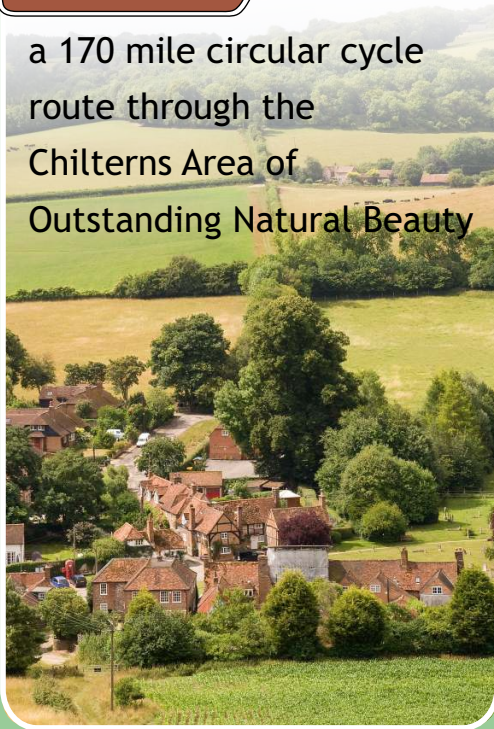


The Chilterns Cycleway



a 170 mile circular cycle route through the Chilterns Area of Outstanding Natural Beauty



an Area of Outstanding Natural Beauty

Good Cycling Code

1. OBEY THE RULES OF THE ROAD

- Follow the Highway Code

2. BE COURTEOUS

- Give way to pedestrians
- Remember some people are hard of hearing or visually impaired. Don't assume they can see or hear you
- When you meet horse riders or wheelchair users please give way
- Ring your bell or call out to warn of your approach.
- Acknowledge people who give way

3. CARE FOR THE ENVIRONMENT

- Can you cycle the whole of your journey or reach the start by public transport?
- Follow the countryside code
Respect the life and work of the countryside
- Cycle on roads, byways, bridleways and cycle paths, not footpaths

4. LOOK AFTER YOURSELF

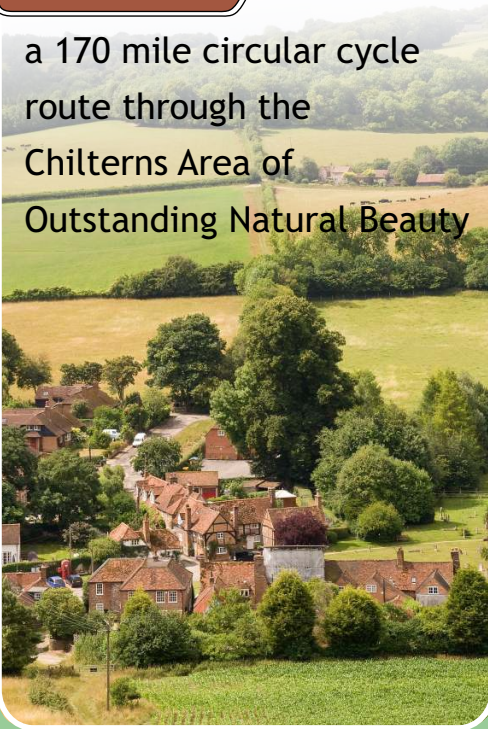
- Take care at junctions, when cycling downhill and on loose surfaces
- Carry food, repair kit, map, spare clothing and waterproofs
- Tell someone where you're going and when you'll be back
- Keep your bike well maintained and use lights in poor visibility
- Consider wearing a helmet and bright clothing

The Chilterns Cycleway



Chilterns
Cycleway

a 170 mile circular cycle
route through the
Chilterns Area of
Outstanding Natural Beauty



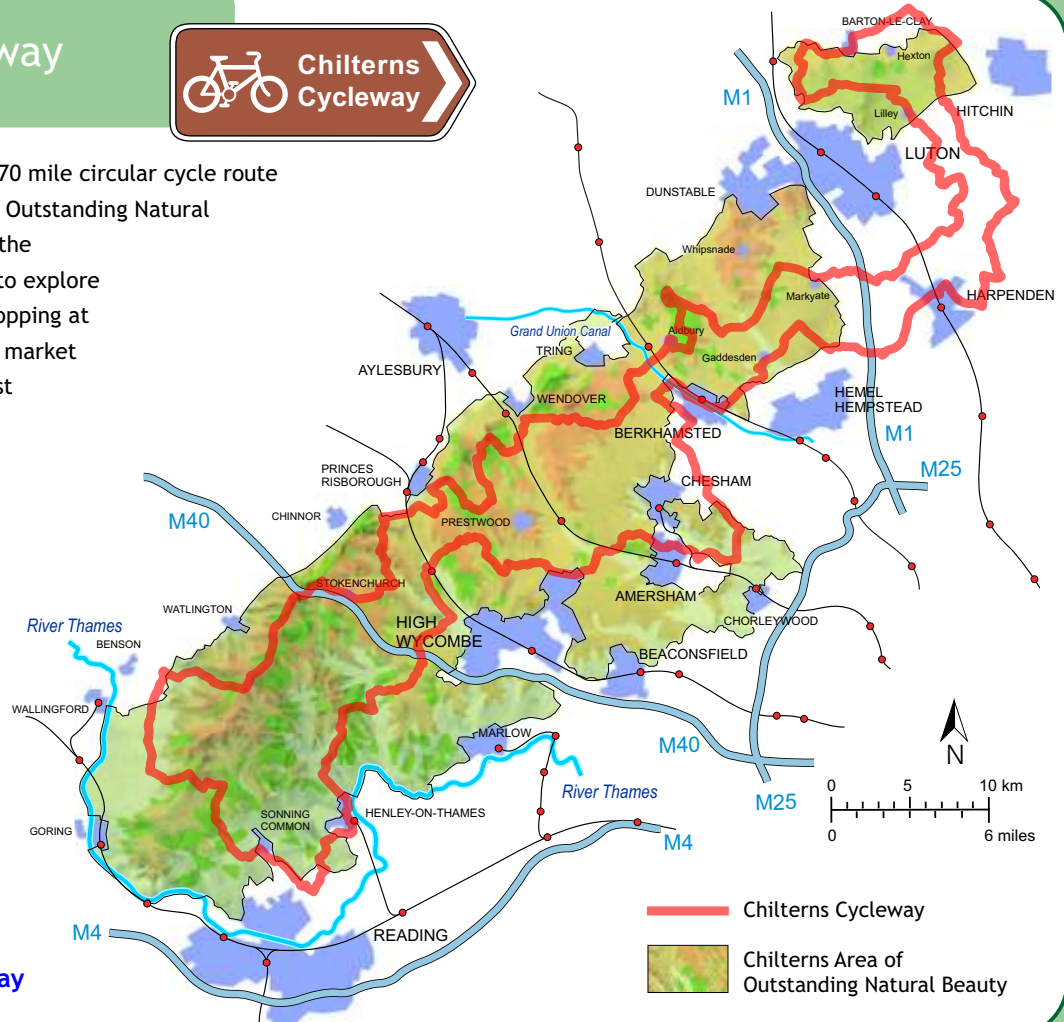
The Chilterns Cycleway



The Chilterns Cycleway is a 170 mile circular cycle route through the Chilterns Area of Outstanding Natural Beauty, taking in the best of the Chilterns scenery. What better way to explore the Chilterns than on two wheels, stopping at historic villages, country pubs, lively market towns, one of the many National Trust properties along the route or simply to enjoy the wonderful views.

The route is mainly on-road and is signposted throughout. Many will find it is suitable for a leisurely one-week tour. But there are lots of options for splitting up the route into shorter sections and exploring a bit at a time. You will find plenty of ideas for day rides and short breaks in this guide book, for more detailed information visit our web site

www.chilternsaonb.org/cycleway



The Chilterns Area of Outstanding Natural Beauty

The Chilterns Area of Outstanding Natural Beauty (AONB) was designated in 1965 and covers 833 sq kms of rolling countryside from the River Thames in Oxfordshire up through Buckinghamshire and Bedfordshire to Hitchin in Hertfordshire. It is one of 47 AONBs in the UK. Together with National Parks, AONBs represent the finest landscapes in the country.

With its green hills clad in beechwood and downland, gentle farmland, tranquil valleys and attractive villages the Chilterns is a fascinating place to explore. Its role as a country retreat for artists, authors and wealthy Londoners over the centuries means there are many historic sites to visit along the way. The area is very accessible, with 20 railway stations, 2000km of rights of way and a good number of market towns.

In 2004 the Chilterns Conservation Board was established to conserve and enhance the Chilterns AONB and to encourage people's enjoyment and understanding of it. The Conservation Board is a public body with 27 members drawn from local communities and a small staff team. It works with a wide range of organisations to make sure the Chilterns is protected for current and future generations to enjoy.

For more on the Chilterns AONB and the Conservation Board visit www.chilternsaonb.org

For more on AONBs in the UK visit www.aonb.org.uk

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Day Rides from Gateway Towns	6
The Chilterns - Short Breaks	8
The Chilterns Cycleway - maps	10 - 49
Route Profile	50
Inset Maps for Henley and Harpenden	52
Further Information	53



Key to the map pages

1

Starting point

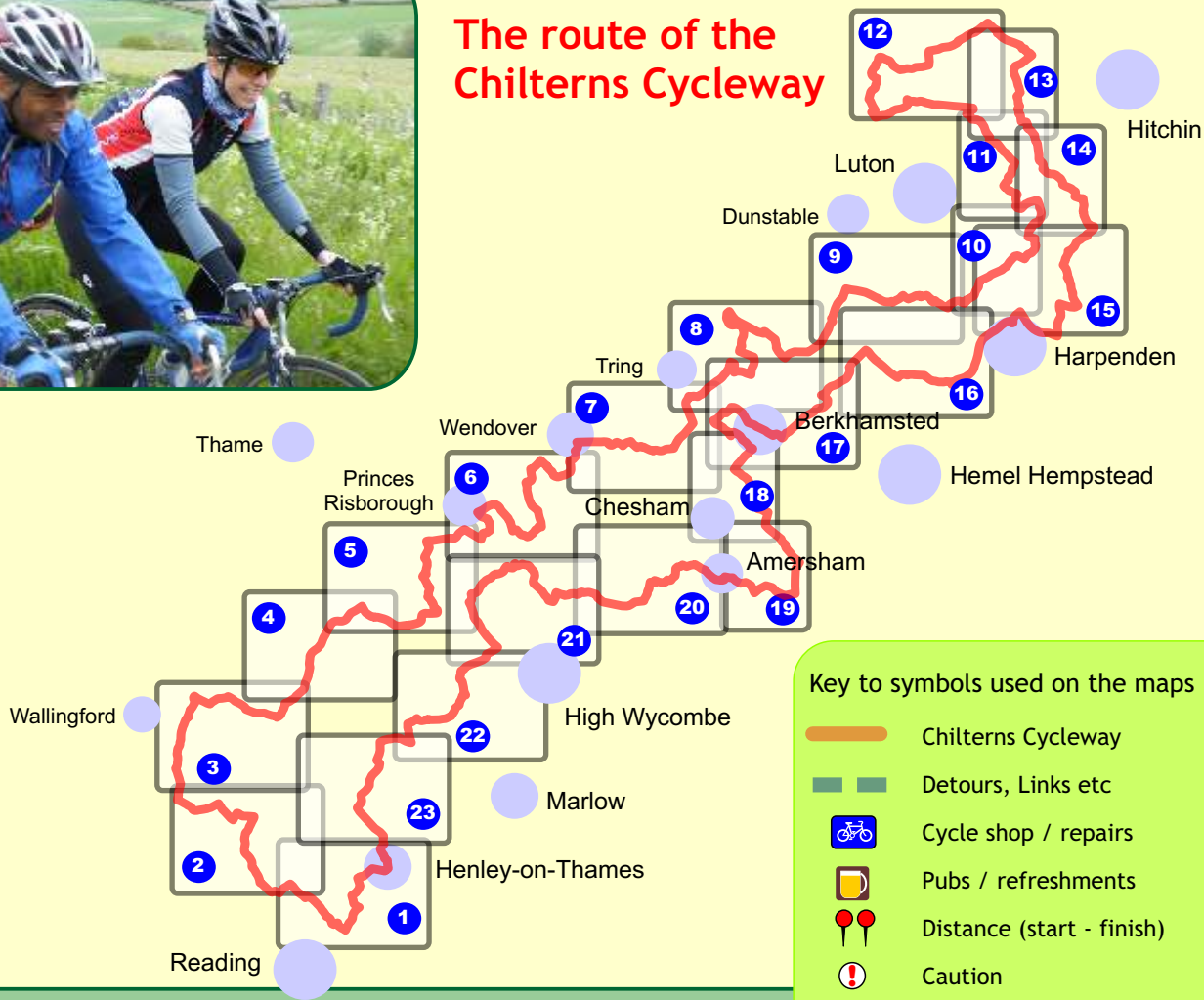
The guide book starts from Henley-on-Thames and follows the route clockwise. However the Chilterns Cycleway is circular and can be started at any point and cycled in either direction as it is signposted both ways.

Section	Route	Pages
1	Henley-on-Thames to Sonning Common	10-11
2	Sonning Common to Ipsden	12-13
3	Ipsden to Cookley Green	14-15
4	Cookley Green to Stokenchurch	16-17
5	Stokenchurch to Loosley Row	18-19
6	Loosley Row to Wendover	20-21
7	Wendover to Aldbury	22-23
8	Aldbury to Studham	24-25
9	Studham to Kinsbourne Green	26-27
10	Kinsbourne Green to Breachwood Green	28
11	Breachwood Green to Lilley	29
12	Lilley to Apsley End	30-31

If you are coming from outside the Chilterns we would recommend starting the route at one of the Gateway Towns (*see page 6*) which offer an excellent range of facilities for cyclists (railway station, parking, bike shop, accommodation, pubs and shops).

Section	Route	Pages
13	Apsley End to Great Offley	32
14	Great Offley to Whitwell	33
15	Whitwell to Harpenden	34-35
16	Harpenden to Great Gaddesden	36-37
17	Great Gaddesden to Berkhamsted	38-39
18	Berkhamsted to Botley (Ley Hill)	40
19	Botley (Ley Hill) to Amersham	41
20	Amersham to Great Kingshill	42-43
21	Great Kingshill to West Wycombe	44-45
22	West Wycombe to Parmoor (nr Frieth)	46-47
23	Parmoor to Henley-on-Thames	48-49

The route of the Chilterns Cycleway



Key to symbols used on the maps


-  Chilterns Cycleway
-  Detours, Links etc
-  Cycle shop / repairs
-  Pubs / refreshments
-  Distance (start - finish)
-  Caution

Route Information

Terrain and suitability of route

The Chilterns Cycleway is a 170 mile circular route passing right around the Chilterns Area of Outstanding Natural Beauty. Over 95% of the route is on-road (mostly following minor roads), with just a few sections following towpaths, surfaced cycle paths and bridleways. Cyclists with road bikes should be aware of the unsurfaced sections which can be rutted and muddy and unsuitable for slick tyres. You can either push your bike along these sections or follow on-road alternatives where available.

