



This booklet has been produced by the Chilterns Conservation Board with the support of the Chiltern Society. Our thanks to Chris Chillingworth and Chiltern Society volunteers for proposing and researching routes.



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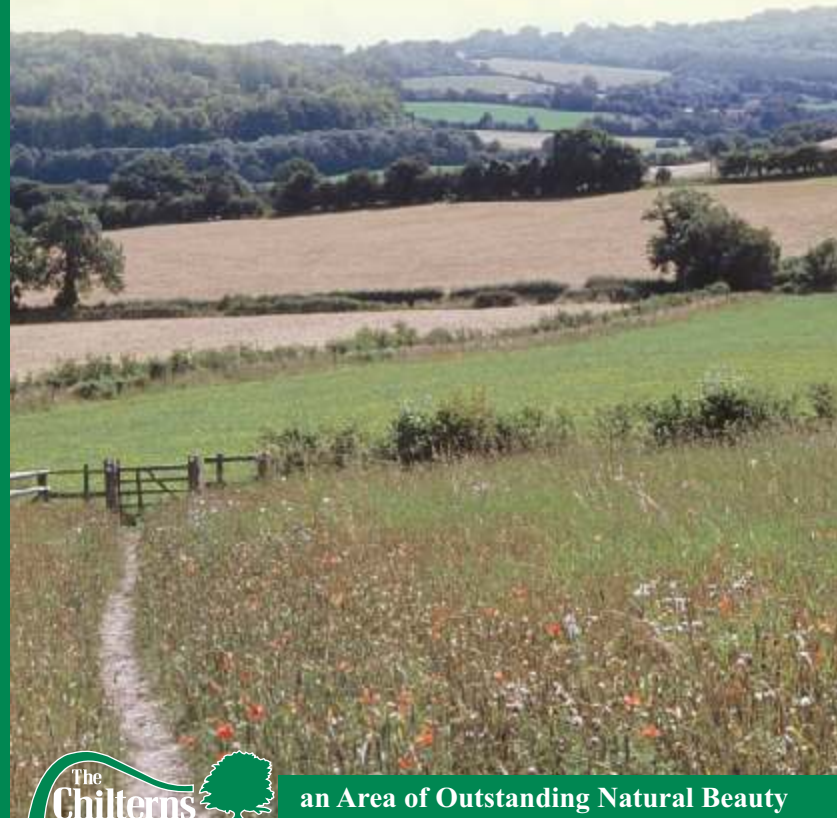
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20 easy-going walks

Miles without Stiles in the Chilterns 20 easy access walks 1½ to 4½ miles



an Area of Outstanding Natural Beauty



an Area of Outstanding Natural Beauty

Miles without Stiles in the Chilterns

The Chilterns stretches from the River Thames in south Oxfordshire through Buckinghamshire and Bedfordshire to Hitchin in Hertfordshire. It contains some of the finest countryside in the UK, which is recognised by its designation as an Area of Outstanding Natural Beauty (AONB). From quiet valleys to dramatic viewpoints, leafy green woodlands to flower-covered meadows, the Chilterns has some beautiful countryside to enjoy.

This booklet contains 20 easy access walks in the Chilterns and gives advice on where to find essential up to date information. Stiles are one of the biggest obstacles to walking in the countryside for the elderly, those with mobility problems, or simply those who want an easy-going walk. The walks in this pack are free of stiles and barriers and most of the walks have gentle gradients; where there are more challenging ascents or descents, you are forewarned and can make up your own mind whether you wish to tackle these! If you are unsure of your ability, we would advise you to start with the easiest walks and work your way up.

60 stile-free miles



Miles without Stiles in the Chilterns

The 20 walks in this booklet vary from 1½ to 4½ miles in length. Many are accessible by public transport and often include village pubs, historic churches, interesting buildings and other points of interest along the way.

These walks are not specifically intended for wheelchair / pushchair users, although some stretches of the walk may be suitable. There is a separate pack of walks for users of wheelchairs, mobility scooters and pushchairs available from the Chilterns Conservation Board, tel 01844 355500 or can be downloaded from the AONB web site www.chilternsaonb.org Additional 'Miles without Stiles' walks and general access information is also downloadable from this web site.

We hope you will enjoy these walks!



