


Be Safe

- We recommend that you cycle your chosen route in an anti-clockwise direction.
- Ensure your bike is in safe working order-place particular emphasis on your tyres, lights and brakes.
- Wear a safety helmet that complies with safety standards.
- By law you are required to use lights after dark.
- Wear bright clothing with reflective material.
- Treat pedestrians and horse riders with respect. Warn of your approach using either spoken word or a bell. Be extra cautious when passing horse riders.
- Always cycle single file along busy or narrow roads. Never cycle more than two abreast.
- Some of these routes are NOT off road; please take care when passing other road users.
- Some parts of the route are hilly so cycle at your own pace.
- Follow the Highway Code.

Refreshments

There are plenty of pubs along the route; some have cycle racks to keep your bike safe while you stop. These are marked on the map. 

The Red Lion, Breachwood Green ☎ 01438 833123
The Red Lion, Preston ☎ 01462 459585
The Red Lion, Offley ☎ 01462 768281
The Motte and Bailey, Pirton ☎ 01462 712641

Cycling in Herts

Further information

The Chilterns Conservation Board is a statutory body set up to promote the conservation, understanding and enjoyment of the Chilterns Area of Outstanding Natural Beauty. For Further information on cycling and walking in the Chilterns see www.chilternsaonb.org or ☎ 01844 355500.

The Countryside Management Service (CMS) works with communities in Hertfordshire to help them care for and enjoy the environment.

Northeastern Area, The Old Dairy, Bedford Road, Ickleford, Hitchin, Hertfordshire, SG5 3RR
☎ 01462 459395 Fax: 01462 433306
Email: northeast.cms@hertscc.gov.uk
Web: www.hertsdirect.org/cms

For local bus and train information contact Traveline ☎ 0870 608 2608



Cycling in Herts

Cycle rides from Hitchin into the Chilterns

Hitchin → Route 16
6 miles (9 km) to 20 miles (35km)

The challenge is what route to do first?...!!!

Getting Started

These routes pass through the Chilterns Area of Outstanding Beauty and beautiful Hertfordshire countryside allowing cyclists of all abilities to enjoy the delightful countryside. The leaflet offers a number of routes, ranging in distance from 9 km (6 miles) to 35 km (20 miles). The off road section of the route may be muddy in the winter.



The routes are waymarked with these signs to help you find your way.

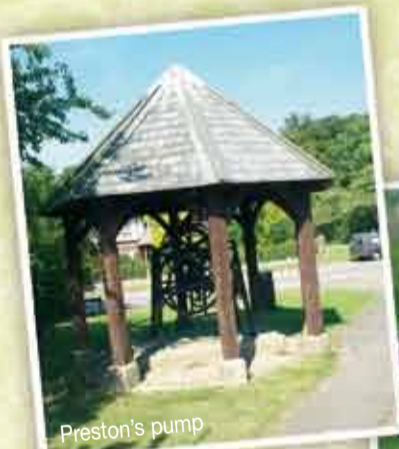


Pirton

Archaeological finds show that Pirton was inhabited in prehistoric, Roman and Anglo-Saxon times and earthworks survive from the medieval period. The Motte and Bailey castle is the most striking medieval monument. It comprises a large mound of earth (the motte) with a water filled ditch and two outer defence areas (the baileys). This is situated near the church.

Offley

Offley lies on the edge of the Chilterns Area of Outstanding Natural Beauty and its approaches provide delightful views of the surrounding countryside. Look out for plants such as Old Man's Beard (Wild Clematis) and Cowslip in the banks and hedgerows of the area, where the soil is chalky.



Preston's pump



Small Tortoiseshell Butterfly



St Helena's College, Preston



St Paul's Walden

Whitwell

At Whitwell you pass one of the few active water-cress beds left in the county. The pure water rising from the springs in the porous chalk is ideal for its growth. This and the proximity of Hertfordshire to London made the county an important source of water-cress for the capital's market in the past.

St Paul's Walden

St Paul's Walden Bury, a large stately home which has been home to the Bowes Lyon family since 1725, is situated between here and Whitwell. The late Queen Mother (Lady Elizabeth Bowes Lyon) was born at the house in 1900. In 1923 Prince Albert (later King George III) proposed marriage to Elizabeth, while they were walking in the grounds of the house. They were married 3 months later in Westminster Abbey and became Duke and Duchess of York.

