

LOCATION

Sharnbrook is 9 miles North of Bedford off the A6 Trunk Road, and 6 miles South of Rushden. This is a slightly undulating walk with pleasant views of Sharnbrook and Felmersham. The distance is 3 miles which will take about 2 hours at a leisurely pace. Stout footwear is particularly needed in wet conditions. Binoculars would also be useful.

CONTACTS

If you have any comments please contact:- The rights of way Section at County Hall.

Tel: 01234 363222 e-mail:- row@bedscc.gov.uk

Website: www.bedfordshire.gov.uk

If you enjoyed this walk then visit www.Letsgo.org.uk for more Bedfordshire walks

PARKING

A6 end of Lay-by in Mill Road above Crossways Farm or the Fordham Arms car park.

FLOOD WARNING

If the river is high, the route will be impassable at the Islands.

REFRESHMENTS

Refreshments can be obtained from:

The Swan at Radwell, The Swan with Two Nicks, High Street, Sharnbrook, The Cake Shop, High Street, Sharnbrook, The Fordham Arms, Templars Way, Sharnbrook.

HEALTH WALK INFORMATION

Visit :- www.walk4health.org. Walking on a regular basis (the faster the better!) can help to:

- Reduce the risk of stress, heart disease, strokes & high blood pressure.
- Reduce cholesterol and fight diabetes and obesity
- Reduce problems with arthritis, lower back pain & osteoporosis.

You should try and walk for at least half an hour 3 times a week or more. You can also walk to the shops, school, doctors, gym, church and use local rights of way to make walking part of your daily life. Walking to school or work one day a week will reduce the amount of road traffic (& pollution) at peak periods by up to 20%.

ACKNOWLEDGMENTS: This leaflet has been written by Sharnbrook Parish Council P3 Group supported by Bedfordshire County Council and funded through the Parish Paths Partnership. Thanks are extended to Mr A. W. King Harman for the inclusion of Pinchmill Islands on the rights of way network. Front cover from a drawing by John Friend.

Pinch Mills - From old records it seems that Pinch Mills were demolished in 1880 having been unoccupied for many years. The name Pinch or Pynches dates back to a deed of 1286.

Ouse Valley Way - There are two routes to this walk both starting at the Swan with two nicks pub in the high Street and leads to Turvey Bridge via Harrold Country Park and the other to Stevington (Market Cross) via Radwell and Pavenham villages. Full details are available at Sharnbrook Post Office

COUNTRYSIDE CODE 2005

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
 - Keep dogs under close control
 - Consider other people



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THE PINCHMILL ISLAND WALK SHARNBROOK



J. Cross the field by the diagonal path (BW 15). At the end go through the kissing gate. *Here also dogs must be kept on a lead.* Walk straight along the field edge, keeping the Windmill on your left. At the gate beside the lodge cottage to Ouse Manor, turn right up Kennell Hill.

I. Follow the river to the bridge, climb the stile and turn right. On the left is Felmersham Nature Reserve. Access is allowed, *but dogs MUST be kept on a lead*. Bridleway 15 is also to the left and would provide an alternative route via Felmersham bridge to the Brook Farm section of the walk avoiding the Pinchmill Island bridges.

H. 5 bridges now cross the River Ouse there are 3-4 steep steps up and down which form part of each footbridge which may not be suitable for those with mobility problems.

G. Turn half right and cross the road to the stile into the field, turning left along the hedgerow. There then follows 4 stiles at intervals along the hedgerow, *past a caravan site, before entering Pinchmill Islands.*

F. Take the kissing gate at the bottom of the field, cross a railway sleeper footbridge, through the first field (FP2) over the next stile and cross the field to the stile onto the road, *in front of Brook Farm.*

K. At the gate beside the lodge cottage you may wish to turn left towards Sharnbrook Village centre where, *shops, The Swan with Two Nicks, the Parish Church and Post Office* can be found. Turning right up Kennell Hill will take you over the Sharn Brook, by the old water mill, past the Fordham Arms on the bend to the left. Bear right and walk along Mill Road, under the railway bridges

A. The walk begins on bridleway No 19 leading south off Mill Road down to the Mill Theatre (see parking overleaf). *On your left is the Mill (which originally formed part of Stoke Mills and is recorded in the Domesday Book of 1086) which was purchased in 1974 by the Sharnbrook Amateur Theatre Trust and turned into a theatre by local volunteers. The variety and standard of production is highly acclaimed.*

B. Cross the foot bridge. *There are splendid views towards Milton Ernest over the gravel pit lakes. These are havens for swans and many varieties of migratory and over wintering water fowl can be seen in Autumn, Winter and Spring. There are no stiles between Stoke Mill in Sharnbrook & Radwell. This section can be used by wheelchairs but is rough in places*

C. Go through the gate into the old gravel workings. *On the horizon is the former DRA Tunnel site, famous for the development of the Harrier Jump Jet and the supersonic Concorde aircraft.*

D. Follow the track through the Moor End Equestrian Centre and then up the metalled road over the railway bridge. *The views to the left and right are outstanding. If a pub meal is on the menu, take a 5 minute diversion into Radwell to The Swan (PH). There is a garden here.*