The Chilterns Hills are by definition hilly! The route is undulating with some steep climbs and descents in places. Cyclists will need a reasonable level of fitness and experience of cycling on roads with traffic.

Although the Cycleway follows minor roads as much as possible, traffic can be heavy during rush hours. Look out for this symbol  on the maps which will alert you to locations along the route where extra care should be taken such as busy road junctions, sections which are especially prone to rushhour traffic or very steep gradients.

Signposting

The Chilterns Cycleway is signed throughout, look out for the following:



Getting to the Chilterns

The area is fortunate to have excellent rail links, with regular rail services from London, Birmingham and nearby urban areas. In general bikes can be carried on trains outside rush hour (from 10am to 4pm) and anytime at weekends and Public Holidays.

For train times and details of cycle carriage call National Rail enquiries tel 08457 484950 or visit www.nationalrail.co.uk



Accommodation and Services

There is good provision of accommodation and pubs along the route. The interactive map on our web site allows you to search for accommodation and services along the Chilterns Cycleway, visit www.chilternsaonb.org/cycleway

A number of B&Bs have achieved the Tourist Board 'Cyclists are Welcome' accreditation and are particularly able to cater for the needs of cyclists.



These have been highlighted in our accommodation listings. If you don't have access to the internet and would like us to send you an accommodation listing please contact us on 01844 355500.

Tourist Information offices are located at a number of towns along or close to the route:

- | | |
|----------------------|--------------|
| ● Marlow | 01628 483597 |
| ● Wendover | 01296 696759 |
| ● Princes Risborough | 01844 274795 |
| ● Henley on Thames | 01491 578034 |
| ● Wallingford | 01491 826972 |
| ● Tring | 01442 823347 |
| ● Harpenden | 01582 768278 |

For visitor information in the Hitchin and Berkhamsted area call 01438 737333.



Cycle Hire

Cyclefleet, Great Missenden, Tel 01494 868607
www.cyclefleet.com

Cyclefleet can meet customers at Great Missenden Station or at other locations in the Central Chilterns by arrangement.

Risborough Cycles, Princes Risborough, Bucks 01844 345949

Mountain High, Pangbourne, (6 miles from cycleway)
Tel 0118 984 1851 www.mountainhigh.co.uk

GPS Mapping

The Chilterns Cycleway is available as a Digital mapping file which can be transferred to a GPS. This is downloadable from our web site
www.chilternsaonb.org/cycleway

Day rides from Gateway Towns

There are a number of Gateway Towns situated along the Chilterns Cycleway which offer a selection of promoted day rides, both on-road and off-road. If you would like to stay and explore a particular area, you will find that there is a fantastic network of bridleways, byways and quiet lanes in the Chilterns. The gateway towns along or close to the Cycleway are Henley-on-Thames, Wallingford, Princes Risborough, Wendover, Tring, Amersham, Berkhamsted and Harpenden.

The day rides range from flat traffic-free routes for complete beginners to challenging off-road routes for experienced riders.

All routes have been graded (easy, intermediate or challenging) to help you choose a suitable route. Route maps and information for all these rides can be downloaded from

www.chilternsaonb.org/cycleway



Place/Route	Grade	Description	Signposted
Henley on Thames Discover Oxfordshire by Bike	Challenging	A challenging 20 mile route both on and off-road.	No
Sonning Common Health Ride 5	Intermediate	A 14 mile circular on-road route.	No
Harpenden The Nickey Line	Easy	A mostly level, linear route on a well surfaced disused railway line.	Yes



Place/Route	Grade	Description	Signposted
Amersham Chiltern Heritage Trail Harding Route Hampden Route Milton Route	Intermediate Intermediate Intermediate	Three 25 mile circular rides, mainly on road.	Yes Yes Yes
Princes Risborough Phoenix Trail	Easy	7 mile linear traffic-free route suitable for families.	Yes
Six rides from Princes Risborough	Intermediate to Challenging	6 rides from 15 to 21km (mainly off-road)	No
Wendover Family cycling at Wendover Woods	Easy to Intermediate	Traffic-free cycling suitable for family.	Yes
Berkhamsted Herts CMS ride No.6	Intermediate	13 mile circular route mainly on-road.	Yes
Ashridge Cycling Leaflet	Easy to Challenging	Range of routes from 5 to 17 miles, mix of surfaces.	Partially signed
Tring Herts CMS ride No.5	Intermediate	18 mile circular route mainly on-road.	Yes
Wallingford 3 circular road routes into the Chiltern Hills Judges Ride	Intermediate Challenging	Range from 11 to 25 miles 18 miles mainly off-road	No No



The Chilterns - Short Breaks

Short Breaks

There are sections of the Cycleway that make a really good two day break, staying overnight in B&B accommodation and providing a chance to sample some of the excellent food available in local pubs and restaurants. Some suggested short breaks are summarised here, full details can be downloaded from www.chilternsaonb.org/cycleway



The Greyhound Inn, Aldbury

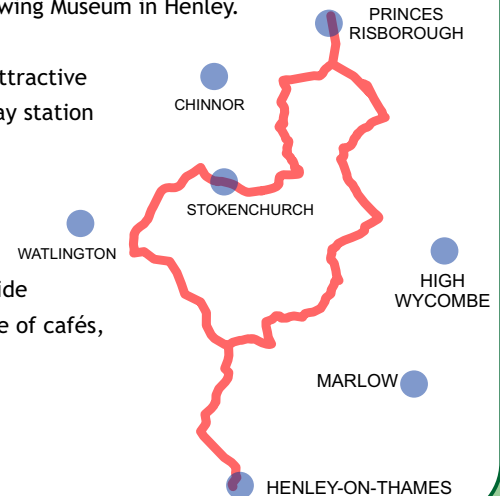
Chilterns Cycleway Southern Loop (2 days, 45 miles)

A two day break taking in the best of the southern Chilterns, starting in Princes Risborough and stopping over in Henley-on-Thames.

This is a hilly route which passes through spectacular scenery giving you a chance to enjoy quiet woodlands, rolling chalk hills and some wonderful open views. You will pass through picturesque villages with traditional inns and several larger attractions which are well worth exploring, from National Trust properties and West Wycombe Caves to the River and Rowing Museum in Henley.



Princes Risborough is an attractive market town with a railway station which makes a perfect starting point. Stay overnight in Henley-on-Thames and enjoy the beautiful riverside setting and the wide range of cafés, restaurants and shops.



Chilterns Cycleway Central Loop (2 days, 58 or 68 miles)

A two-day break starting in either Amersham or Great Missenden and staying over in Wendover or Tring.

This route passes through the wooded Ashridge Estate, over Coombe Hill with its stunning views and along the Grand Union Canal. You will pass numerous small villages, market towns and attractions, from Berkhamsted Castle and Cholesbury Iron Age fort to some of the villages where episodes of Midsomer Murders were filmed.

Amersham and Great Missenden are attractive market towns with good rail links, which make the perfect start points. Stay overnight in the charming market towns of Wendover or Tring with their speciality shops, cafes and eateries.



Chilterns Cycleway Northern Loop (2 days, 65 miles)

A two-day break taking in the best of the northern Chilterns, starting in Harlington and stopping over in Harpenden.

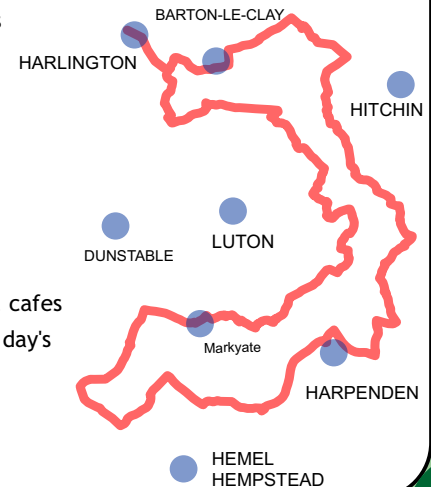
Starting in Harlington, which is on the rail line out of London St. Pancras, this route passes through Bedfordshire's gently rolling downland with wide open views, sleepy villages, traditional country pubs and interesting churches en route to Harpenden.

From Harpenden the route skirts the northern edge of the wooded Ashridge Estate and returns through some lovely Hertfordshire countryside, very rural in feel.

Harpenden is a picturesque and lively town with plenty of shops, cafes and restaurants to enjoy after a day's pedalling and a variety of accommodation



Pegsdon Hills



Section 1

Henley-on-Thames to Sonning Common

12.7km (7.9 miles) Route profile page 50

Amenities and Attractions

1 Henley on Thames

Famed for its Royal Regatta in July, the picturesque town of Henley has a charming centre with shops, galleries, restaurants and cafés. You can stroll along the banks of the Thames and admire the many pleasure craft or relax with a picnic in Mill Meadows. Henley has a variety of festivals, attractions and accommodation.

Visit the Tourist Information Centre Tel. 01491 578034



Bike shop and repairs - Henley Cycles,
69 Reading Road, Henley Tel. 01491 578984




Henley-on-Thames Station - Twyford branch
Connects with London Paddington / Reading line

Circular Rides from Henley-on-Thames

Henley is an excellent base for a range of day rides, both on and off-road. There are far too many rides to pack into one day, so why not stop over in Henley and go exploring? Here are some of the promoted rides on offer.

Downloadable maps and further details available from www.chilternsaonb.org/cycleway

The leafy residential streets of Henley soon give way to open countryside, passing through attractive villages with country pubs.

Route information: One steep hill out of Harpsden, otherwise gently undulating. Traffic through Henley can be heavy and there is a one-way system.  Route signage is minimal through Henley, southbound users should follow Reading signs through the town.

Take care crossing the busy Reading Road.

2 The River and Rowing Museum

Award-winning museum in the meadows devoted to the River Thames, the sport of rowing and the town of Henley. Great café. Tel. 01491 415600

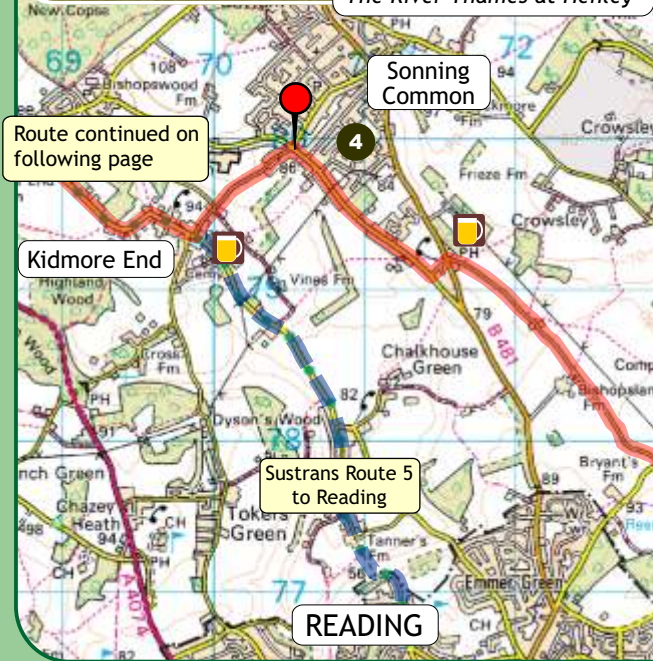
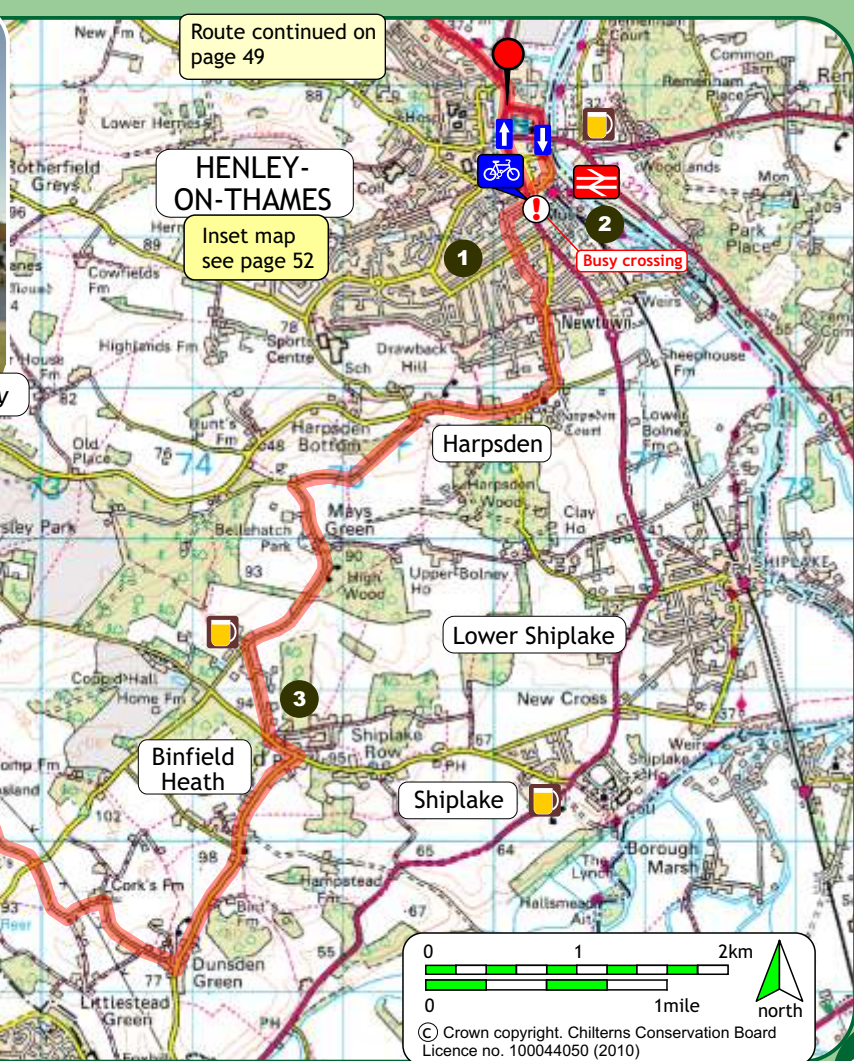
3 Binfield Heath is a small village with post office shop and a picturesque thatched pub just to the north. The Bottle and Glass pub, tel 01491 575755

4 Sonning Common is a useful place to stock up on provisions. Nearby Kidmore End has a pub with B&B, the New Inn, Tel 01189 723115

- Sonning Common Health Ride 5: a 14 mile circular road route
- Discover Oxfordshire by Bike, a challenging 20 mile route both on and off-road, starting from Henley and taking in some spectacular countryside



The River Thames at Henley



Section 2

Sonning Common to Ipsden

12.9km (8.0 miles) Route profile page 50

This stretch will take you through classic Chilterns scenery dominated by beech woodlands and narrow sunken lanes with high-sided banks. As one nears Ipsden views over the Oxfordshire vale are breath taking.

Route information: Once you have left Sonning Common behind the route is on very quiet lanes. Garsons Hill is long, steep and narrow.

