

Islington U3A Longer Walks Group

Walk Title	Flitwick	Walk No.	356
Area	Bedfordshire	Type	Circular
Date	Wednesday 6 April 2022		
Distance	11.7 miles (18.7 km)		
Timing	4.5 hours walking time + travel + lunch stop. Allow 8 hours in total. Therefore expect to be back in Islington by 6.00 pm latest.		
Meeting up & travel	<p>Meet at 9.40 am on platform B (which will be towards the back of the train) at St Pancras for Bedford bound train departing at 9.51 am. Arrives 10.39. Returns every 15 min from Flitwick (xx.15, xx.30, xx.45 and xx.57).</p> <p>Buy off-peak return St Pancras – Flitwick; or with FP & SRC from boundary of Zone 6, Elstree & Borehamwood - Flitwick for £11.45.</p>		
Route	<p>This central Bedfordshire walk just north of the easterly end of the Chilterns initially follows the tranquil Flit River along the shady wooded fringes of Flitwick Moor, one of the most important wetland sites in the South-East of England, and then veers away from the river through a couple of quiet villages, en route passing the Grade I-listed De Grey Mausoleum in Flitton.</p> <p>Early lunch stop after 4.5m (7.2k). After lunch it's on to the ridge for a long stretch through and along Maulden Wood, at times with far views south to the Chiltern Hills. The highlight of the return route from Maulden to Flitwick is the passage through Flitton and Flitwick Moors, including a stretch along a narrow path through the very heart of Flitwick Moor.</p>		
Lunch	A table has been booked at the pub The Flying Horse at 1.00pm. Picnics can be eaten outside. Please indicate if you will eat in the pub on the sign up form.		
Dropping out	Bus services leave from the Green outside The Flying Horse pub to Flitwick station. Currently at 1.10 pm, 2.01, 3.25. Please check timetable the day before if you intend to drop out.		
Suitability	<p>Suitable for any reasonably fit regular walker. There are no particular difficulties. There could still be mud in first 2m along the Flit river but a lot less than one month ago after a bout of rain.</p> <p>Terrain: paths, some road, wood paths, meadows.</p> <p>Possible obstacles: some stiles; mud</p> <p>Comfortable waterproof walking shoes/ boots. Bring stick(s) in case of mud. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.</p>		
Facilities	There are loos on the train, at the beginning & end at Flitwick station during staffing hours and the pub in the middle. We pass other pubs too if a stop is needed.		
Walk source	Saturday Walking Club		
Map & references	<p>OS Explorer 193 or OS Landranger 153</p> <p>Links: SWC 231</p> <p>And walk PdF</p>		

<p>Leader & contact details</p>	<p><u>Walk Leader:</u> Pia Rainey phone: 07775 782860 (text preferred) e-mail: piarainey@icloud.com</p>
<p>Interesting facts</p>	<p>The De Grey Mausoleum is attached to the mid-15th-century parish church of St John at Flitton, Bedfordshire. It was first built in the early 17th century, before being expanded in 1704. The mausoleum contains a remarkable collection of funerary monuments spanning three centuries.</p> <p>The structure was originally a chapel added to the church of St John the Baptist at Flitton by Henry Grey, 6th Earl of Kent (d.1614), in about 1605. According to his will, he intended this 'little Chappell or buryall place' to be a burial place for his family and descendants. The church itself had been built by the de Grey family of nearby Wrest Park in the mid-15th century. Wrest Park lies on the long, 24km walk, which we won't attempt.</p> <p>Sadly the church and mausoleum seems mostly closed but there are Open days: Sunday 3rd April, Sunday 8th May, Sunday 5th June, Sunday 3rd July, Wednesday 20th July, Sunday 7th August, Wednesday 17th August, Sunday 4th September</p> <p>Map below: thick red line is our walk;</p>
	