

cycling routes

ASHRIDGE

getting there

Enjoyable routes suitable for family cycling to Monument Drive in Ashridge from Tring and Berkhamsted stations, from Hemel Hempstead, Northchurch and from the Dunstable Chiltern Gateway.



The Ashridge Estate is a special place:

- Internationally recognised and protected because of its wildlife, landscape and archaeology.
- Beechwoods carpeted by bluebells in the spring and home to a herd of fallow deer.
- Rare butterflies and an impressive collection of wildflowers flourish on the chalk grassland.
- Ancient hill forts, earthworks and trackways reveal how people have shaped the land since prehistoric times.
- It's in the Chilterns Area of Outstanding Natural Beauty.

Wildlife and archaeology are sensitive and vulnerable to damage and disturbance. To protect this special place please keep to the marked paths and bridleways and avoid the sensitive areas

Help us keep this place special

If it's challenging, technical, singletrack descents you're after, why not try Aston Hill? It's on the way to Wendover Woods.

getting there

5 routes to the Ashridge Visitor Centre on Monument Drive and the Ashridge Circuit

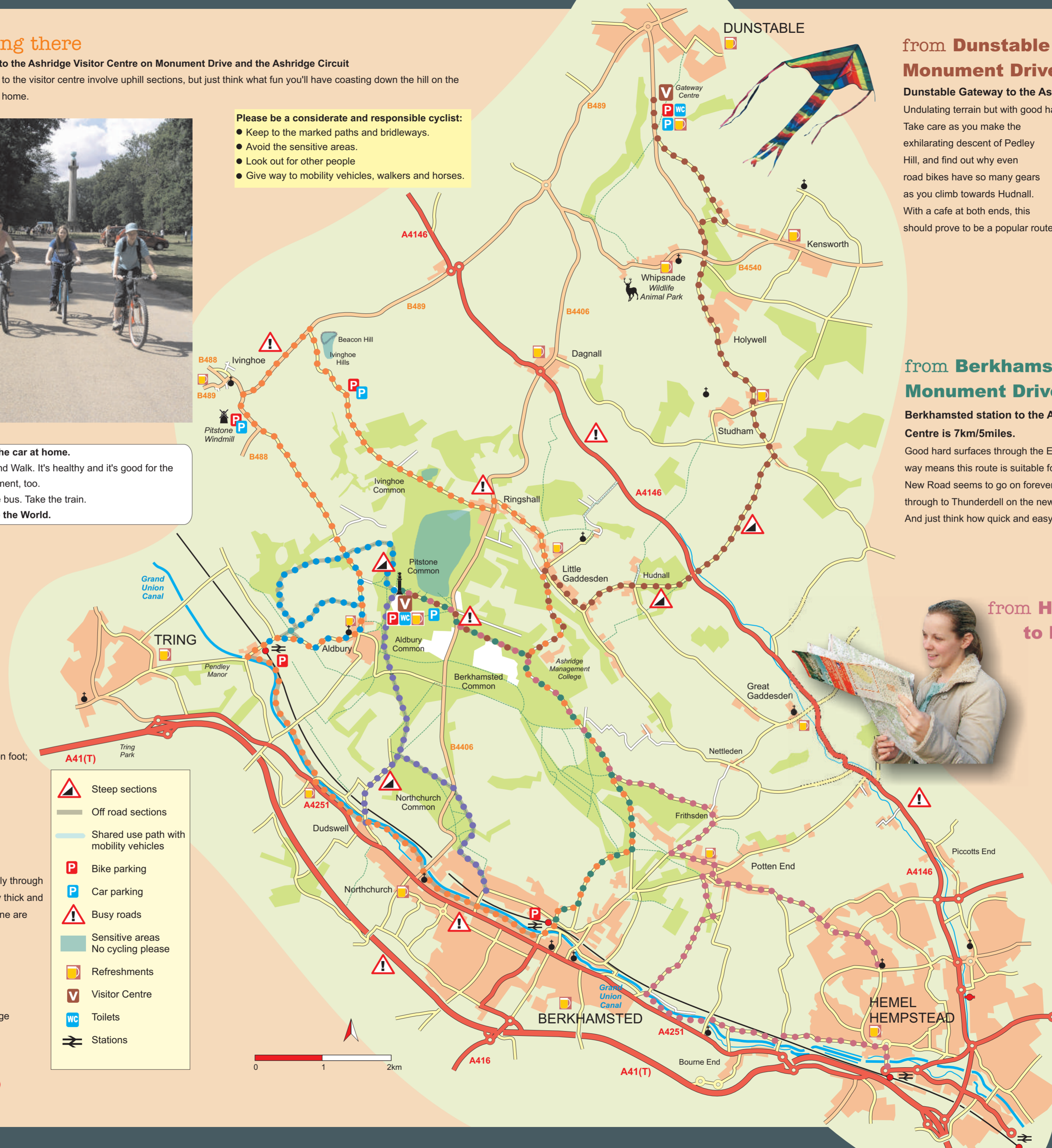
All routes to the visitor centre involve uphill sections, but just think what fun you'll have coasting down the hill on the way back home.