Health Benefits of Walking

Walking is an effective, rewarding and pleasurable way to get fit and keep you healthy. Spend at least 30 minutes a day walking briskly enough to raise your heartbeat, get warm and breathe harder. There are several Health Walks programmes in the Chilterns designed to improve your health, visit www.chilternsaonb.org for further information.

Simply Walk....Stile Free

A leaflet featuring five new easy access walks in Buckinghamshire is now available, containing details of the 'Simply Walk' health walks programme. **Call 01296 382171 for a copy of the leaflet.**

Access just got easier!

Travel Information

Most of these walks are accessible by public transport. Main rail lines from London (Euston, Kings Cross and Marleybone) and Birmingham serve 20 stations across the area. In addition, the London Underground Metropolitan Line reaches Amersham, Chesham and Little Chalfont. For further information visit:

train times www.nationalrail.co.uk
Tel 08457 484950
bus times www.traveline.org.uk
Tel 0870 6082608

Miles without Stiles

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Miles without Stiles

20 easy access walks



Walk 1

Totternhoe Knolls, near Dunstable

Attractive chalk downland walk from the village of Totternhoe to the Castle Hill Mound and ancient hill fort. Totternhoe Knolls Nature Reserve sits within an important medieval quarrying area; the resulting spoil tips are now home to a prolific range of wildflowers and butterflies, best seen during spring/summer months. There are some hill climbs, making this one of the more challenging walks, but you will be rewarded by panoramic views over the surrounding countryside.

Distance: 4 miles (allow 2 ½ hours)

Start: Car park at Totternhoe Knolls. Follow brown sign from main road through village. The car park is tucked away at the end of a narrow lane. Frequent bus service from Dunstable.

Access Information: Steady climb up to Castle Hill from the car park, with optional steep climb to the summit. Later, another fairly steep hill climb before returning to Totternhoe, although there is a gentler short-cut alternative.

Refreshments: Pub in Totternhoe and pubs and cafes in Dunstable.

Route:

From the car park at Totternhoe Knolls ① take the footpath on the left; soon you will meet a byway where you turn left and start the climb up towards Castle Hill mound, the remains of a 12th Century motte & bailey Castle. Ignore the first two footpaths on your left and continue until the path swings sharply to the right (you will see a metal kissing gate to your left). ② From here you can if you wish take a short detour up a steep, narrow path to reach the summit of Castle Hill but you need to keep left of the wire fence. Return the same way.

Continue following the byway downhill past quarry pits on your right then turn sharp left at the bottom. Soon after take a narrow footpath on your right which almost doubles back. ③ Follow the footpath as it curves

