

5 Three Parks

This circular ride takes in the three principal parks on the north side of the river - Russell Park, Bedford Park and Mowsbury Park. It follows a mix of paths, side streets and quiet suburban roads. Each of the parks has excellent playgrounds and other attractions. It connects with several other rides leading out from The Embankment at Russell Park and from Mowsbury Park.

6.5 Miles
MODERATE

PUBS

Devonshire Arms, Dudley St.
The Park, Kimbolton Road
The Pheasant, Kimbolton Rd.

TEAS & SNACKS

Kiosk, Russell Park
Kiosk, Bedford Park

PICNIC SITES

Bedford Park
Mowsbury Park
Russell Park

Our description starts from Bedford Park but of course you can join it anywhere. It is readily accessible from all parts of north and east Bedford and from elsewhere via the other rides.

1. BEDFORD PARK TO RUSSELL PARK (1 mile)

- # With your back to the lake and the Park Lodge on your left, leave the park, crossing the main road (Park Avenue) by the central refuge and go up St Augustine's Road (opposite).
- # Go right at the top (taking care for this is the trickiest crossing on this route) and then first left into Kimbolton Avenue.
- # Next right down Goldington Avenue and cross the main road (Goldington Road), which has a central refuge. Continue straight on down Howbury Street, over the cross roads, and into Russell Park at the end.

Russell Park offers opportunities for refreshments, rides round the park and exploration further afield. To continue with this ride and to connect with other rides.

- # Swing left and follow the path to the playground where you go left (keeping the playground on your right) up to the road (Russell Avenue).

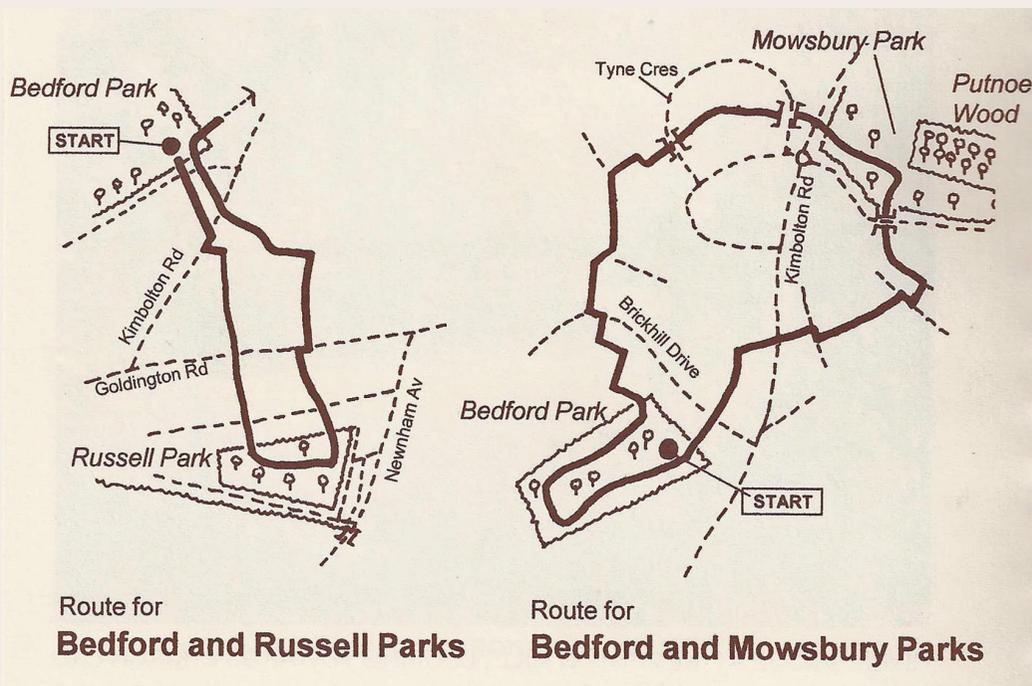
CONNECTIONS - from Russell Park/Newnham Avenue