Leave the car at home. Cycle and Walk. It's healthy and it's good for the environment, too. Ride the bus. Take the train. Change the World.

Please be a considerate and responsible cyclist:

- Keep to the marked paths and bridleways.
- Avoid the sensitive areas.
- Look out for other people
- Give way to mobility vehicles, walkers and horses.



from Dunstable Gateway to Monument Drive

Dunstable Gateway to the Ashridge Visitor Centre is 14km/10miles.

Undulating terrain but with good hard surfaces which make this a road bike friendly route. Take care as you make the exhilarating descent of Pedley Hill, and find out why even road bikes have so many gears as you climb towards Hudnall. With a cafe at both ends, this should prove to be a popular route.



from Berkhamsted Station to Monument Drive

Berkhamsted station to the Ashridge Visitor Centre is 7km/5miles.

Good hard surfaces through the Estate and quiet roads all the way means this route is suitable for all kinds of bike. OK, the pull up New Road seems to go on forever, but the ride along the toll road and through to Thunderdell on the newly surfaced cycle route is a real delight. And just think how quick and easy the ride home will be.



from Hemel Hempstead Station to Monument Drive

Hemel Hempstead station to the Ashridge Visitor Centre is 11km/9miles.

Quiet lanes, towpaths and surfaced cycleways provide a comfortable ride on any sort of bike. There's always something interesting to see as you leave the town behind, follow the canal, climb up Bullbeggars Lane, swing by Potten End and Frithsden, and join up with the route from Berkhamsted



from Tring Station to Monument Drive

Tring station to the Ashridge Visitor Centre is 6km/4miles.

You can ride to the visitor centre on the roads: Station Road, Toms Hill Road and the B4506 which can be busy with fast traffic. The off road route is more direct, quieter and prettier, but it definitely requires a mountain bike. Either way there's a short but steep hill to negotiate. Depending on your point of view, the escarpment is either:

- a) an interesting geological feature which requires a closer examination on foot;
- or b) a chance to test your fitness and feel the burn in your legs.

from Northchurch to Monument Drive

Northchurch to the Ashridge Visitor Centre is 6km/4miles.

A direct and interesting route for the seasoned pedal pusher but, especially through the woods and where the surface has not been improved, the mud can fly thick and not so fast. So knobbly tyres, a mountain bike and a good washing machine are essential, even in the summer.

Ashridge Circuit: 23km/17miles.

A long undulating, scenic route for the experienced rider:

Suitable for a road bike. Here's your chance to see the best bits of Ashridge in one trip. Climb the escarpment - descend the dip slope.

Cruise the canal - Download a permit from the website below.

Go on have a big day out.

(But take care: The B489 near Ivinghoe can be busy with fast traffic.)

<http://www.waterscape.com/things-to-do/cycling/permit>