

2720 metres



60 mins

50 steps per minute



40 mins

75 steps per minute

or

Bedford Park

8



What is the terrain like?

The trail through Bedford Park is a cycle track also used by walkers. There's a slight incline as you enter from the car park, but after that it is even and quite flat, making it accessible for pushchairs and wheelchairs.



Is it family-friendly?

Bedford Park is a wonderful place for children and they will enjoy exploring the ruins of the Ironworks and making up their own games and adventures.



Are there places to sit?

You'll find benches situated about half-way on the circular trail.



Do I have to walk it all at once?

No. Bedford Park is one of those places you will enjoy visiting time and time again because there is so much to explore. You can choose to walk the full circular route or the smaller area near the path to the car-park.



Can I take my dog?

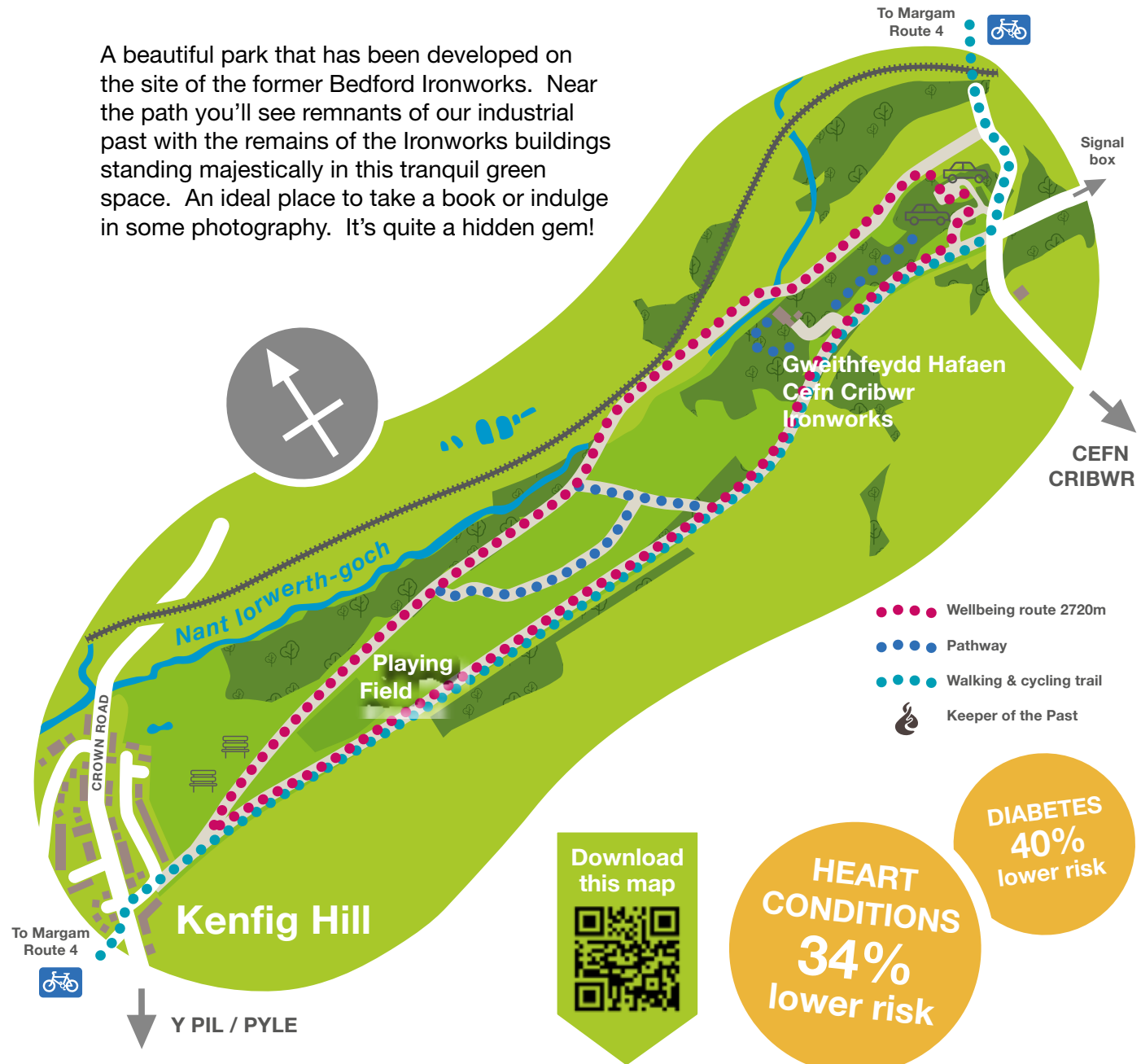
Yes, you can! This walk will help keep your dog fit too. Just remember to keep your dog on the lead and to clean up any mess it makes.



Do I need any special clothing?

It's important that you wear a comfortable pair of shoes and that you wear suitable clothing for the weather conditions.

A beautiful park that has been developed on the site of the former Bedford Ironworks. Near the path you'll see remnants of our industrial past with the remains of the Ironworks buildings standing majestically in this tranquil green space. An ideal place to take a book or indulge in some photography. It's quite a hidden gem!



Download this map



HEART CONDITIONS
34% lower risk

DIABETES
40% lower risk