Amenities and Attractions

1 Stoke Row

Stoke Row is surrounded by woodland and quiet lanes. With its pub and village store, it is a popular refuelling stop for cyclists.

Amongst its attractions is the **Maharajah's Well**, an amazing gift from an Indian prince. The well is free to visit and is clearly visible from the main street.

The Cherry Tree pub is in the heart of the village and has a restaurant, large garden and B&B accommodation. Tel. 01491 680430

2 Checkendon

Another delightful place to stop is the village of Checkendon with its Norman church, village green, post office shop and two traditional English pubs.

The Black Horse is a time-warp, tucked away in the woods down a narrow lane. Tel. 01491 680418

The Four Horse Shoes is another pretty pub near the centre of the village. Tel. 01491 680325

3 Braziers Park

An unusual place to stay with lots of character. The manor house has large grounds, offers B&B and camping and can cater for groups. It has been home to some famous people, including author Ian Fleming and singer Marianne Faithful. Some episodes of *Midsomer Murders* have been filmed there. Tel. 01491 680221

4 Ipsden

Small village in fabulous rural setting, with a post office shop.

The King William is a charming country pub perched on a hill just outside the village with stunning views of the surrounding countryside. Tel. 01491 681845



Views from the King William PH. Wellplace


Section 3

Ipsden to Cookley Green

12.1km (7.5 miles) Route profile page 50

Amenities and Attractions

1 **Wallingford** is a couple of miles off the route but well worth a visit. It is an ancient market town on the banks of the Thames and a good place to relax by the river, have a picnic in the meadows and explore the historic town and castle mound. There is a tourist information centre in the town, tel. 01491 826972

 Rides on Air, Tel. 01491 836289

2 **Ewelme** is a beautiful and ancient village which dates back at least to Anglo-Saxon times. The name itself may be derived from Latin aqua alba - 'sweet water' or Anglo-Saxon Aewhylme - 'the water welling up from the ground'. We do know that Geoffrey Chaucer, who had family ties in the area, wrote about its brook and its sweet waters which were thought to have medicinal properties.

There is a pub in the village and a community shop which serves tea and coffee.

Shepherds Hut pub, Tel. 01491 836636

This section passes through much more open countryside with wonderful views over the Thames floodplain. The picturesque village of Ewelme is a real gem.

Route Information: One road crossing with **fast traffic at the A4130**. Apart from that, the route follows quiet rural lanes. The final stage to Cookley Green involves a long steady climb up and over the Downs past Swyncombe House.

3 **Ewelme church, almshouses and school**

The church dates back to 1436 and has some remarkable features. Alongside are the Almshouses, built of red brick in herring-bone pattern and timbered. They comprise a quadrangle surrounded by a cloister walk with a well in the centre of the square.

Historic Ewelme School was founded originally as a grammar school, a place of superior education where Latin would be taught by the grammar master. Now converted, it is the oldest school building in the country to be in use as a state primary school.

4 **Swyncombe Church**

11th century church, famous for its snowdrops and bluebells.



Swyncombe Church



Route continued on following page

1 Wallingford

2 Ewelme

4 Cookley Green

Sustrans Route 5 to Wallingford

Route continued on previous page

The village of Ewelme

Section 4

Cookley Green to Stokenchurch

11.0km (6.8 miles) Route profile page 50

This section follows the top of the Chilterns escarpment through beech woodlands and past some spectacular stretches of chalk downland with far-reaching views.

Route information: Care is needed on road out of Cookley Green. After half a mile the route turns right then sharp left to Christmas Common. The A40 through Stokenchurch is not too busy outside rush hours and is wide with clear views.

Amenities and Attractions

1 Christmas Common

Christmas Common is a small village perched on top of the Chiltern Hills. It is thought that the name came about because of the abundance of holly trees which grew in the area. Today, Christmas trees are grown here commercially. **The Fox and Hounds** Tel. 01491 612599

2 Watlington Hill

National Trust chalk grassland site providing panoramic views over Watlington, a good place to see Red Kites.

From the small market town of Watlington there are many opportunities for off-road cycling along long distance routes such as the Ridgeway, the Icknield Way and Swan's Way. There is a campsite located by the Ridgeway National Trail just outside Watlington. Tel. 01491 612295 ▲

3 Cowleaze Woods

Large Forestry Commission woodland with walking trails and a picnic site. These are renowned bluebell woods.

4 Aston Rowant National Nature Reserve

This is a beautiful chalk downland reserve managed by Natural England, with carpets of scented wildflowers in the summer and magnificent views. Follow the brown tourist sign to the car park where there is a bike rack so that you can leave your bike and explore on foot.



Aston Rowant National Nature Reserve

0 1 2km
 0 1mile
 north
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Route continued on following page

Stokenchurch

Watlington

Cookley Green

Route continued on previous page



Bluebells at Cowleaze Wood

Section 5 Stokenchurch to Loosley Row

12.6km (7.8 miles) Route profile page 51

Amenities and Attractions

1 Radnage

The two pubs in the Radnage area both offer accommodation and there is a campsite next to the Crown pub:

The Crown at The City Tel. 01494 482 301

Home Farm Campsite Tel. 01494 484136 🏕️

The Three Horseshoes at Bennett End Tel. 01494 483273



Radnage Valley

This section through the tucked-away Radnage Valley is challenging but you will be rewarded with fantastic scenery and picturesque villages.

Route information: On leaving Stokenchurch the route becomes much more demanding with a steep climb up to Bledlow Ridge. Roads are quiet and twisty with great views.

There is one busy road to cross just south of Princes Risborough and some steep descents.

2 The Church of St Mary the Virgin dates from the 13th century and still has some of the original wall paintings. In the 1650s, religious fanatics covered the paintings in whitewash and they were only revealed during the 20th century restoration.

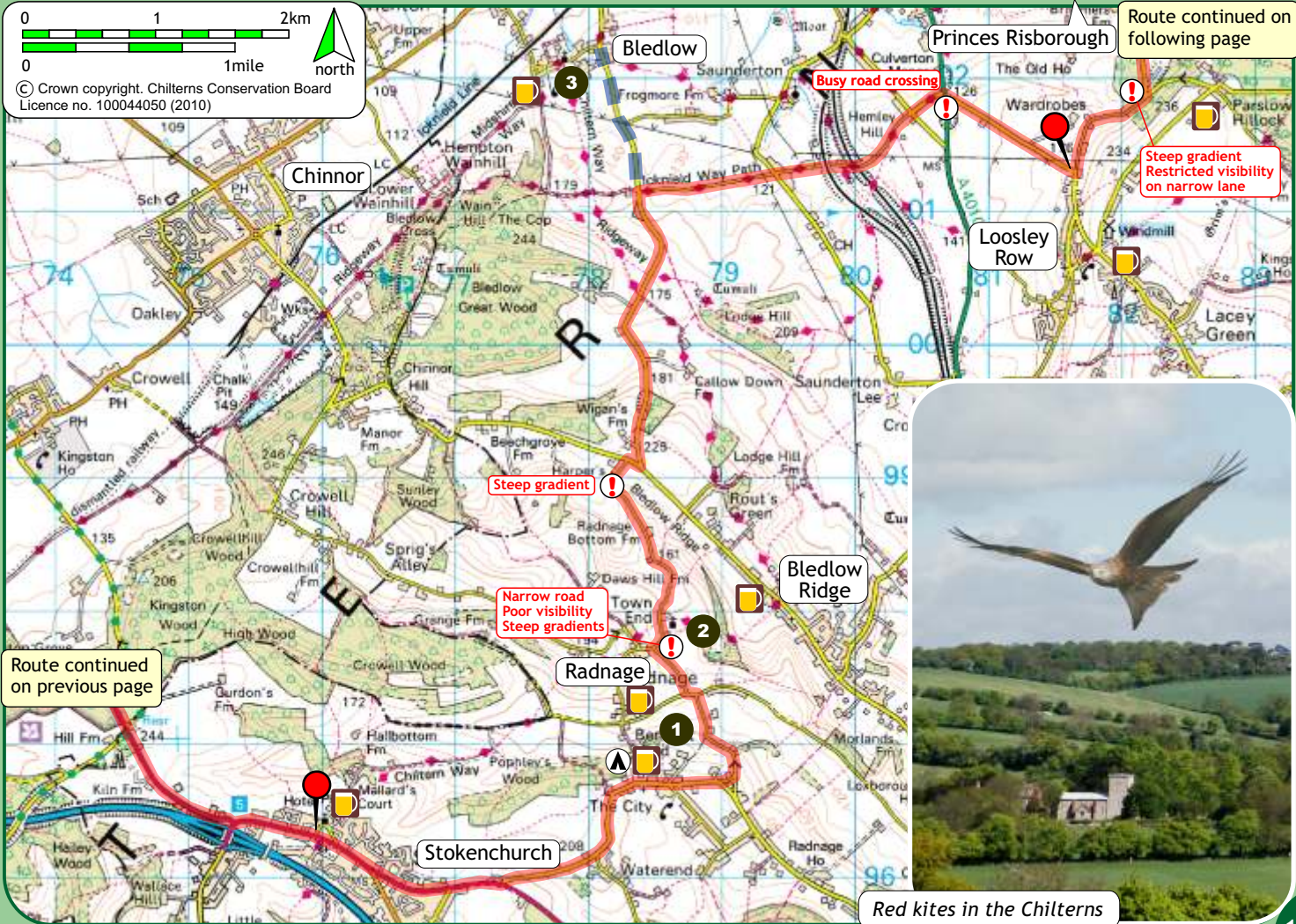
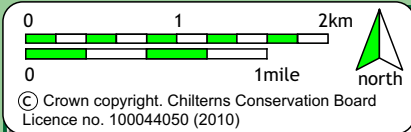
3 Bledlow

The village of Bledlow (a Midsomer Murders film location) is just off the main route but well worth the short detour. Lord Carrington's wonderfully tranquil Lyde water garden is just past the church. Open to the public daily from dawn to dusk (free entry).

The Lions of Bledlow pub, Tel. 01844 343345

Red Kites

As this area is close to where the Red Kite re-introduction plan began, you will certainly spot these beautiful birds soaring above you.



Red kites in the Chilterns

Section 6

Loosley Row to Wendover

17.2km (10.7 miles) Route profile page 51

There is extensive woodland on this part of the ride until you drop down into Wendover and the Misbourne valley.


Route information: Generally quiet roads but steep hills through open countryside and managed woodland. **The roads near Chequers can be busy with fast-moving traffic** but visibility is good. **There is one other busy road to cross, the A413 near Wendover.**

Amenities and Attractions

1 Princes Risborough

There is much to see and do in this historic market town. The Black Prince had his country manor here. It is a good base for a range of day rides. There are lots of off-road routes or for gentler cycling, the Phoenix Trail is a flat greenway along a former railway line to Thame.

There are six promoted cycle routes from Princes Risborough using local roads, lanes and bridleways. For a leaflet, pop in to the Risborough Information Centre or call 01844 274795.

 Princes Risborough Station - Trains from London Marylebone, Birmingham and Aylesbury

 Risborough Cycles Tel. 01844 345949

2 Whiteleaf Hill

A large chalk grassland and woodland nature reserve on top of the Chilterns escarpment with amazing views (viewpoint is 500m from entrance car park along a bridleway). Archaeological features including a Neolithic Barrow and chalk cross.

3 Great Hampden

Hampden House was once home of the parliamentarian John Hampden, who was a prominent figure during the English Civil War. Now privately owned, Hampden House was used as a film set for the Hammer Horror movies of the early 1960s.


4 You will pass the entrance to Chequers, the Prime Minister's country weekend residence.

5 Coombe Hill

This is a local beauty spot with glorious views of the surrounding area. It is managed by the National Trust and has a war memorial obelisk for those killed during the Boer War.

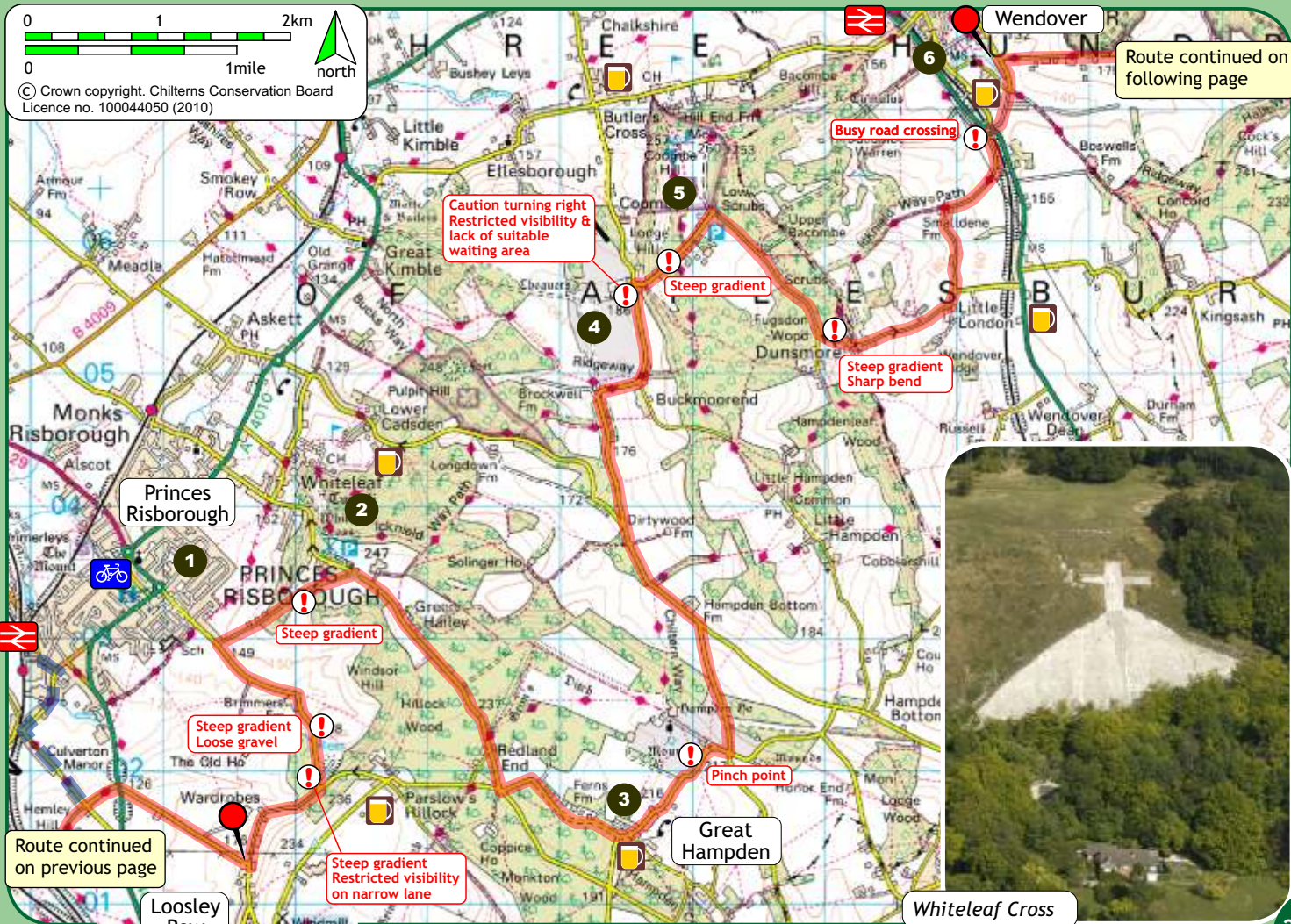
6 Wendover

Wendover is a charming market town with a tempting range of shops and cafes. It has a tourist information centre, Tel. 01296 696759

 Wendover Station - Trains from London Marylebone and Aylesbury

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Route continued on following page



Route continued on previous page



Whiteleaf Cross

Section 7

Wendover to Aldbury

13.9km (8.6 miles) Route profile page 51

This section will take you out of the busy, small market town of Wendover, through wooded rolling countryside to Aldbury at the foot of the Chilterns escarpment.

