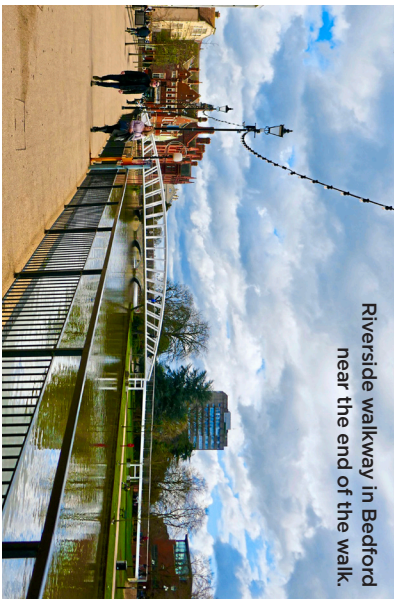


# 09 BEDFORDSHIRE PAVENHAM TO BEDFORD

Distance: 8½ miles/13.8km Time: 4½ hours Grade: Moderate



Riverside walkway in Bedford near the end of the walk.

PHOTO: PHOEBE TAPLIN

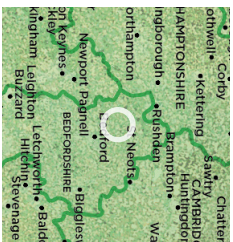


## CHOSEN BY... PHOEBE TAPLIN

Bedfordshire clangers are pasties with one end savoury and one sweet, filled with pork and apple or with veg curry and mango. You can (usually) buy them from Gunns Bakery near the end of this walk. Take bus 25 from Bedford to Pavenham and walk back through lovely riverside villages, passing a windmill, watermill and thatched cottages as you go.

**1 Start**  
From Weaver's Lane bus stop in Pavenham, walk down High Street past The Cock. Soon after pub, turn L down Mill Lane and R through gate to path with river on L for ½ mile.

## PLAN YOUR WALK



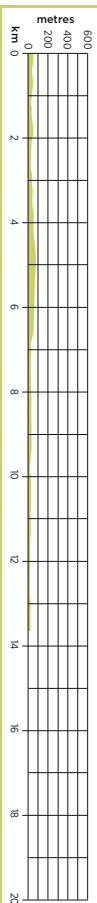
### ROUTE

**Start/parking** Weaver's Lane bus stop in Pavenham, grid ref SP990555, postcode MK43 7NJ

**Is it for me?** One very busy road crossing, short roadside sections, some boggy patches. Long but level and straightforward hike on tracks and paths

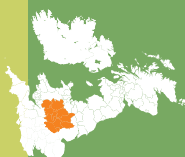
### PLANNING

**Nearest town** Bedford  
**Refreshments** The Cock in Pavenham (01254 822834), Mill coffee shop in Bromham, choice in Bedford  
**Public toilets** St Mary's, Stevington, and Bedford bus station  
**Public transport** Bus 25 (Grant Palmer) Bedford-Pavenham (not Sunday). Buses also to Stevington for shorter walk  
**Maps** OS Explorer 208; Landranger 153



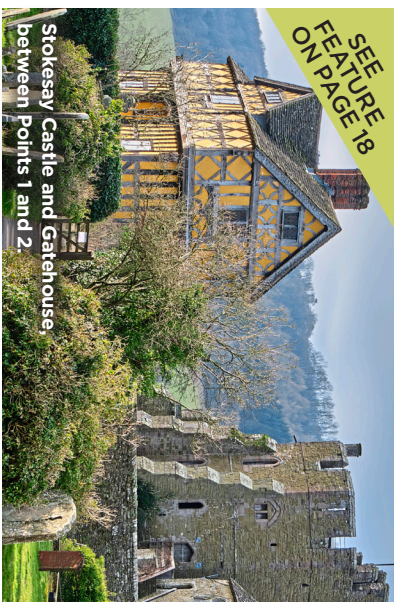
## GRADIENT PROFILE

SOUTH EAST



# 10 SHROPSHIRE CRAVEN ARMS TO LUDLOW

Distance: 11¼ miles/19km Time: 4½ hours Grade: Challenging



SEE FEATURE ON PAGE 18

Stokesay Castle and Gatehouse between Points 1 and 2.