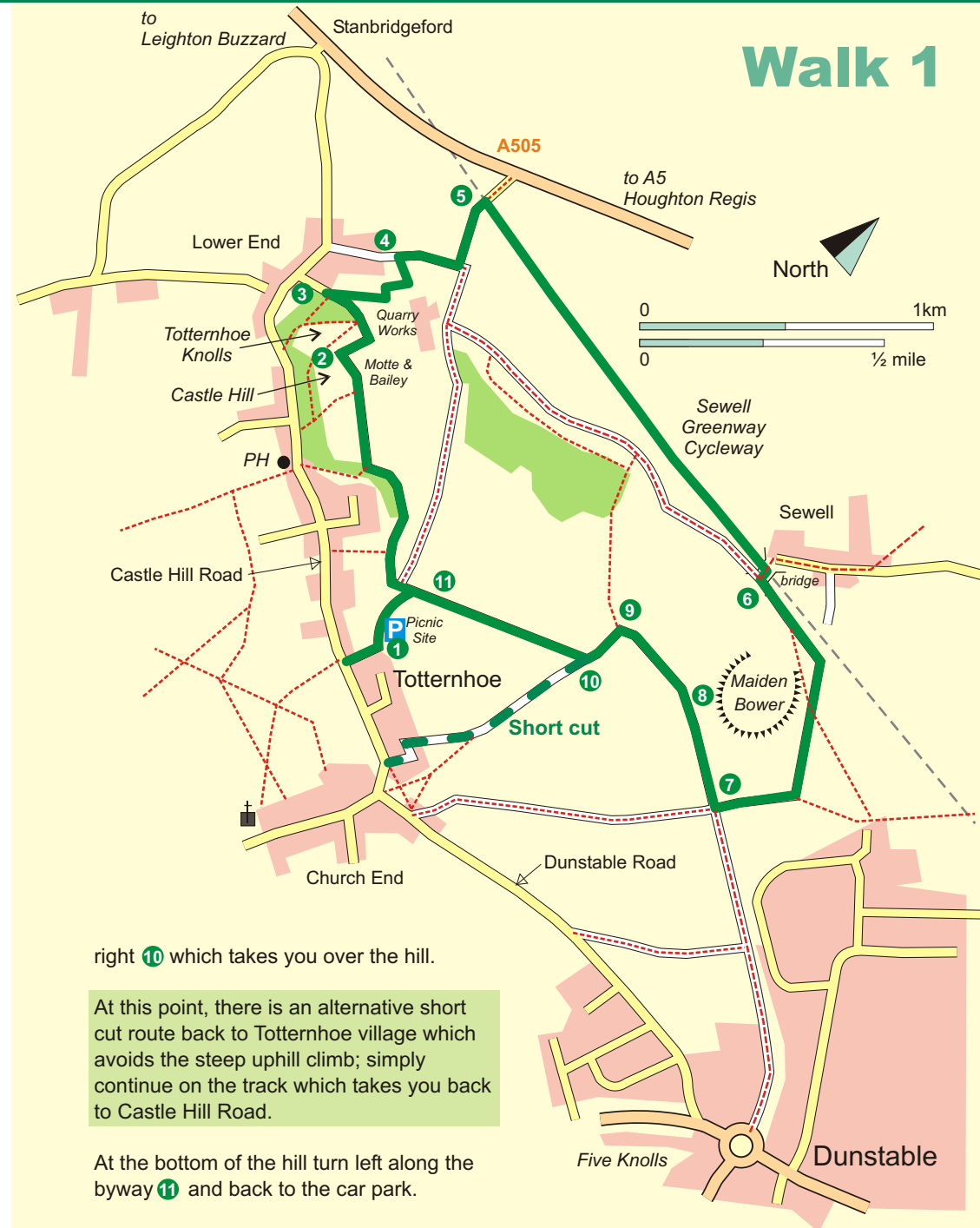
around the field boundaries, with the lime quarry buildings on the right, to where it meets a road. ④ Turn right and on meeting a junction, turn left and follow the public footpath to the cycleway. ⑤ Turn right and walk along the Sewell Greenway.

Cross bridge over the road at Sewell, ⑥ turning right, then left, on to a bridleway. After 300m where the bridleway turns right follow it. When it swings right again, follow it to a junction of paths. ⑦ Turn right to follow the ridge of the Downs, looking out for the embankments of Maiden Bower hill fort on your right. ⑧ The circular hedge marks the boundary of an iron age fort, and beneath this the remains of a neolithic camp. Turn left at the next junction of byways ⑨ and then almost immediately

right ⑩ which takes you over the hill.

At this point, there is an alternative short cut route back to Totternhoe village which avoids the steep uphill climb; simply continue on the track which takes you back to Castle Hill Road.

At the bottom of the hill turn left along the byway ⑪ and back to the car park.



Walk 1

Walk 2

Whipsnade to Dunstable Downs

This walk starts from Whipsnade, an attractive village clustered around a traditional green. The route takes you from the Tree Cathedral to the open downs, offering magnificent views over Aylesbury Vale.

Distance: 4 miles (allow 2 ½ hours)

Start: Car park at the Tree Cathedral, Whipsnade. Bus service available

Access Information: Fairly level walk; gradual climb if you go as far as the end of the Downs at Five Knolls. The route should be suitable for pushchairs from Dunstable Downs car park to either Five Knolls or Whipsnade Down.

Refreshments: Pub in Whipsnade village or nearby Studham. Visitor Centre with café due to open at Dunstable Downs Autumn 2006.

Route:

From the back of the car park ① ignore the gate on the left to the Tree Cathedral, but go through a gap in the fence on the right at the far end and follow the bridleway along the right hand side of the Tree Cathedral. After a short way the bridleway joins a lane where you turn left for a few metres and then turn right along a public footpath. On reaching the boundary of a house ② turn sharp left to rejoin the road. Turn right along the road, which becomes a bridleway, to a telecommunications mast on your left. ③ Continue straight on along the bridleway between two posts, with the telecom mast to your left, and follow this until you meet a minor road. Cross over and go straight ahead alongside a wood to a bridlegate where you emerge on top of Whipsnade Down. ④

Turn right following the top of the Downs under two lots of pylon cables, using either the permissive footpath, or the parallel bridleway below the footpath, both meeting up a few hundred yards further on above

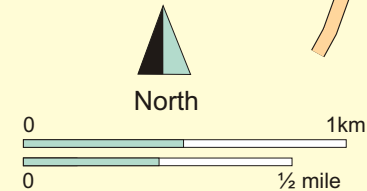
the glider airfield. Eventually you will reach Dunstable Downs car park and shop on your right. ⑤ A visitor centre is due to open here Autumn 2006.