Route information: Some steep hills. **Take care crossing A4251 at New Ground. It is a fast road with poor sight lines.**

Amenities and Attractions

1 Wendover Woods

A mixed coniferous and broadleaved woodland managed by the Forestry Commission. Café, picnic spot, Go Ape attraction, and off-road cycle routes. Can be accessed via bridleways off the Hale.

2 Cholesbury

Cholesbury Fort consists of a large ditch with earthwork ramparts crowned by beech trees. It covers an area of 10 acres, within which is situated St Lawrence Church. Cholesbury Common runs through the village either side of the road. There is a windmill on the common which was first built in 1863 as a smock mill but was rebuilt in the style of a tower mill in 1883. Close by are two large 'pudding' stones, which are a geological feature of the area.

The Full Moon is a 17th century coaching inn on Hawridge Common popular with walkers and cyclists, Tel. 01494 758959

3 Wigginton - an attractive hill-top village.

The Greyhound (pub, B&B accommodation) Tel. 01442 824631

4 Tring

Attractive market town with zoological museum and a good range of shops, cafes and pubs.

5 Aldbury

Situated at the foot of the Chilterns, Aldbury is an attractive village with its 13th century church, pubs, duck pond, ancient whipping post and stocks.

The Valiant Trooper pub, Tel. 01442 851203

The Greyhound Inn (B&B accommodation) Tel. 01442 851228



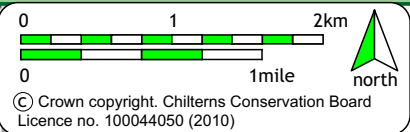
Wendover Station - Trains from London Marylebone and Aylesbury



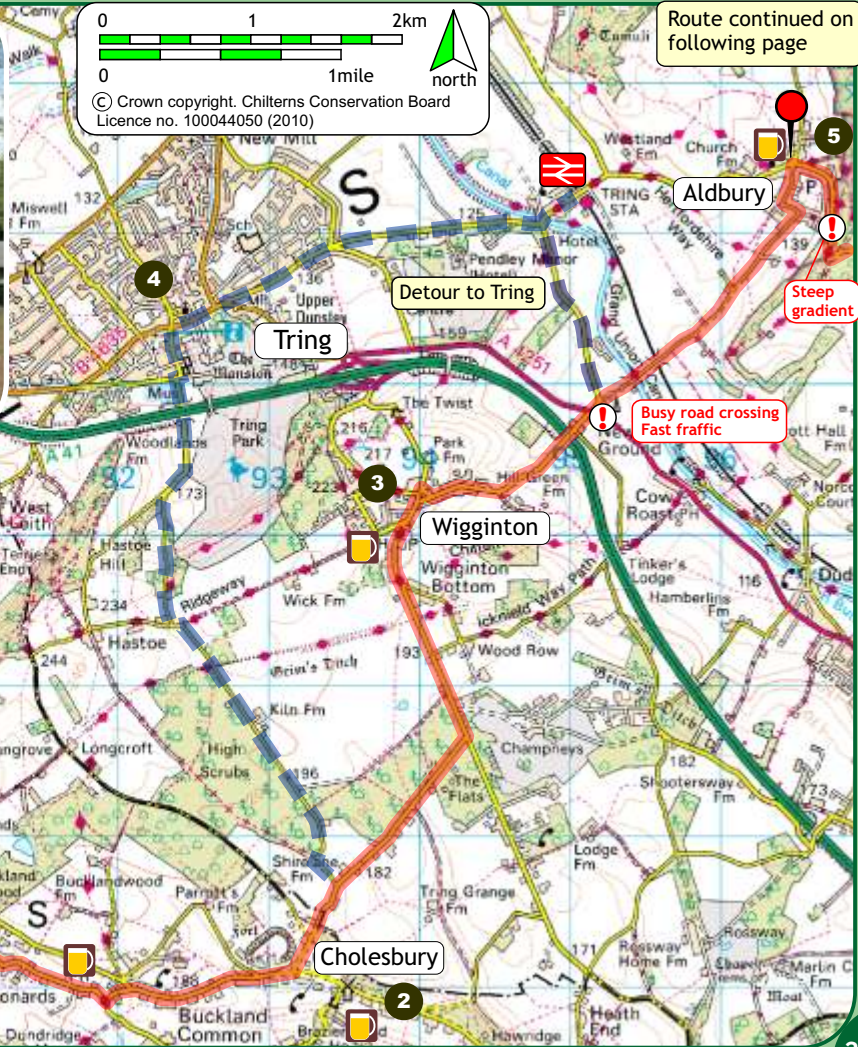
Tring Station - Trains from London Euston and the Midlands



Hawridge Common, Cholesbury



Route continued on following page



Wendover

Detour to Wendover Woods

Route continued on previous page

Steep gradient on narrow road with gravel wash-out and frequent traffic

Section 8

Aldbury to Studham

16.2km (10.1 miles) Route profile page 50

Amenities and Attractions

1 The National Trust's Ashridge Estate is internationally recognised and protected because of its wildlife, landscape and archaeology. As you ride, look out for fallow deer and, in springtime, enjoy the carpet of bluebells amongst the beech woods.

Drop in at the visitors' centre adjacent to the Bridgewater Monument to learn more about Ashridge. A free leaflet featuring cycle rides in and around the Ashridge Estate is available from the shop. There is also a tea room.



Bridgewater Monument

This section leads up through the extensive woodland of the Ashridge Estate and out over the chalk uplands of Ivinghoe Beacon.

Route information: The route is on roads and lanes, except for the Ashridge Estate's 'Duncombe Terrace Route' (about 2 ½ miles) between the Bridgewater Monument and a car park near Ivinghoe Hills. Duncombe Terrace has mixed surfaces, generally good quality but with a section of farm track. **There is a steep hill between Aldbury and Ashridge and there are long hills in each direction from Hudnall Corner.**

2 Ivinghoe Beacon

This was the site of an Iron Age hill fort and has spectacular views. It is the start/end point of the Ridgeway National Trail. The car park has cycle stands. Look eastward to see the lion hill carving at the Whipsnade Zoo.

3 Little Gaddesden is an attractive old Estate village with a shop and a pub.

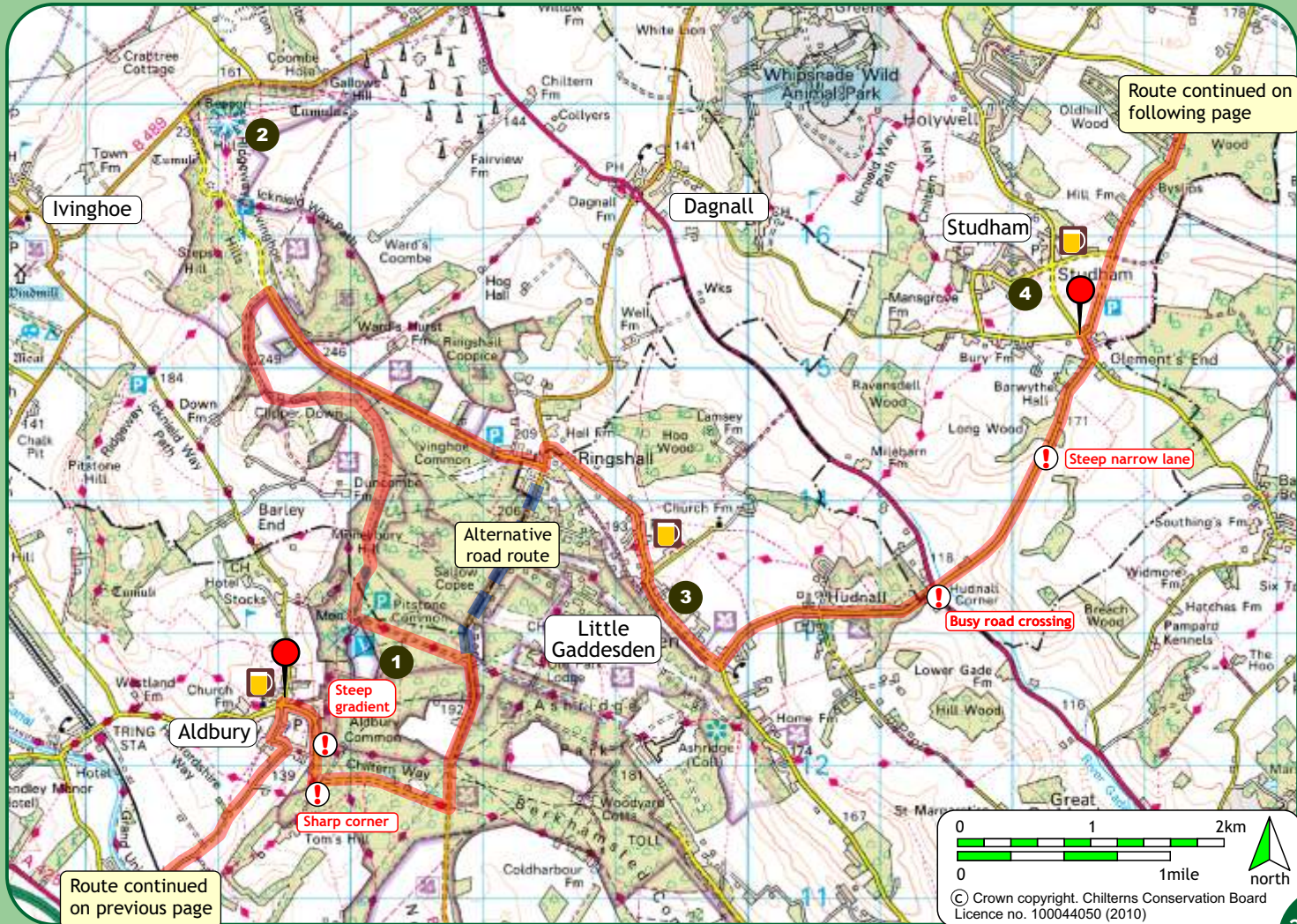
The Bridgewater Arms Tel. 01442 842408

4 Studham

A pleasant village surrounded by open commons, good place for a picnic.

Red Lion pub, Tel. 01582 872530

The Bell pub, Tel. 01582 872460



Section 9

Studham to Kinsbourne Green

10.7km (6.6 miles) Route profile page 50

This section crosses many of the north/south transport arteries, passing country villages along the River Lea valley.

Route information: The route is on lanes except when it passes through Markyate. **The A5 at Markyate is often very busy** but you can use the footbridge. Between Markyate and the M1, there is a ford which is not shown on OS maps. The water in the ford can be knee high at times and there is no raised footpath at the side, **take care crossing!**

Amenities and Attractions

1 Markyate

A useful place for you to stock up on provisions. There is a café, pub, shops and bank. The long and narrow Markyate High Street is set out along Roman Watling Street. The town prospered in the 18th and earlier 19th century from the coach trade - it had several inns, being half-way between St Albans and Dunstable. On the High Street you will see a mixture of properties, including Georgian, 19th century brick-fronted houses and, at the north end of the village, several 16th and 17th century timber-framed ones.

Markyate Cell, a private house, was home to Katherine Ferrers, a legendary highway woman immortalised on film as the 'Wicked Lady'.

2 Luton Hoo

Luton Hoo straddles the Hertfordshire/Bedfordshire borders. The unusual name "Hoo" is a Saxon word meaning the spur of a hill. The house was originally built for the 3rd Earl of Bute, but was rebuilt after it was destroyed by fire in 1843. The house is now a privately owned luxury hotel. The extensive parkland (not open to the public)

was laid out by Capability Brown in the 18th century, with the modern additions of a rockery and formal gardens.

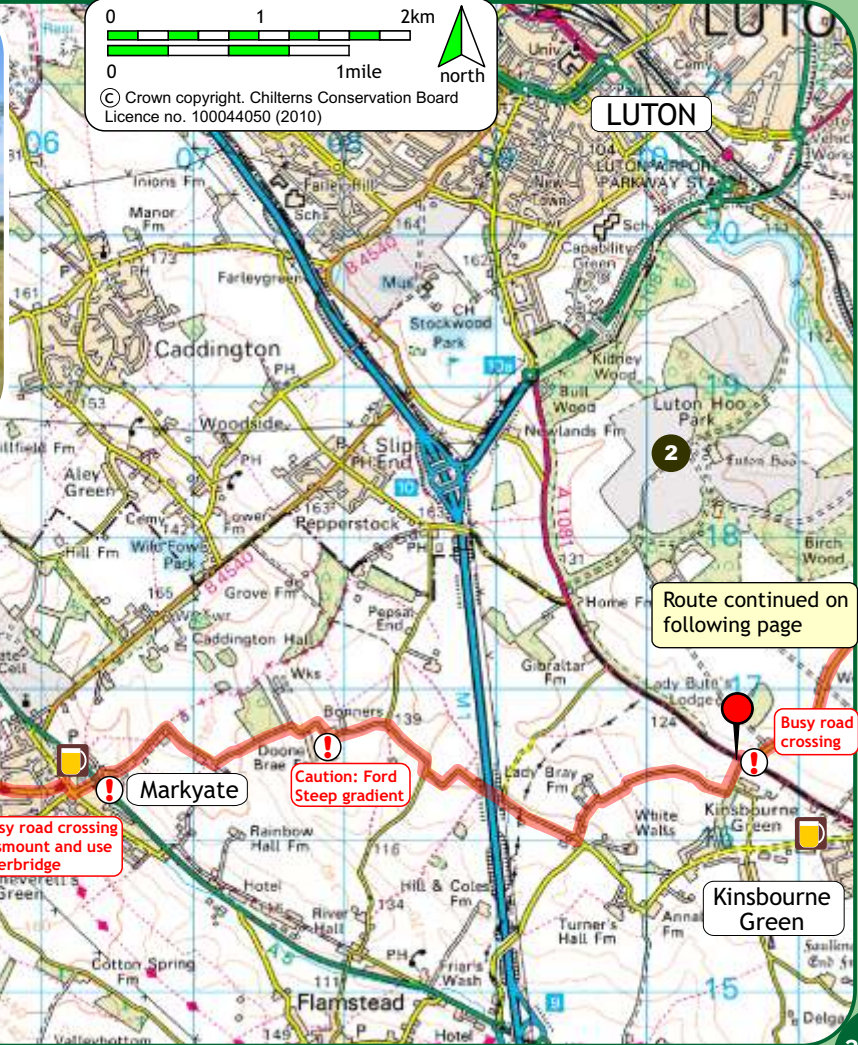


Luton Hoo



Studham Common

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north
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LUTON

2

Route continued on following page

Busy road crossing

Studham

Markyate

Kinsbourne Green

Route continued on previous page

Section 10 Kinsbourne Green to Breachwood Green

8.8km (5.5 miles) Route profile page 50

Despite passing under the flight path to the south of Luton Airport, this section offers a pleasant ride, winding through villages in undulating countryside.