St Ippolyts

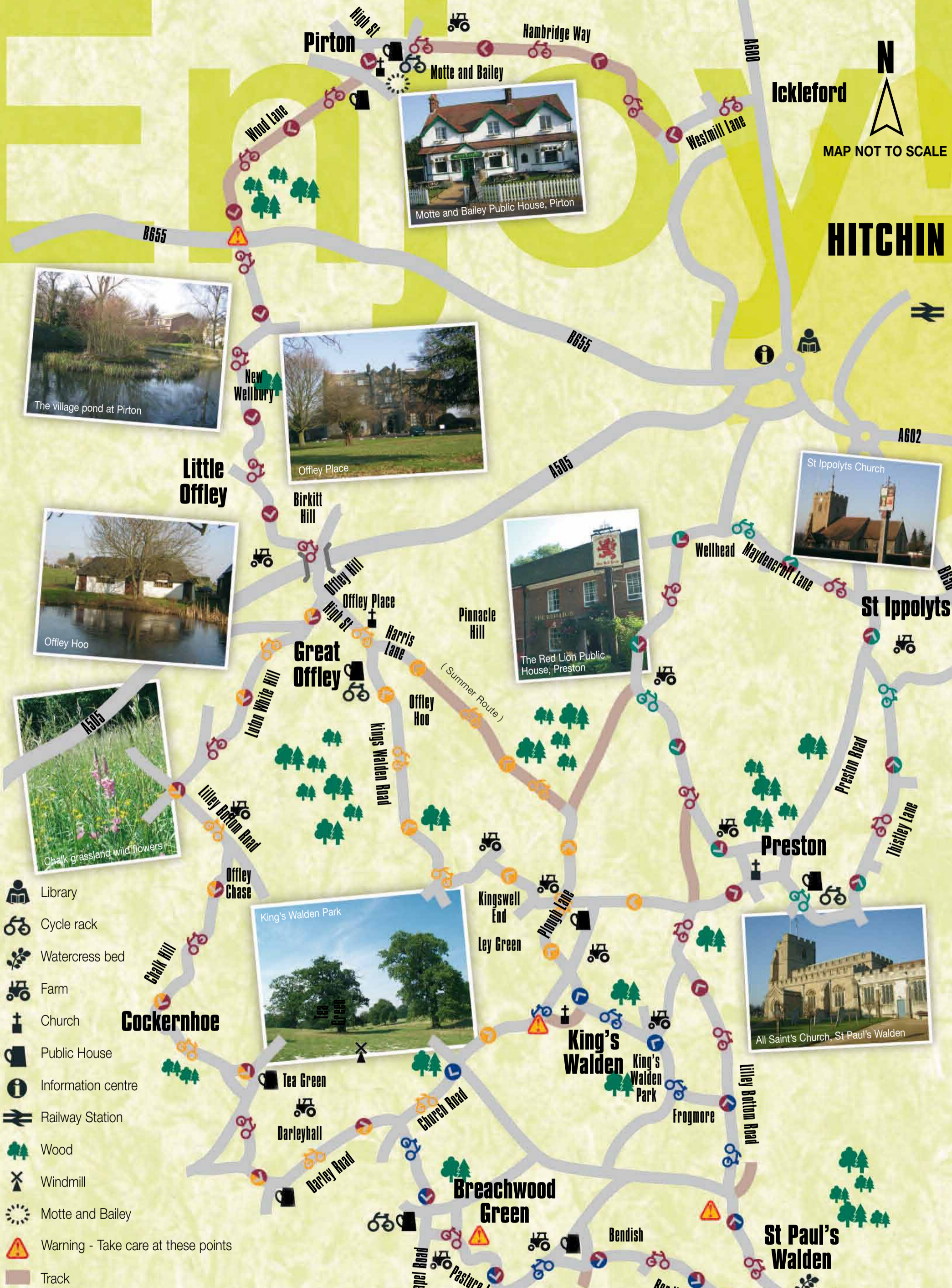
Look out for the church in St Ippolyts that was first built in the 11th century. In 1878 it was rebuilt using old materials.

Hitchin

This old market town is built around the picturesque early 14th century church of St Mary fronted by the River Hiz. The town centre is largely unspoiled by modern buildings. Several streets, including Tilehouse Street and Sun Street, have buildings from as far back as the 15th century that are well worth a visit.

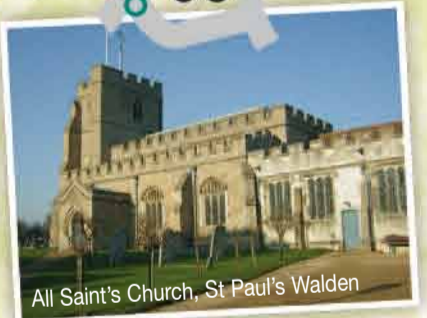
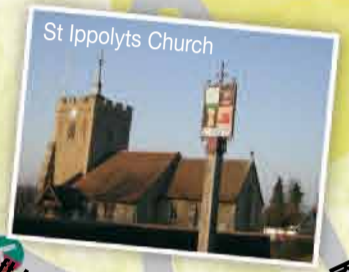
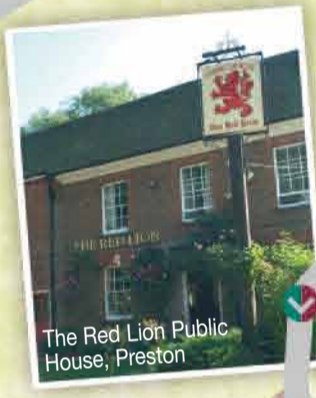
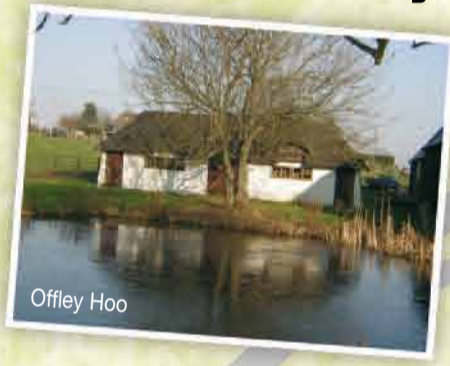
The woodlands

On your journey you will pass woodlands, many of which are ancient and rich in wild flowers such as Primrose, Wood Anemone, Bluebell and Dog's Mercury. They support a variety of mammals including Fallow and Muntjac Deer, Fox, Badger and the now rare Dormouse, as well as birds such as Nuthatch, Tree Creeper and where conifers have been planted, Goldcrest.



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MAP NOT TO SCALE

HITCHIN



- Library
- Cycle rack
- Watercress bed
- Farm
- Church
- Public House
- Information centre
- Railway Station
- Wood
- Windmill
- Motte and Bailey
- Warning - Take care at these points
- Track

Spend a day in the countryside and discover a world of sensory pleasures!

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