To link with other routes go right along Russell Avenue, right and left (Kingsley Road) and then right (Tennyson Road). At the end cross The Embankment by the central refuge to the little white bridge (Newnham Bridge), where you can join up with:-

- Ride 1 Riverside. *Go over the white bridge, right for Honey Hills and also Bromham Mill (Ride 2) and Kempston's Riverside (Ride 4).*
- Ride 3 Abbots and Priors. *Go over the white bridge and round to the left under the road bridge. Swing right over the river, fork left and straight on past the pyramid on your right.*
Go left under the road by the subway to Priory Country Park, for Ride 17 (for Willington/Great Barford) and Ride 18 (to the Greensand Country and Rides 13, 14, 15 and 16 also).

2. RUSSELL PARK TO BEDFORD PARK (1 mile)

- # Go over Russell Avenue (see above) and up Dudley Street, over two cross-roads. At the top cross to the right hand side to use the toucan crossing over the main road (Goldington Road).



Route for
Bedford and Russell Parks

Route for
Bedford and Mowsbury Parks

- # Go left into Caves Lane. Take the second left (Crediton Close) turning right at the end where it says Nos. 65-87 to pick up a cycle path.
- # At the main road (Kimbolton Road) follow the track a short distance to the right and cross using the toucan crossing into St. Albans Road at the side of the church.
- # Cross the next major road (Park Avenue) by the refuge onto the path past the playground and up to the lake.

This is practically where you started from.

- # Turn right to continue to Mowsbury Park.

3. BEDFORD PARK TO MOWSBURY PARK (1.5 miles)

- # Leave Bedford Park by the cycle track at the corner between the lake and the playground.

There is a sports field on the right hand side of the track and former school buildings on the left.

- # Cross by the lights into Larkway. Go right between Nos. 65 and 67 (signposted Putnoe), down the path, crossing Kimbolton Road using the toucan and continue up the path. Go right at the junction (with Poplar Avenue) and first left (Aspen Avenue).
- # At the end do another right and left into Tweedsmuir Road, a short cul-de-sac. At the end turn left onto a path (Beaulieu Walk).



THE BANDSTAND IN BEDFORD PARK

This takes you to Mowsbury Park, crossing one road and going under another. Take care approaching this subway, its quite steep and there's a sharp corner.

- # Go straight on at the top of the slope (but only for 20 yards) and then sharp left to enter the park. Follow the cycle path signs through the park.

Please note cycling is banned in the wood.

CONNECTIONS - from Mowsbury Park

After the subway don't go left into the park but continue on the path parallel to the main road for the following:-

- Ride 6 Woods Parks 'n Pits.
- Ride 7 Graze Hill and Thurleigh, *with further connections to Ouse Valley Rides 10, 11 and 12.*
- Ride 8 Wilden, *with further connections to Ride 9 (Bushmead) and 17 (Willington/Great Barford).*

4. MOWSBURY PARK TO BEDFORD PARK (3 miles)

- # Follow the marked path to cross the main road (Kimbolton Road) at the lights into a cul-de-sac (Rhineland Way). Go right up the cul-de-sac and just before the junction go right onto a path down under the subway.

Again take care (steep descent and sharp turn at bottom).

- # Follow this path (Mowsbury Walk) under another subway and straight on. At the end (Cherwell Road) turn right and then left into Wansbeck Road.
 - # Where Wansbeck Road goes left dismount and walk up the path between Nos 8 and 10 to a track.
- This is a public footpath leading right through Clapham Park to Clapham.*
- # However you need to turn left and then right and left into Kestrel Road. At the end cross (Brickhill Drive) using the toucan crossing. Cross the green and go left at the road (Rooksmead).
 - # Turn right up the hill and at the top cross to take the path which leads to the park.

Take care down the hill - steep, with sharp bends at the bottom!

- # In the park follow the main perimeter path to the right round past the kiosk/café, the swimming pool and the bandstand to return to where you started.