Route information: The route is on lanes and passes through New Mill End, Peters Green and Diamond Wood. The route crosses two main roads, one near Kingsbourne and the other at New Mill End. New Mill End is in the bottom of the valley and there are long hills each side.

Amenities and Attractions

1 New Mill End

The route crosses National Cycle Network Route 6, which gives access to Luton Town centre to the north and to Harpenden to the south.

2 Someries Castle

There are ruins of a 15th century castle gatehouse and earthworks that outline the plot where once the manor house would have stood. For access, follow Route 6 towards Luton. After a short distance, turn right onto a lane and under two railway bridges then turn left at the top of the lane (signed to Someries).

3 Peter's Green

The Bright Star pub, Tel. 01438 832351

4 Breachwood Green

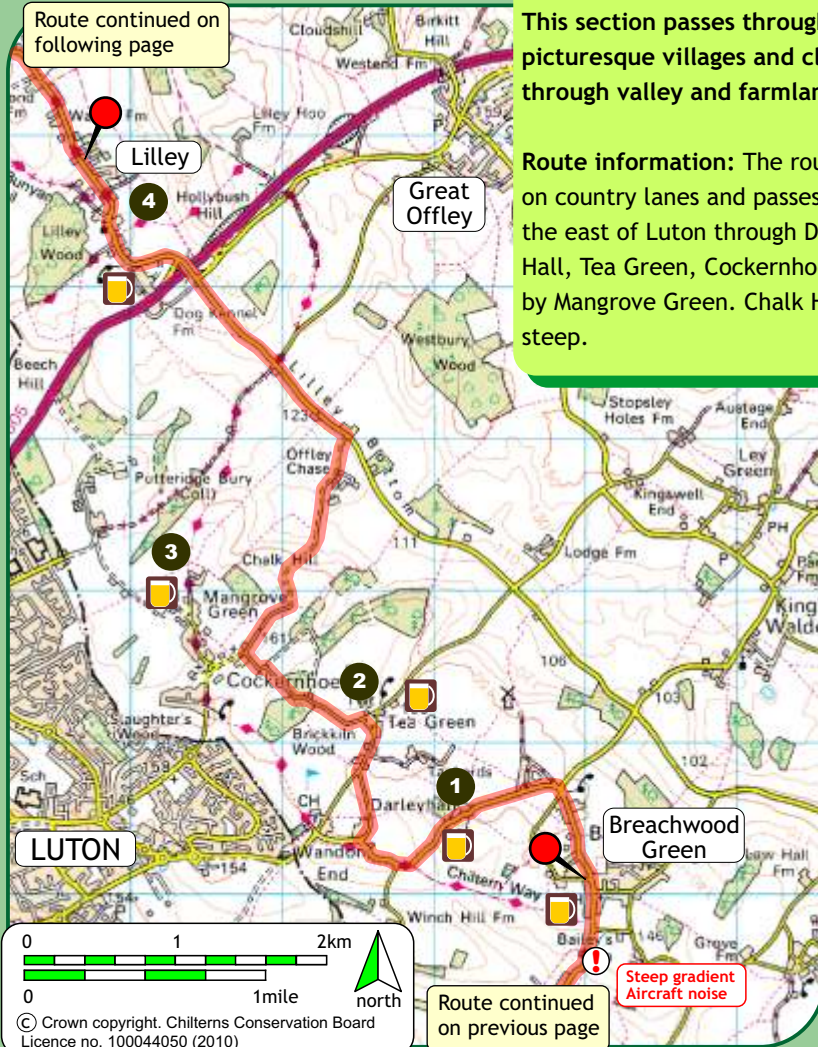
The Red Lion pub, Tel. 01438 833123

Route continued on previous page

Kinsbourne Green



Route continued on following page



This section passes through picturesque villages and climbs through valley and farmland.

Route information: The route is on country lanes and passes to the east of Luton through Darley Hall, Tea Green, Cockernhoe and by Mangrove Green. Chalk Hill is steep.

Section 11 Breachwood Green to Lilley

8.4km (5.2 miles) Route profile page 50

Amenities and Attractions

- 1** The Fox pub, Darley Hall Tel. 01582 731366
- 2** The White Horse pub, Tea Green Tel. 01582 722855
- 3** King William IV, Mangrove Green
A 16th century pub on the village green with B&B accommodation, Tel. 01582 728086
- 4** Lilley is an old Estate village with a large number of its cottages bearing a silver lion crest. In the 17th century Lilley was a centre of non-conformity, being home to the religious writer, James Janeway, and it is believed that John Bunyan, author of 'Pilgrim's Progress', secretly preached in the cellar of one of the village cottages. Lilley Arms (pub and B&B), Tel. 01462 768371
300 year old former coaching inn set in beautiful surroundings on the edge of the Chilterns.

Section 12

Lilley to Apsley End

22.5km (14.0 miles) Route profile page 51

From Lilley the route descends to the open landscape of the Bedfordshire Levels, rising again to go up and over the Sundon Hills.

Route information: This route is on undulating roads and lanes with a significant hill near Sundon Hills Country Park. The roads on this stretch can be busy, especially through Barton-le-Clay. **Take care on the busy road crossings.**

Amenities and Attractions

1 Streatley

The Chequers (pub and B&B) Tel. 01582 882072

2 Sundon Hills Country Park

Situated at one of the highest points in Bedfordshire, the Sundon Hills offer stunning views. There are waymarked walks over chalk grassland and woodland. The flowers and butterflies are a special feature in the summer.

3 Harlington has a pretty village green (good place for a picnic) and two pubs:

The Old Sun Tel. 01525 877330

The Carpenters Arms Tel. 0152 5872384.

4 Sharpenhoe Clappers (National Trust)

A prominent wooded hill believed to be the site of an Iron Age hill fort. There is a circular walk around the hill, with far-reaching views.

The Lynmore Country pub is at the foot of the Clappers, Tel. 01582 881233.

5 Barton Hills National Nature Reserve

The chalk downland meadows of the Barton Hills National Nature Reserve, managed by Natural England, are amongst the finest in the country, famous for their wild flowers and butterflies. Climb to the top of Barton Hills for panoramic views. The entrance to the nature reserve is just past the church.

6 Apsley End

The Musgrave Arms is an attractive 16th century pub with large garden. Tel. 01462 711286



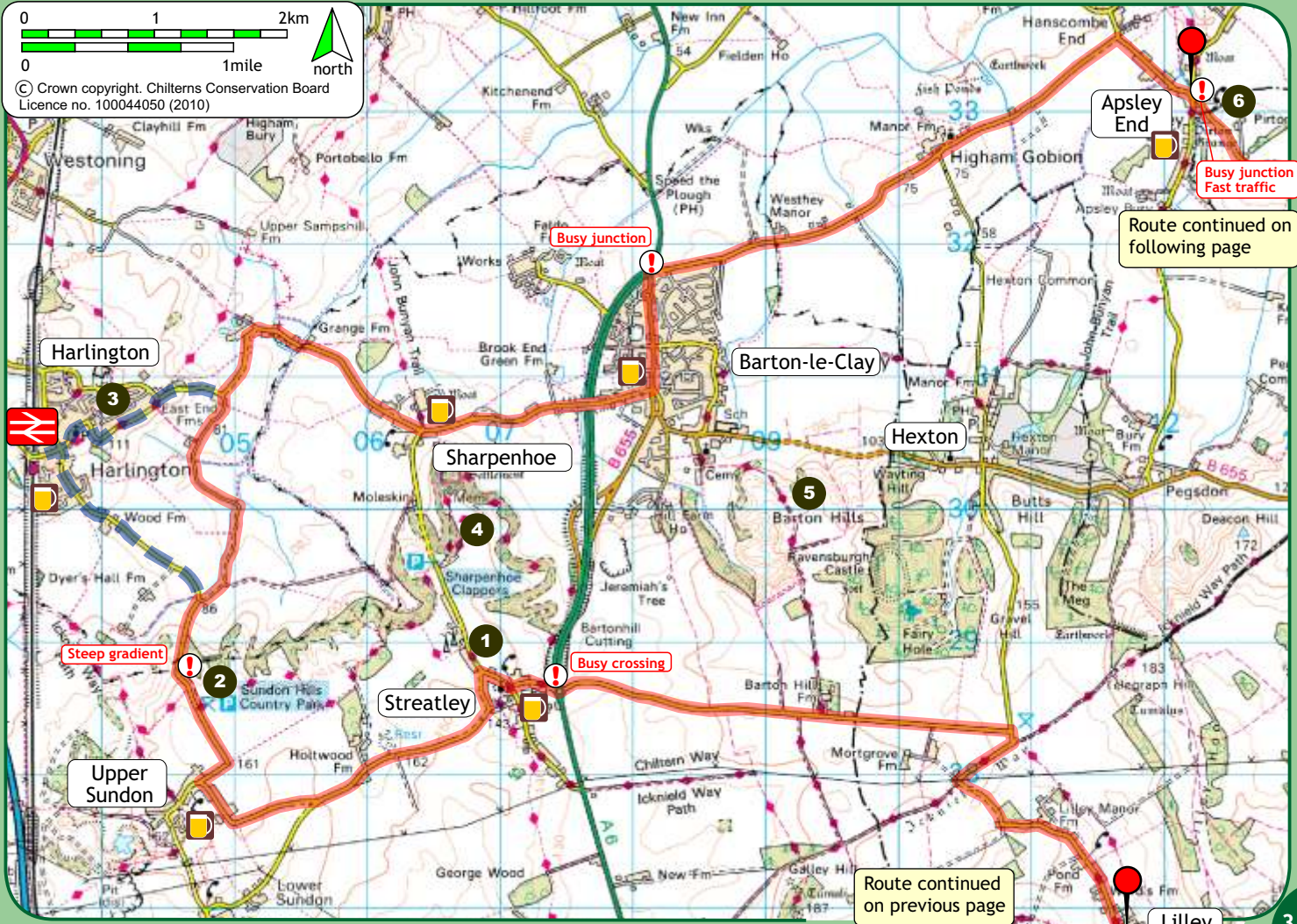
Harlington Station - Trains from London St Pancras and Luton

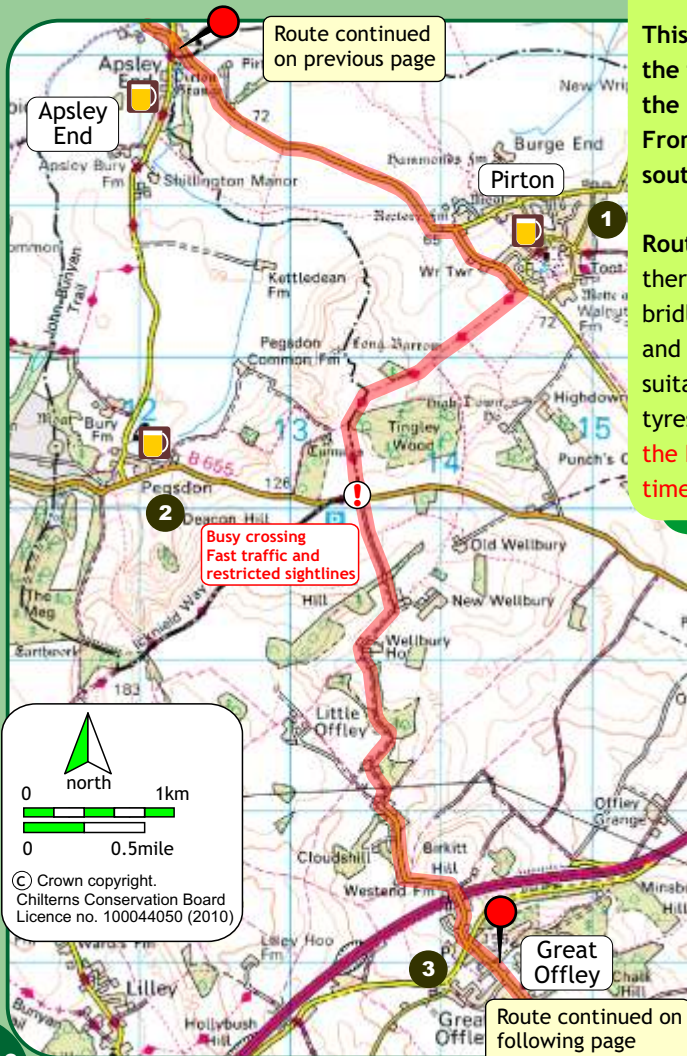


Hills near Hexton

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Route continued on previous page

Apsley End

Pirton

Busy crossing
Fast traffic and
restricted sightlines

Great Offley

Route continued on following page

This section will take you from the flat Bedfordshire clay lands to the Pegsdon Downs chalk hills. From Pirton the route goes southwards on unsurfaced tracks.

Route information: From Pirton there is a 2.5 mile stretch of uphill bridleway which is not surfaced and rutted in places (it is not suitable for road bikes with slick tyres). **Take extreme care crossing the B655 and cross one cyclist at a time.**

Section 13 Apsley End to Great Offley

8.8km (5.5 miles)
Route profile page 51

Amenities and Attractions

1 The historic village of Pirton with its church, pub and village green is a popular starting point for walks and

rides in the area. In the 19th century plaiting straw for the Luton hat trade provided a livelihood for many people in Pirton. Near the Church you can see Toot Hill, a large mound or Motte that was once part of a 12th century Norman castle.

The Motte and Bailey pub, tel 01462 712 641

2 **Pegsdon Hills** - With stunning views from the top of the hills, this is one of the most spectacular reserves owned by Bedfordshire Wildlife Trust.

3 **Great Offley** appeared in The Domesday Book as Offelei or Offelgi, and is named after King Offa of Mercia, who died here shortly after he founded St Albans Abbey in 793.

The Red Lion (pub and B&B) Tel. 01462 768281

The Green Man pub, Tel. 01462 768256

Section 14 Great Offley to Whitwell

8.1km (5.0 miles) Route profile page 51

Amenities and Attractions

1 King's Walden

The Plough pub, Tel. 01438 871394
Post Office and shop in Plough Lane.