PHOTO: SIMON WHALEY

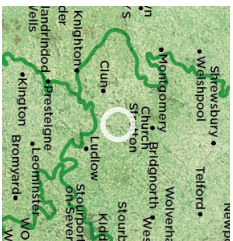


## CHOSEN BY... SIMON WHALEY

Kick off this linear route with a hearty breakfast at the Shropshire Hills Café. Discover some of Shropshire's woolly mammoths, and savour the delights of Stokesay Castle. Tuck into tea and cake at the Ludlow Kitchen, and leave room in your rucksack for some local award-winning produce from the scrumptious Ludlow Farmshop.

**1 Start**  
From station, head to A49 and turn R, passing Tuffins Supermarket (R). Cross A49 at lights. Pass roundabout, later turning L after next pedestrian crossing into Shropshire Hills

## PLAN YOUR WALK



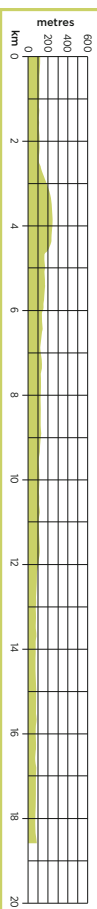
### ROUTE

**Start/parking** Craven Arms railway station, grid ref SO431830, postcode SY7 9QP. Or park at end in Ludlow (PB&D), SY8 9PQ

**Is it for me?** Country lanes, woodland tracks, field and riverside paths

### PLANNING

**Nearest town** Ludlow  
**Refreshments** The Shropshire Hills Café (01588 676060), Ludlow Kitchen/Ludlow Farmshop (01584 856000)  
**Public toilets** Shropshire Hills Discovery Centre, Ludlow Farmshop  
**Public transport** Transport for Wales trains Ludlow-Craven Arms, Minsterley Motors Bus Service 435 (Mon-Sat, 01743 791208)  
**Maps** OS Explorer 217 & 203; Landranger 137

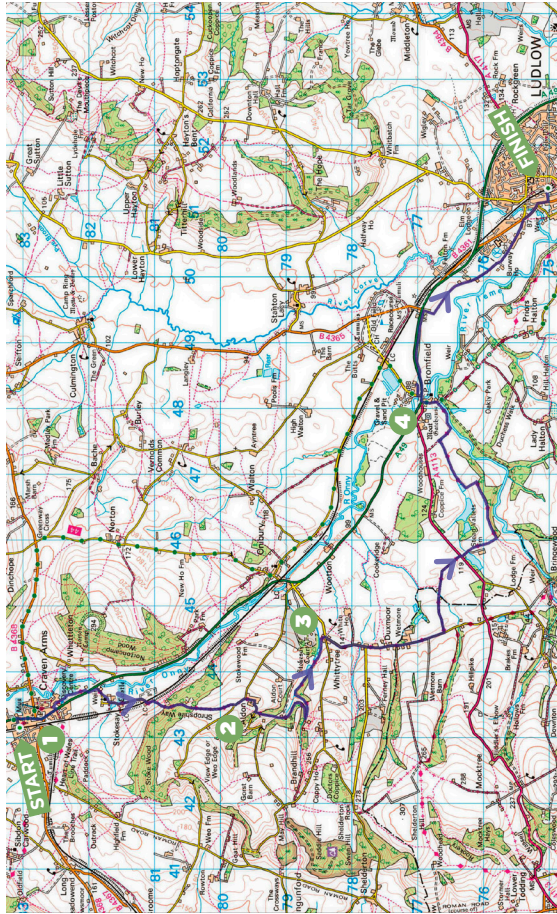


## GRADIENT PROFILE

MIDLANDS

# 10 SHROPSHIRE CRAVEN ARMS TO LUDLOW

OS Explorer map 217 & 203 Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)



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field. Follow R-hand edge. Cross stream, keep fence-line close, into trees. Pass derelict building (L) to track. Cross over, onto grass path by stream. Bear R. Cross stream (no bridge) at path junction, doubling back by stream (L) and fence (R). Follow through trees to kissing gate by pool. Go through field, past pools (L). Bear R by third pool, on track to barn. Take gate to road.

### 3 4½ miles/7.1km

Turn R ('Clungunford'), along SW through Duxmoor, and Wetmore. After 2km, take signed (SW) track on L. Drop, between fields, and fork L of property, continuing through trees. Take gate onto track, passing Cookeridge Cottages,

and follow to A4113. Take tarmac lane opposite, passing pond (R). At lane corner, bear L (SW) into field, following R-hand edge around field, turning L at two field corners, before dropping to third. Turn R, pass pond (L) to opposite field corner. Turn R, then L, over stream, then R along field edge. Continue along River Teme (R), taking kissing gate, then path to bridge. Climb to road and turn L. Pass Bromfield Gatehouse (R) to reach A49.

