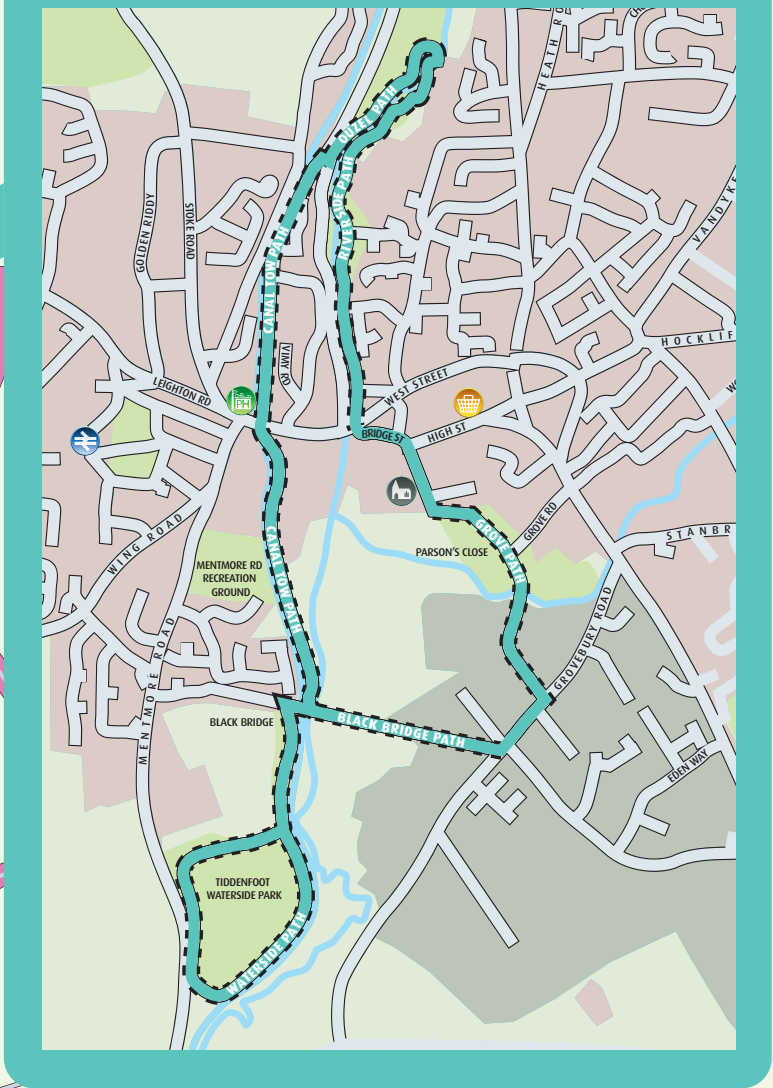


A circular route almost entirely traffic-free which is perfect for families and less experienced cyclists. Why not take a picnic to enjoy beside the lake at Tiddenfoot Waterside Park?



**Key**

- Cycle Route
- Off road section
- Road/Path
- Mainline Railway
- Public House (PH)
- Café
- Railway Station

1 Mile



**Cycle the Leighton to Aspley Woods Route**

**Distance:** 12 miles/20 km **Route:** On-road to an off-road destination

**Features:** Pubs, Station Links (change at Bletchley), Jumps and downhill skills site

To obtain a permit to ride the trails see "Useful Contacts".

Part of the Duke of Bedford's Estate, Aspley Woods are open to the public and have many all-ability bridleways for cyclists to explore. A bike permit enables cyclists to explore even more tracks and also to use the mountain bike jumps and downhill skills area. The ride there is along country roads with an option to use the (surfaced) canal towpath for some of the route. Alternatively you can get there by train to Bow Brickhill or Woburn Sands via Bletchley.

**Cycle the Leighton to Ashridge Route**

**Distance:** 25 miles/40 km **Route:** On-road and canal towpath to an off-road destination

**Features:** Pubs, Cafés, Ashridge National Trust Woodland Centre & Bridgewater Monument, Tring Reservoir

Head for the hills of Ashridge and the lovely village of Aldbury following either the canal towpath (this section is not surfaced) or country lanes. And if you're too exhausted to ride home again, hop on a train at Tring station! As well as pubs en route and at Aldbury, there is a café at the Ashridge Visitor Centre at the Bridgewater Monument.

To the Ashridge estate (NT), Monument, woodland and cafe.