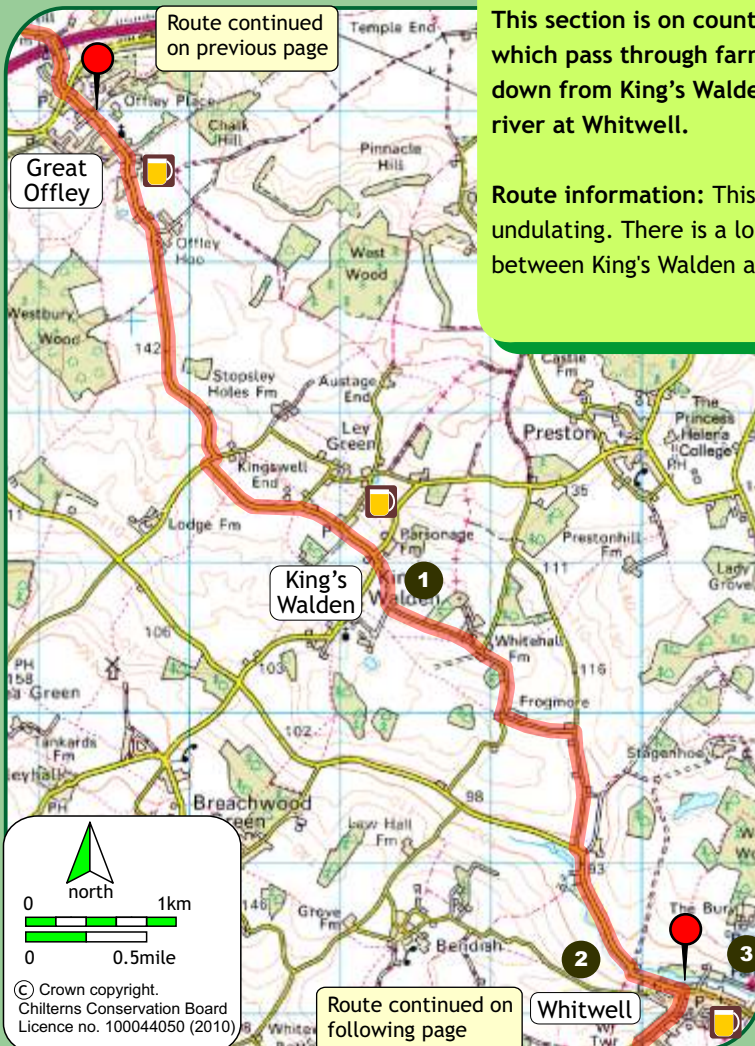
2 Whitwell is an

attractive village
with two pubs.
Nine Wells Watercress
Farm is one of the few
remaining watercress
farms in the area and
can be seen from the
road. They have been
growing watercress
here for 200 years and
it is still hand-cut.



Whitwell Watercress Beds

3 Waterhall Farm and Crafts Centre: rare breeds,
gardens and tea room. Tel. 01438 871928



This section is on country lanes which pass through farmland then down from King's Walden to the river at Whitwell.

Route information: This route is undulating. There is a long hill between King's Walden and Whitwell.

Section 15

Whitwell to Harpenden

14.6km (9.0 miles) Route profile page 51

Amenities and Attractions

1 Gustard Wood

The Cross Keys (pub with B&B) Tel. 01582 832165

2 Home to George Bernard Shaw for over 40 years, **Shaw's Corner at Ayot St Lawrence** is a 1902 Arts & Crafts house set in a quintessentially English garden. The house and garden are owned by the National Trust and open March to October, call for opening times, tel 01438 829221

3 Harpenden

The town centre, which is a few hundred yards from the route, is attractive with many shops, pubs and cafés. It is considered by many as a large village which grew in size after the arrival of the railways. Harpenden at the turn of the century became increasingly attractive to London commuters but still retains much of its countryside feel with large areas of common and green. There is a tourist information centre in Harpenden. Tel. 01582 768278

This section includes both attractive and undulating farmland and woods and also urban views from the former railway line as it skirts Harpenden.

Route information: This section is on quite hilly lanes and two reasonably flat greenways: the Nickey Line and the Lea Valley Walk. The surfaces of the paths are variable but generally good. The Chilterns Cycleway detours off the Nickey Line near Hollybush Lane in order to avoid a flight of steps. (If you prefer to stay on the Nickey Line, the steps are fitted with a channel for your cycle wheels.)



Harpenden Cycles Tel. 01582 461963

The Red Cow pub, Westfield Road Tel. 01582 621058



Harpenden Station - Trains from London St Pancras and Luton



The Nickey Line footpath and cycle way is about 9 miles long. It is a former railway line (the Harpenden to Hemel Hempstead Railway). The line was built to link the straw plait trade in Hemel Hempstead with the hat makers of Luton. A Ro-Railer, a hybrid vehicle which used both rail and road was used for a brief experimental period in the early 1930s.



The Nickey Line



Route continued on previous page

Route continued on following page

Section 16

Harpenden to Great Gaddesden

13.4km (8.3 miles) Route profile page 50

With the exception of a long hill near the Gaddesden Place Estate, riders can enjoy a predominantly level route through farm land and on the Nickey Line.

Route information: This section uses the Nickey Line between Harpenden and Church End and lanes between Church End and Great Gaddesden. The only significant and long hill is near Great Gaddesden.

Amenities and Attractions

1 Redbourn is an attractive village just off the route, with a large common, shops and several pubs in the High Street. The village is steeped in history with its first settlers arriving after fleeing Caesar's invasion of St Albans around 50 AD. One of the Nickey Line's main stations was at Redbourn, along with a goods yard and sidings. **Cricketers** pub, East Common in the direction of Church End. Tel. 01582 620612

2 Gaddesden Row is a two-mile long ridgetop road with a scattering of houses and farms along it. Stone Age flints, tools and weapons have been found here. **The Old Chequers** pub and restaurant, Tel. 01442 256315

3 River Gade

The River Gade is one of the chalk streams of the Chilterns. Its clear waters come from the chalk rock underground and are home to some important wildlife. Chalk streams sometimes dry up when the water table drops.



The River Gade

4 Great Gaddesden

There is a café in the garden centre.

There are good views of **Gaddesden Place**, an 18th century country house built by James Wyatt in the English Palladian style. It is set in an elevated position overlooking the beautiful Gade valley. It is not open to the public.

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 north

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HARPENDEN

Route continued on previous page

Great Gaddesden

Steep gradient Gravel on narrow road

Busy crossing

Route continued on following page

Water End

Redbourn



Section 17

Great Gaddesden to Berkhamsted

14.5km (9.0 miles) Route profile page 50

This section passes through hill and valley on country lanes, descending into Berkhamsted to join the towpath on the Grand Union Canal.

Route information: This route is on lanes, roads and the well-paved canal towpath between Berkhamsted and Dudswell. The route includes a number of steep hills, in particular on both sides of the valley at Berkhamsted.

Amenities and Attractions

1 Berkhamsted Common is the largest common in the Chilterns and is owned by the National Trust. At the turn of the 20th century the area would have been one expanse of heather. However after the First World War grazing gradually ceased and much of the area developed into woodland.

2 Frithsden Beeches at the east end of the common include huge pollarded beeches that are remnants of the medieval Chilterns landscape.

There are many old pits, banks and other earthworks across Berkhamsted Common which are evidence of the hundreds of years of human activity in this special place.


The small hamlet of **Frithsden** has a small vineyard with a shop open to the public. Open Friday to Sundays most of the year, call 01442 878723

3 Potten End (just off the main route) has a village green, a pond and a pub. A section of Grims Ditch (an iron age earthwork) can be seen from the green.

4 Berkhamsted is a busy town with shops cafés and pubs. It has a history going back to at least 1066, when William the Conqueror was handed the crown of England here. You can still see the remains of the Norman Castle that was subsequently built in stone during the mid 12th century. The remains of the castle and the beautiful grounds can be visited free of charge.



Ancient beech, Frithsden Beeches

 Berkhamsted Station - Trains from London Euston and the Midlands

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Route continued on previous page

Great Gaddesden

Busy crossing

Steep gradient

Steep gradient Gravel on narrow road

Water End

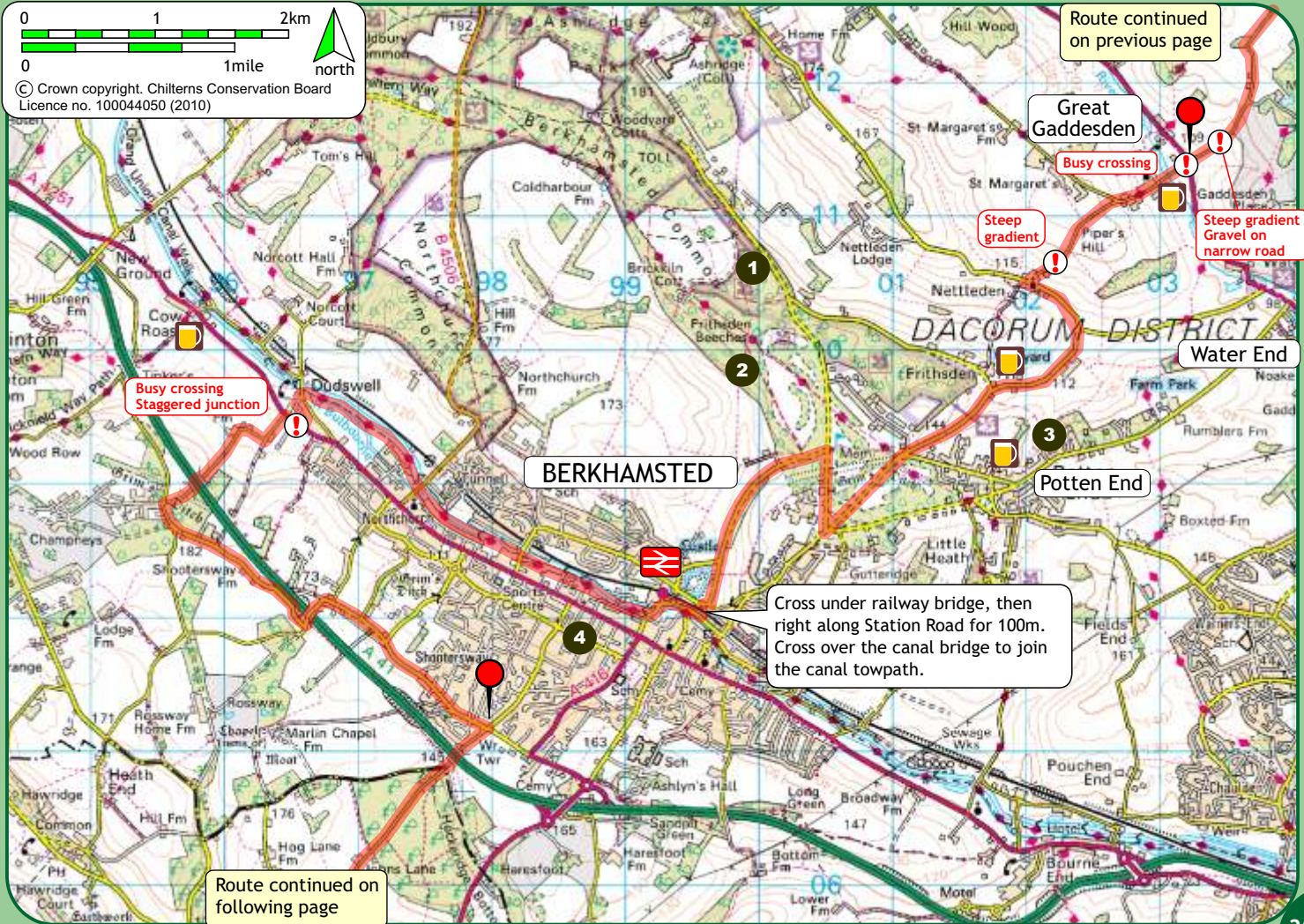
BERKHAMSTED

Potten End

Busy crossing Staggered junction

Cross under railway bridge, then right along Station Road for 100m. Cross over the canal bridge to join the canal towpath.

Route continued on following page



Section 18 Berkhamsted to Botley (Ley Hill)

6.6km (4.2 miles)

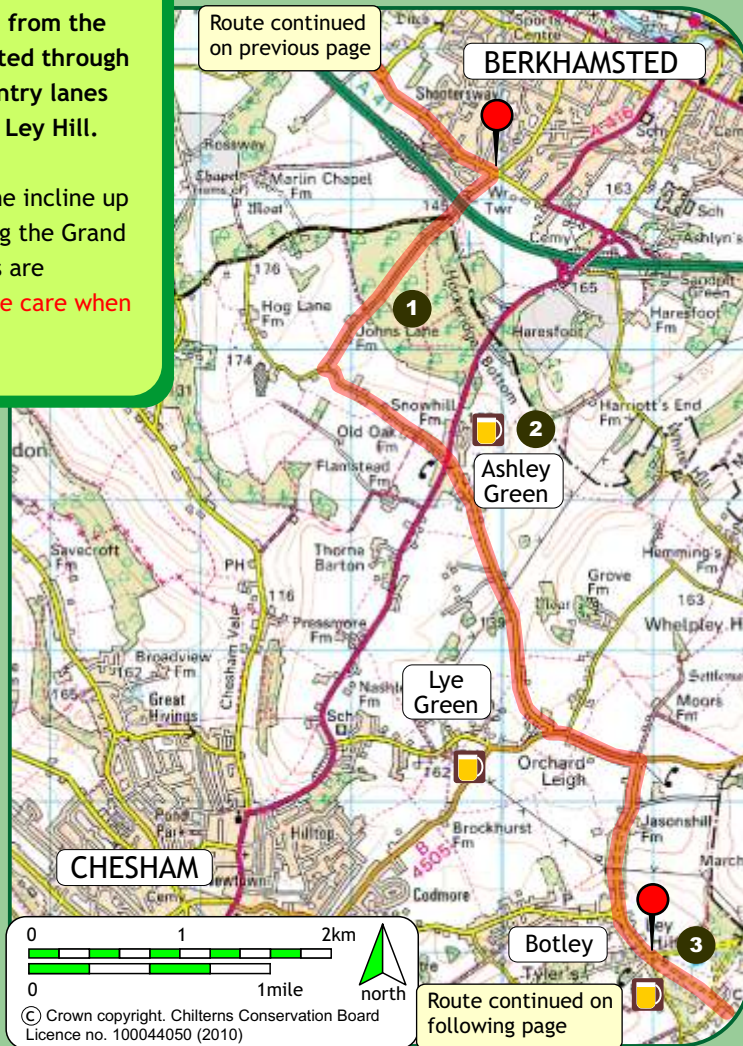
Route profile page 50

This stretch takes you from the outskirts of Berkhamsted through gently undulating country lanes and lovely villages, to Ley Hill.

Route information: One incline up to the ridge overlooking the Grand Union Canal. The roads are generally quiet but **take care when crossing busy roads**.

Amenities and Attractions

- 1 Hockeridge Woods**
Ancient woodland owned by the Royal Forestry Society, with interesting earthworks. Woodland flowers carpet parts of the woods in spring. A centuries old bank and ditch which once kept out livestock surrounds the woods.
- 2 Ashley Green** has a pub (**The Eagle**, tel 01442 863549), village green and church in close proximity.
- 3 Ley Hill**
Here you will find next to each other: a golf course, a cricket club and two fine pubs. Seating outside allows you to enjoy the sport.
The Swan Tel. 01494 783075
The Crown Tel. 01494 783910



Route continued on previous page

BERKHAMSTED

1
Ashley Green

Lye Green

CHESHAM

Botley

Route continued on following page

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From Ley Hill you pass ancient villages overlooking the beautiful Chess Valley.

