go left over this little white bridge and then right down the subway. Give way to pedestrians. Straight on along and over the river to join the track back to Priory Park.

## 5. CONNECTIONS

- Ride 2 Bromham Mill. *Right at Queen's Bridge, with further connections to Rides 10, 11 and 12.*
- Ride 3 Abbots and Priors. *Left at the pyramid, with a further connection to Ride 13.*
- Ride 4 Kempston Riverside. *Left at Queen's Bridge.*
- Ride 5 Three Parks. *Over Newnham Bridge, with further connections to Rides 7, 8, 9, 11 and 12.*
- Ride 6 Woods, Park 'n' Pits. *Over Newnham Bridge.*
- Ride 17 Willington and Great Barford. *Right onto cycle track at exit from Priory Park.*
- Ride 18 Greensand Ridge. *Leave Priory Park at Cardington Lock, with further connections to Rides 14, 15 and 16. connections to Rides 10, 11 and 12.*



PYRAMID LEISURE POOL WITH FOOTBRIDGE OVER RIVER