

4 Kempston River

This circular ride takes in the attractive riverside down stream of Kempston Mill to Hillgrounds and Kempston's major park, Addison Howard. It is almost entirely on cycle tracks and paths, with only very short sections on quiet suburban roads. It is linked by cycle tracks to rides 1 and 2 at Queen's Bridge and via them to all other rides (see Connections below).

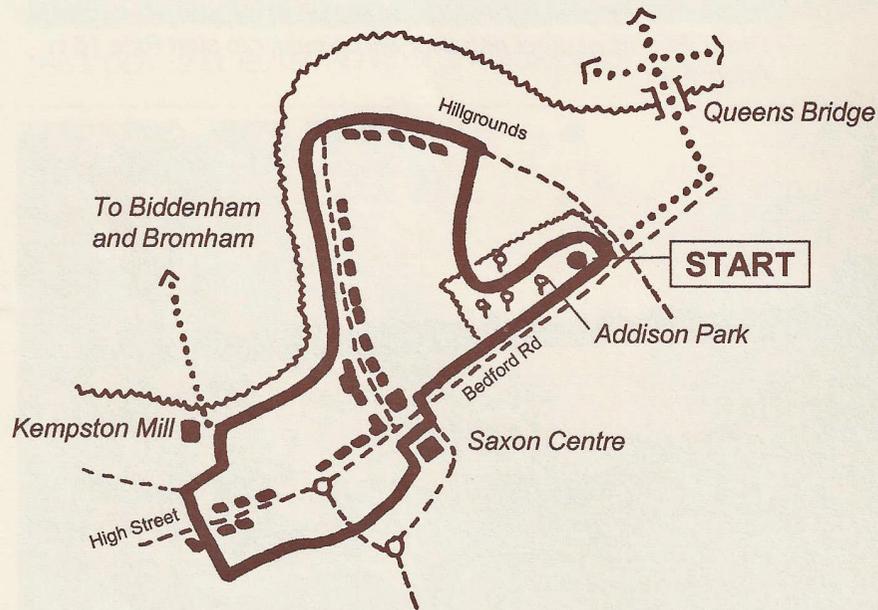
**4 Miles
EASY**

PUBS

Half Moon, Kempston
King William, Kempston

PICNIC SITES

Addison Park, Kempston
The Riverside
Hillgrounds Sports Field



Route of Ride 4

Our description starts at the corner of Addison Howard Park by the lights at the junction of Bedford Road and Hillgrounds Road.

1. CIRCULAR TOUR FROM ADDISON HOWARD PARK

- # Follow the cycle track along the edge of the park, parallel to Bedford Road. Continue past the shops and cross over at the cycle traffic lights to the Saxon Centre. Follow the cycle track over more traffic lights at St John's Road until you come to Wenlock Road.
- # At the end of Wenlock Road turn right into Galloway Close where, at the end, go straight on down the path to Kempston High Street.

Cross into Water Lane using the pelican crossing.

- # At the end dismount and turn right along a footpath, Church Walk. This leads you into Meadowview Road and then left into Riverview Way.
- # Bear left where it says 'Public footpath to Biddenham', then take the right fork. When you reach the river take the path on the right along the south bank. Follow this path for quite some way by the river and when you swing away from the river and come to four silver birch



KEMPSTON GRANGE IN ADDISON PARK

trees with a wooded patch on the left, cut up onto the road which is Sanders Close.

- # Turn left into Hillgrounds Road and follow this until you pass Hartwell Drive on the right and the local shop, then cross over at the bus stop and follow the path up the hill. At the children's playground keep straight on up the hill until you come to a road.

Just a little way along this road on the left is a path into Addison Howard Park.

- # Take the path straight on, past the stonewall and Kempston Grange (which has a Ha Ha, a sunken wall, between it and the park). Turn right onto the carriageway between the avenue of trees and, just before the road, turn right onto the path beside the park to the traffic lights where you started.



CYCLE TRACK ALONGSIDE ADDISON PARK, KEMPSTON

CONNECTIONS

To Bedford from other rides - *From the start point cross over Hillgrounds Road and follow the cycle track. Just beyond the entrance to Austin Canons swing left away from the road, down behind the houses. Follow this down to the river on the other side of which are:-*

- Ride 1 Bedford's Riverside. *Turn sharp right at the end of the bridge. This in turn connects with all the other rides.*
- Ride 2 Bromham Mill. *Carry straight on at the end of the bridge into Queen's Park. This connects with rides 10, 11 and 12.*

From Bedford - *Use Rides 1 or 2 to get to the Queen's Bridge. Cross the river and follow the cycle track as it swings right behind the houses and up to the main road. Keep on the track alongside the road. This ride starts on the other side of the traffic lights at Hillgrounds Road.*



RIVER BRIDGE AT 'KEMPSTON MILL', LOOKING TOWARDS CHURCH END