Route information: Some steep descents out of Ley Hill on quiet roads to Latimer and across the River Chess. From here the route follows unsurfaced woodland

tracks to Amersham (Cycleway follows Chiltern Heritage Trail which is signed). The alternative road route is busy but takes you directly into Chesham before heading up to rejoin the route at Amersham.

Section 19 Botley (Ley Hill) to Amersham


9.4km (5.8 miles)

Route profile page 50

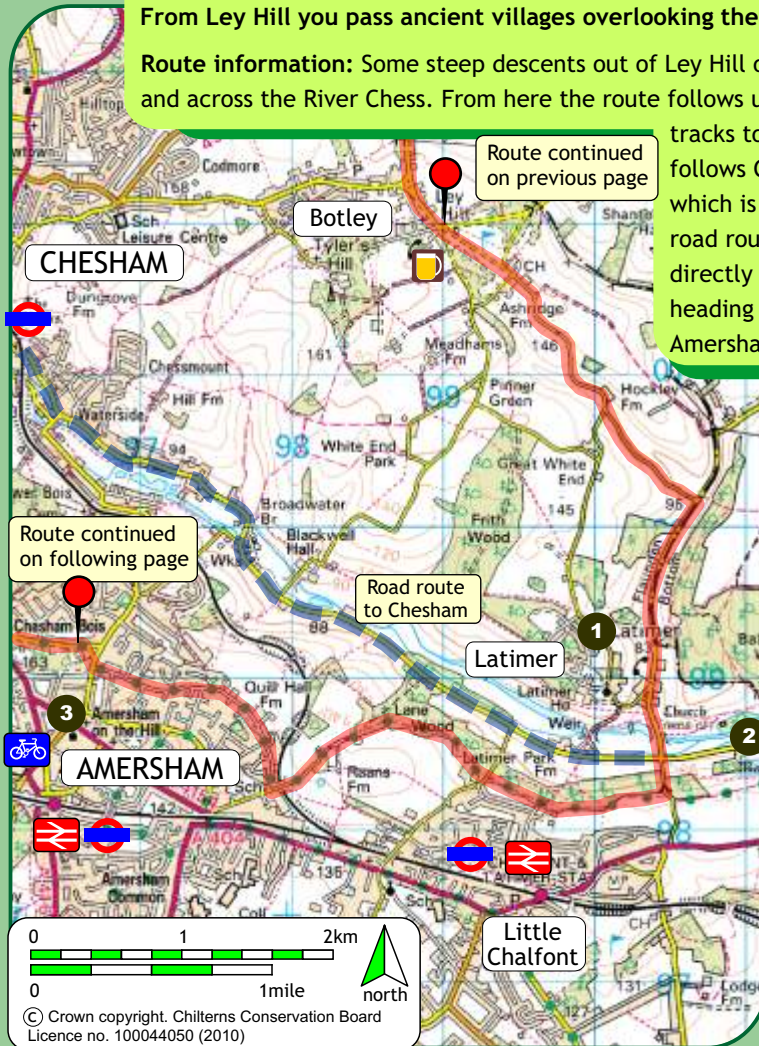
Amenities and Attractions

- 1 Latimer** is one of the Chess Valley's most ancient and picturesque villages. Latimer House dates back to the 13th century. The Romans settled along the River Chess leaving many artefacts of interest to archaeologists including a fine villa.
- 2 Chenies Manor** - An enchanting Tudor manor house set in the picturesque village of Chenies. Manor and gardens open to the public Tel. 01494 762888
- 3 Amersham** is an old market town with coaching inns, a museum and lots of historic buildings. The River Misbourne chalk stream flows through the town.

 Dees Cycles, Amersham Tel. 01494 727165

 Amersham and Chalfont & Latimer Stations - Trains from London Marylebone, Baker Street and Aylesbury

 London Underground Metropolitan Line



Section 20

Amersham to Great Kingshill


11.6km (7.2 miles) Route profile page 51

From Amersham you pass the attractive village of Little Missenden and the River Misbourne. After climbing out of the valley the route passes through Holmer Green and Great Kingshill.

Route information: There is one steep descent and a **busy crossing of the A413** out of Hyde Heath into Little Missenden. A long steady climb takes you out of the village.

Amenities and Attractions

1 Chesham Old Town with its picturesque cottages, Lowndes Park and St Mary's Church are all worth exploring. The River Chess chalk stream flows through the town. The new town has a large range of shops, pubs, cafes and a theatre.

 Stronnell Cycles in Chesham Tel. 01494 784255

2 Little Missenden

There are two fine pubs located alongside the river, a village store and a water mill. The pond is stocked with trout and there are lovely walks from here. You may recognise houses that have been used for filming *Midsomer Murders*.

The Red Lion pub (B&B accommodation), Tel. 01494 862876


The Crown Inn (B&B accommodation), Tel 01494 862571

Circular routes from Amersham

There are three superb well-signed circular rides which start from Amersham. These 'Heritage Trails' are suitable for all ages and experiences as they follow quiet roads. Route maps and details can be downloaded from www.chiltern.gov.uk

3 Great Missenden

This charming small town is less than three miles from the Chilterns Cycleway but is an excellent gateway town and well worth visiting. **The Roald Dahl Museum** (with café open to all) celebrates the life of one of the town's most famous residents.

 Cyclefleet for repairs and bike hire is located just outside Great Missenden Tel. 01494 868607. They will deliver hire bikes to Great Missenden station by prior arrangement.

4 Great Kingshill offers the weary cyclist the chance of restocking the food bag and the drinks bottle at the local shop.

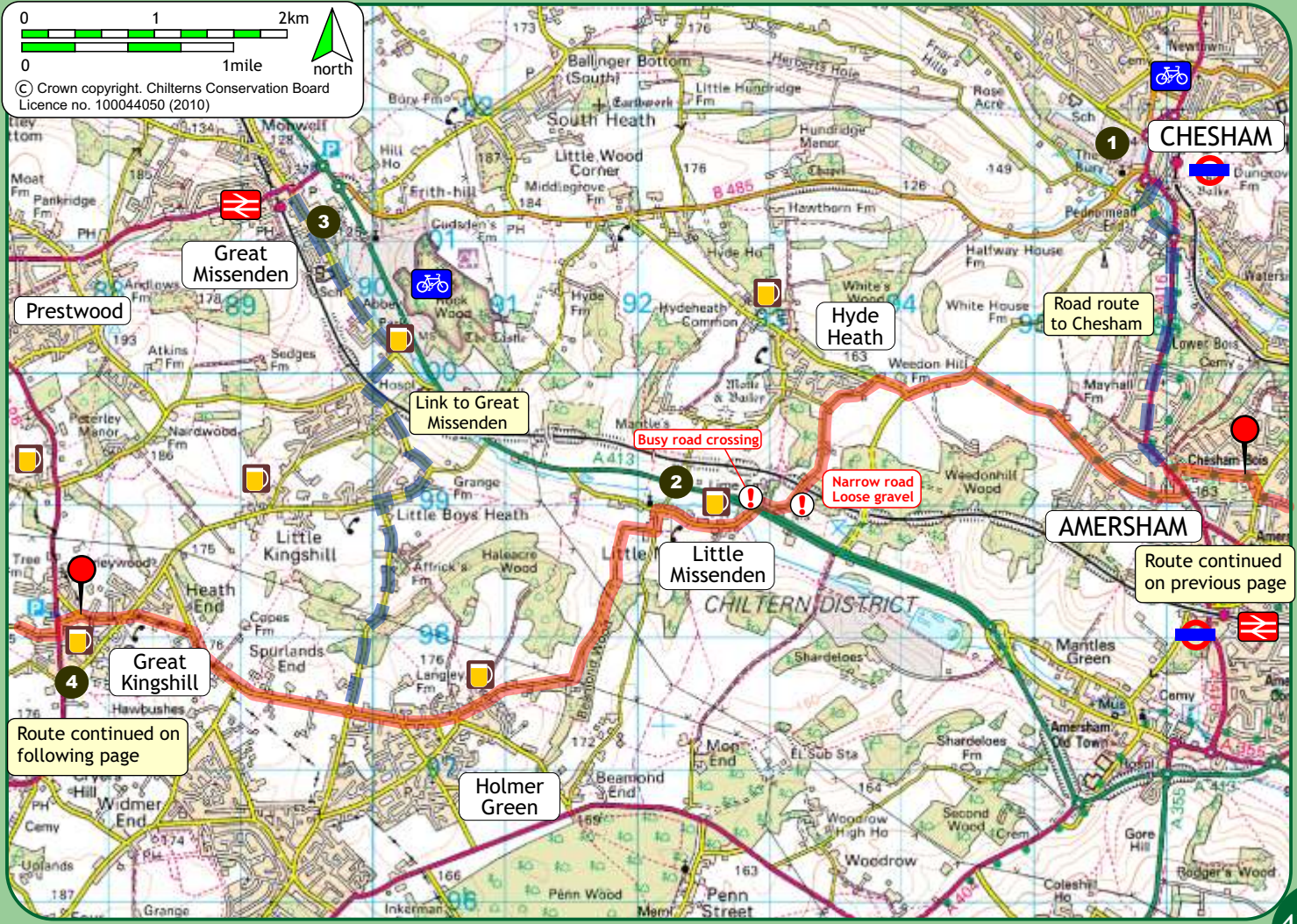
The Red Lion pub and restaurant, Tel. 01494 711262

 London Underground Metropolitan Line

 Great Missenden Station -Trains from London Marylebone and Aylesbury

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Route continued on following page

Route continued on previous page

Section 21

Great Kingshill to West Wycombe

13.9km (8.8 miles) Route profile page 51

Amenities and Attractions

1 Speen

The village store serves tea and coffee. There is a home of rest for retired horses which is open to visitors every day from 2 until 4pm.

King William IV pub, Tel. 01494 488329

2 West Wycombe village

This village is owned by the National Trust and contains many historic buildings. The West Wycombe Garden Centre has a lovely coffee shop and farm shop.

3 St Lawrence Church

Perched high up on West Wycombe Hill, you cannot miss this unusual church with its golden ball at the top of the tower. There are some great views from here.

4 The Hell Fire Caves

Open to the public seven days a week April to October and at weekends and bank holidays November to March, café for cream teas and sandwiches. Tel. 01494 533 739

This section passes through several small villages including the village of Speen before descending into the West Wycombe valley through which the River Wye flows.

Route information: This stretch is both testing and exhilarating. Some steep valleys and long climbs generally on quiet roads with great views. **There are some busy roads to cross.**

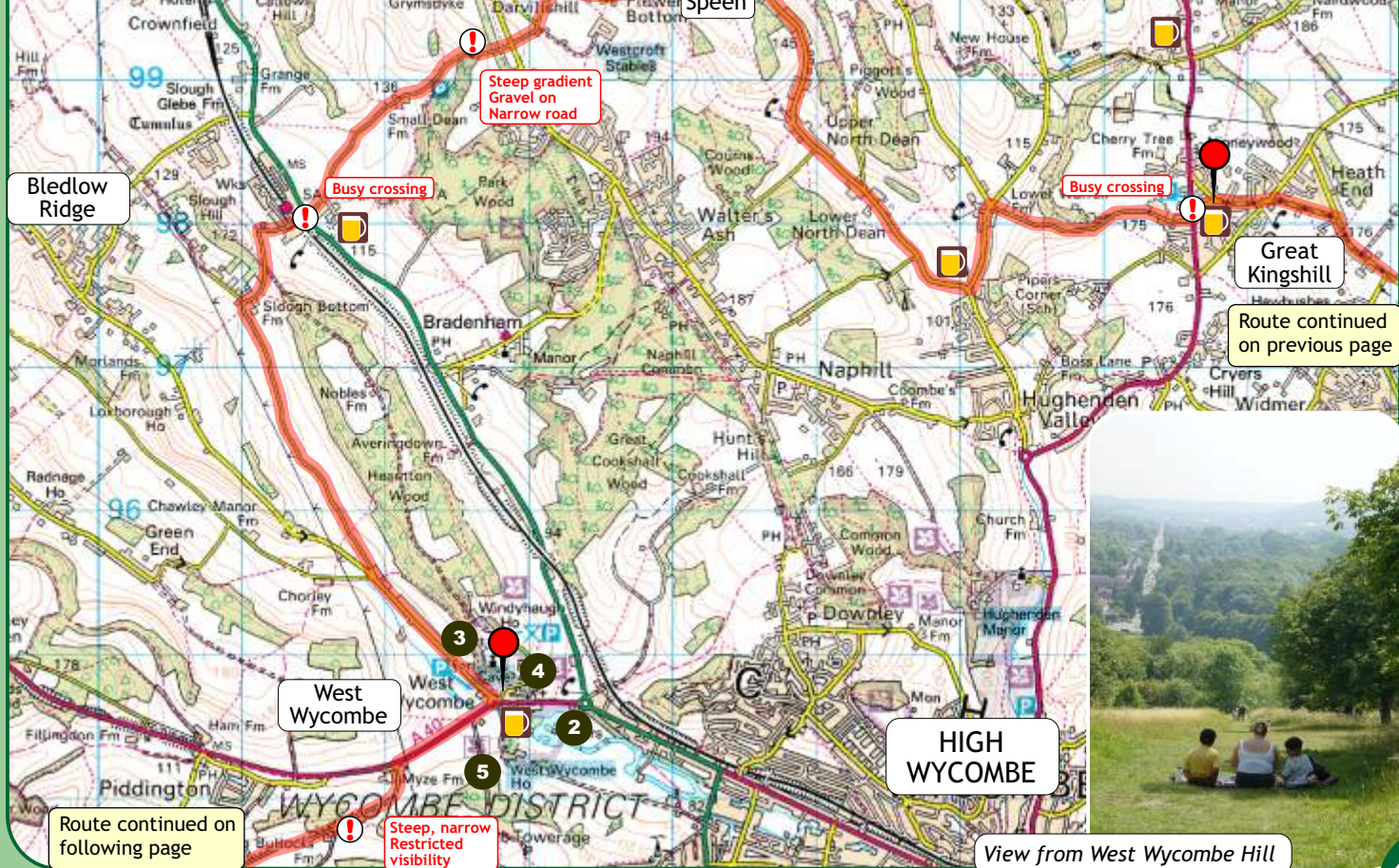


North Dean

5 West Wycombe Park

The mansion is managed by the National Trust. It is lavishly decorated and has featured in films and TV series such as Little Dorritt, The Duchess and Cranford. Grounds and house open in summer except Fridays and Saturdays. Tel. 01494 755571

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Route continued on following page

HIGH WYCOMBE



View from West Wycombe Hill

Section 22

West Wycombe to Parmoor (near Frieth)

7.7km (4.8 miles) Route profile page 51

This section takes you out of the Wye Valley and over the M40 through pristine Chilterns scenery passing some lovely villages and commons. There are some magnificent views along the way.