### 4 8¾ miles/14.1km

For Ludlow Farmshop and Café, take path (R) before barrier, using underpass. Take slip road past The Clive to Farmshop and Ludlow Kitchen Café. Return via underpass to

pedestrian path opposite, cross stream, pass bus stop, heading along A49 for 400m. Take signed path (R), between trees, running parallel to road. At field corner, turn R to opposite corner, then L along field edge. Take two gates to join track through farm to tarmac lane. Cross over. Path becomes lane, alongside properties. At road junction, turn R into Ludlow. For railway station, take L by Tesco. [CW](http://www.cw.gov.uk)

### VIEW THE WALK ON OS MAPS ONLINE!

[walk1000miles.co.uk/cw/routes](http://walk1000miles.co.uk/cw/routes)

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING






# 09 BEDFORDSHIRE PAVENHAM TO BEDFORD

OS Explorer map 208 Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

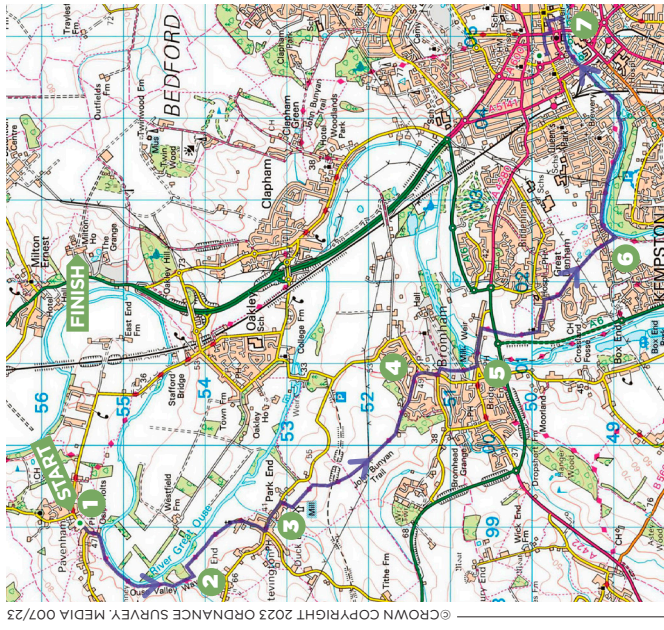
keeping L at first with hedge on L. Follow track R, still with views of windmill, and cross old railway, now Country Walk. Continue up slope and follow waymarked path straight across field. At junction, keep on with hedge on R and then fence on L, under pylons. At end of field, head slightly L on surfaced track beside wood. Keep straight along Molivers Lane into Bromham, passing lane with shops.

### 4 4 miles/6.5km

Fork R past green and continue R on Village Road. Just after Grange Lane on R, turn L into park and immediately R onto grassy path. Keep straight downhill, crossing other paths. Go through gate at bottom into trees. Cross footbridge, continue on Millfield and turn L onto pavement of Bridge End Road (Swan is R).

### 5 4½ miles/7.2km

Walk past watermill and carefully over pavement-less Bromham Bridge. On the far side, take second R, just beyond bus stop, onto footpath (first R is OVW, which takes longer, mostly-riverside route to Bedford, avoiding main road crossing). Carefully cross busy A4280. Keep straight by fence, past church, and turn L on lane through houses. Turn R on Manor Road and go through gate onto path. Keep straight, bearing



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DATE WALKED

TIME TAKEN

YOUR RATING






R along Castle Lane. Turn L into Ram Yard and keep straight into pedestrian alley to emerge by Gunns Bakery. Turn R on High Street and L past giant metal faces into Silver Street. Just before Costa, turn R into Ailhallows and L to Bedford bus station. Or follow signs for train station. [CW](http://www.cw.gov.uk)

### 6 6 miles/9.7km

Turn L on waterside path and continue on path closest to river for 2 miles to Bedford, past footbridges, under low railway bridge and roads. Reaching Bedford town bridge, cross St Mary's Street and continue along Embankment.

### 7 8 miles/13km

Turn L on surfaced path past castle mound to The Higgins. Turn L at museum and

### VIEW THE WALK ON OS MAPS ONLINE!

[walk1000miles.co.uk/cw/routes](http://walk1000miles.co.uk/cw/routes)

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