Route information: There is a short stretch along the A40, with a cycle path alongside. Otherwise mainly quiet lanes outside rush hour. There are some steep hills.

Amenities and Attractions

1 Wheeler End Common is a large open area of scrub and woodland, one of many commons in this area. The local pub on the common, the Brickmakers Arms, is named after the brick making that used to be carried out locally.

2 Lane End is a good place to stock up with provisions, it has several shops and pubs, and is a popular starting point for local walks and rides.

3 Frieth is a beautiful village at the top of the Chilterns escarpment. The church in Frieth is noted for its Victorian stained glass and carved woodwork.

The **Prince Albert** pub, tel 01494 881683

The **Yew Tree** pub, tel 01494 882330

4 Parmoor House

An historic house standing in 12 acres of grounds. Parmoor House was the birthplace of Sir Stafford Cripps, the post-war Chancellor of the Exchequer, and during the Second World War the house was occupied by King Zog of Albania. The Sue Ryder Prayer Fellowship now owns it.

B&B and camping are available, tel 01494 881037

Fingest, Skirmett and Turville

These lovely villages are just off the Chilterns Cycleway route and are all worth a visit. The popular TV series the Vicar of Dibley was filmed at Turville.

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Route continued on previous page

West Wycombe

HIGH WYCOMBE

Steep, narrow Restricted visibility

Steep gradient

Lane End

Turville

Fingest

Frieth

Skirmett

Route continued on following page

View of Fingest



Section 23

Parmoor to Henley-on-Thames

12.0km (7.5 miles) Route profile page 51

Amenities and Attractions

1 The **Hambleton Valley** takes its name from the Hamble, a chalk stream which flows through Hambleton village and on to Mill End where it enters the Thames. A short diversion to Hambleton is a must. It has attractive brick and flint cottages, a medieval church and a thriving pub and shop.
The **Stag and Huntsman Inn** is popular with walkers/cyclists and does Bed and Breakfast, tel 01491 571 227

2 **Chiltern Valley Winery and Brewery**
Surrounded by beech woods and with fabulous views over the Hambleton Valley the Chiltern Valley Winery has a Cellar Shop which is well worth visiting. It is open every day and sells wines, ales, liqueurs and preserves. Tel. 01491 638330

3 **Exploring the Thames**
A short diversion along quiet lanes to Aston gives you a chance to explore the River Thames. You can leave your

This section takes you down the Hambleton Valley where you can admire some breathtaking scenery.

Route information: From Frieth the route descends gently at first and then steeply through wooded areas with the occasional glimpse of farms and pastures. A steep climb takes you past the Chiltern Valley Winery and the delightful village of Fawley before descending into Henley. Roads are generally quiet and narrow. You will enter Henley on a dedicated cycle and pedestrian path.

bikes at the picturesque **Flower Pot** pub at Aston and walk along the Thames Path to Mill End Weir, enjoying lovely views of the Thames and the hills beyond.



Henley-on-Thames



Route continued on previous page

Detour to Hambleton

Hambleton

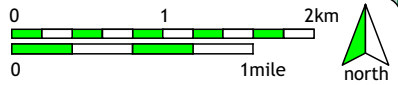
Aston

Detour to Aston

HENLEY-ON-THAMES

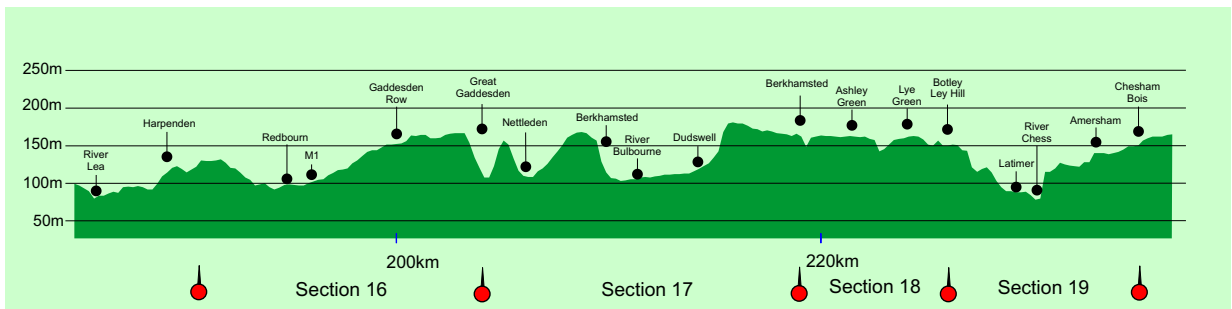
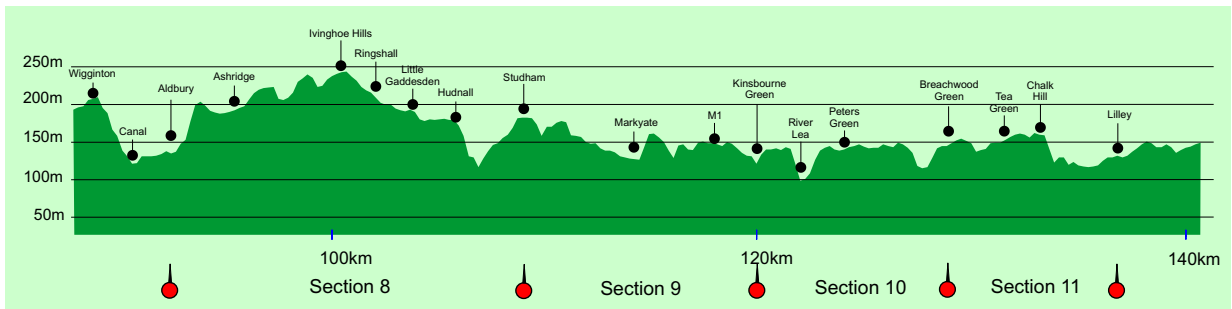
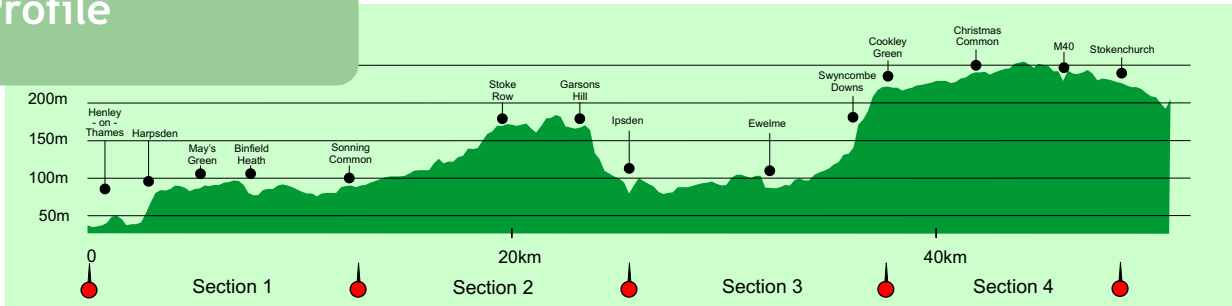
Inset map see page 52

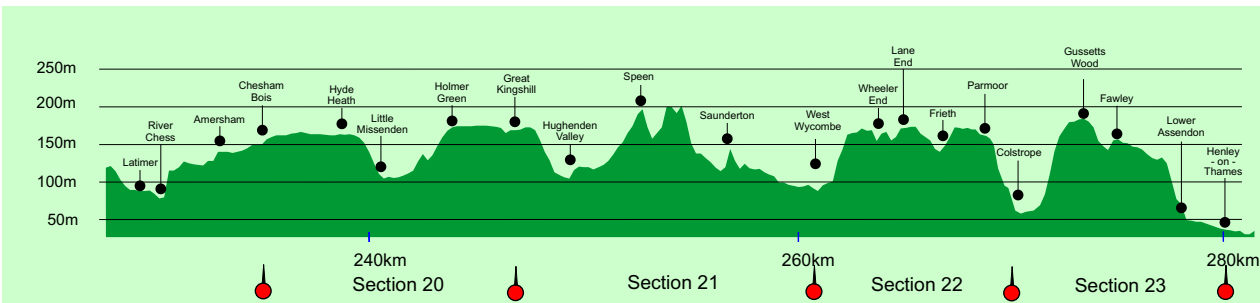
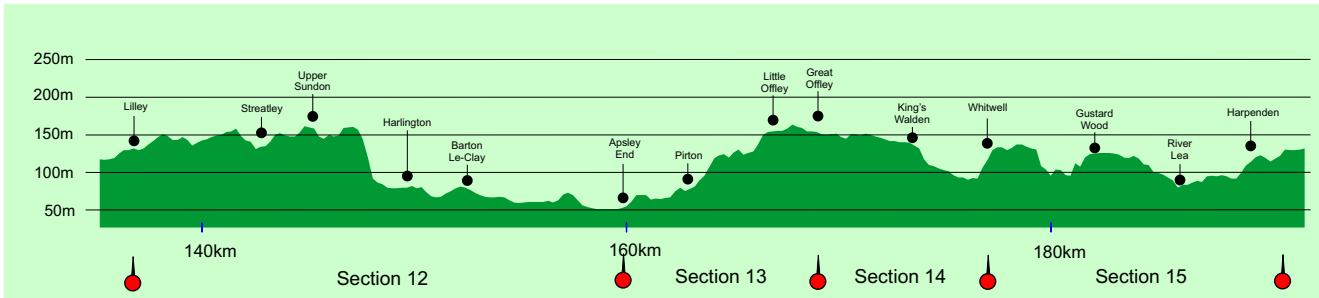
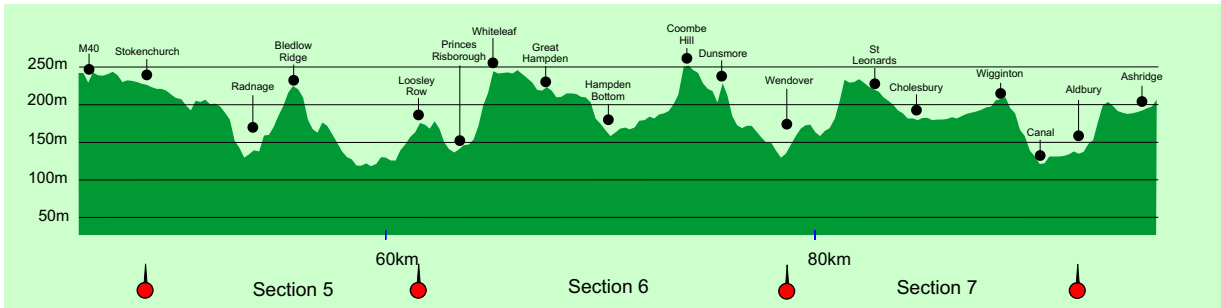
Route continued on page 11



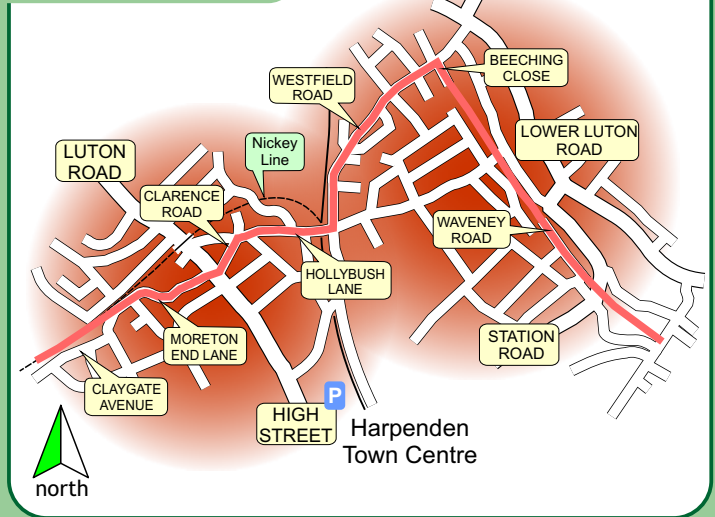
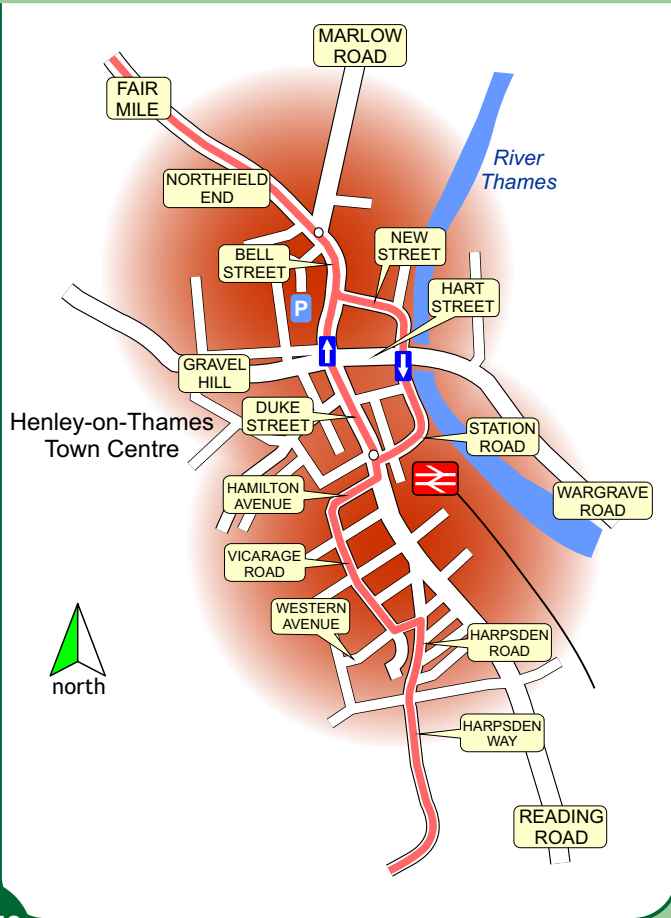
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Route Profile





Inset Maps for Henley-on-Thames and Harpenden



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Whilst every care has been taken in the preparation of this information no responsibility can be taken for the consequences of any errors or omissions.

Further Information

Visit www.chilternsaonb.org/cycleway for further information about the Chilterns Cycleway or call the Chilterns Conservation Board on 01844 355500 or email office@chilternsaonb.org

The Chilterns Cycleway is a joint project led by the Chilterns Conservation Board in partnership with the CTC National Cyclists' Organisation, The Chiltern Society and the following organisations:

- Buckinghamshire County Council
- Bucks Economic and Learning Partnership
- Central Bedfordshire Council
- Hertfordshire County Council
- Oxfordshire County Council
- Natural England

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The European Agricultural Fund
For Rural Development:
Europe Investing in Rural Areas

Photos: Chilterns Conservation Board and Gerry Whitlow, Geoff Shute, Avico, Peter Goodearl, Jenny Gilmore.



View from Whiteleaf Hill

Join a Ride

For information on organised rides in the Chilterns or to join a cycle club near you contact:

- CTC National Cyclists' Organisation on 0844 736 8450
- The Chiltern Society on 01494 771250 (you can also get details of their walk programme, obtain Chiltern Society footpath maps or join the Society).





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