The Five Knolls burial mounds are of Neolithic origin, with skeletons from the fifth century A.D and are well worth a look. ⑥ To reach the Five Knolls pass through an overflow car park and through a kissing gate on a path slightly lower down on your left (waymarked Chiltern Way and Icknield Way). Follow the crest of the Downs curving left to the Five Knolls with views over Dunstable below.

Return following your outward route as far as the bridlegate where you emerged on to Whipsnade Down. Continue past this gate using either the permissive footpath or bridleway along the edge of a wood on your left until you meet a gate ⑦ where you turn left along a bridleway.

Walk 2

Follow ⑧ the bridleway until you reach a house (Dell Farm Bungalow) where you take the footpath immediately on your left just before the kissing gate, through fields. This path goes through a couple of gates to reach the entrance to the Tree Cathedral and car park. The trees, laid out in the shape of a cathedral, commemorate soldiers killed in the First World War.



Note: this route follows the waymarked 'Chiltern Way' from ① to ⑤



Walk 3

Studham to Whipsnade

Studham is an attractive village grouped around a green with its War memorial and pub. It was once the centre of the straw plait industry for the manufacture of hats and other articles transported from Dunstable and Luton to the rest of the UK. This walk takes you from the village green to the church and then over rolling Bedfordshire countryside to Whipsnade, returning along a different route.

Distance: 4 miles (allow 2 ½ hours)

Start: Park near the War memorial on the village green, opposite the Red Lion pub. Bus service.

Access Information: Level walk. The path running alongside Whipsnade Zoo (between 2 and 3 on the map) can be muddy in wet months.

Refreshments: Two pubs in Studham village and a pub in Whipsnade. Refreshments are available at Dunstable Downs and the new visitor centre is due to open in Autumn 2006.

Route:

From the car park near the War memorial 1 walk along Church Road, past the Red Lion Pub on your right and the green on your left, and follow it for half a mile almost as far as the church. About two hundred yards short of the church you will see a bridleway sign on your left, marked Icknield Way. 2 Turn left here to follow the path along the edge of a wood, and then along the signposted Chiltern Way, through fields, eventually reaching the perimeter fence of Whipsnade Zoo on your left.

When you reach a crossing track (Studham Lane), 3 turn left along it (marked Icknield Way/Chiltern Way). Where the lane forks, keep right and then immediately turn right along a footpath waymarked as the 'Chiltern Way'. 4 At a gate, 5 ignore the path on your right, instead go through a gate on your left to cross a field to reach Whipsnade church. 6

Go through the churchyard if you wish to visit Whipsnade village and the Tree Cathedral, but return to the church to continue the walk.

Return the same way but on reaching Studham Lane continue along it until you reach a public footpath on your right 7 shortly before meeting a road. Follow this footpath through a staggered barrier and across fields until you meet a crossing path which runs behind Studham church. 8 Turn left along this path and then right to go through the churchyard of Studham's beautiful 13th century church. Pass through the church gates and follow Church Road back to the car park.

Note: there are other stile-free walks in nearby Studham Common which can be downloaded from our web site www.chilternsaonb.org

Walk 3



Walk 4

A Walk around Aldbury

Aldbury is a picturesque village at the foot of wooded hills belonging to the National Trust Estate of Ashridge. It has some fine half timbered houses, together with a Norman church and two historic pubs. The original village stocks can be found by the duck pond. This is a gently undulating walk, offering fine views of the Chiltern Hills and the Bridgewater Monument.

Distance: Complete walk 3 miles (allow 2 ½ hours) or short cut 2 ¼ miles (allow 2 hours).

Start: The Greyhound Pub, Aldbury. Tring Station is ¼ mile away or there are buses to Aldbury village. Parking in the village near the duck pond.

Access Information: Level walk with only gentle slopes.

Refreshments: The Greyhound pub and The Valiant Trooper pub, both in Aldbury

Route:

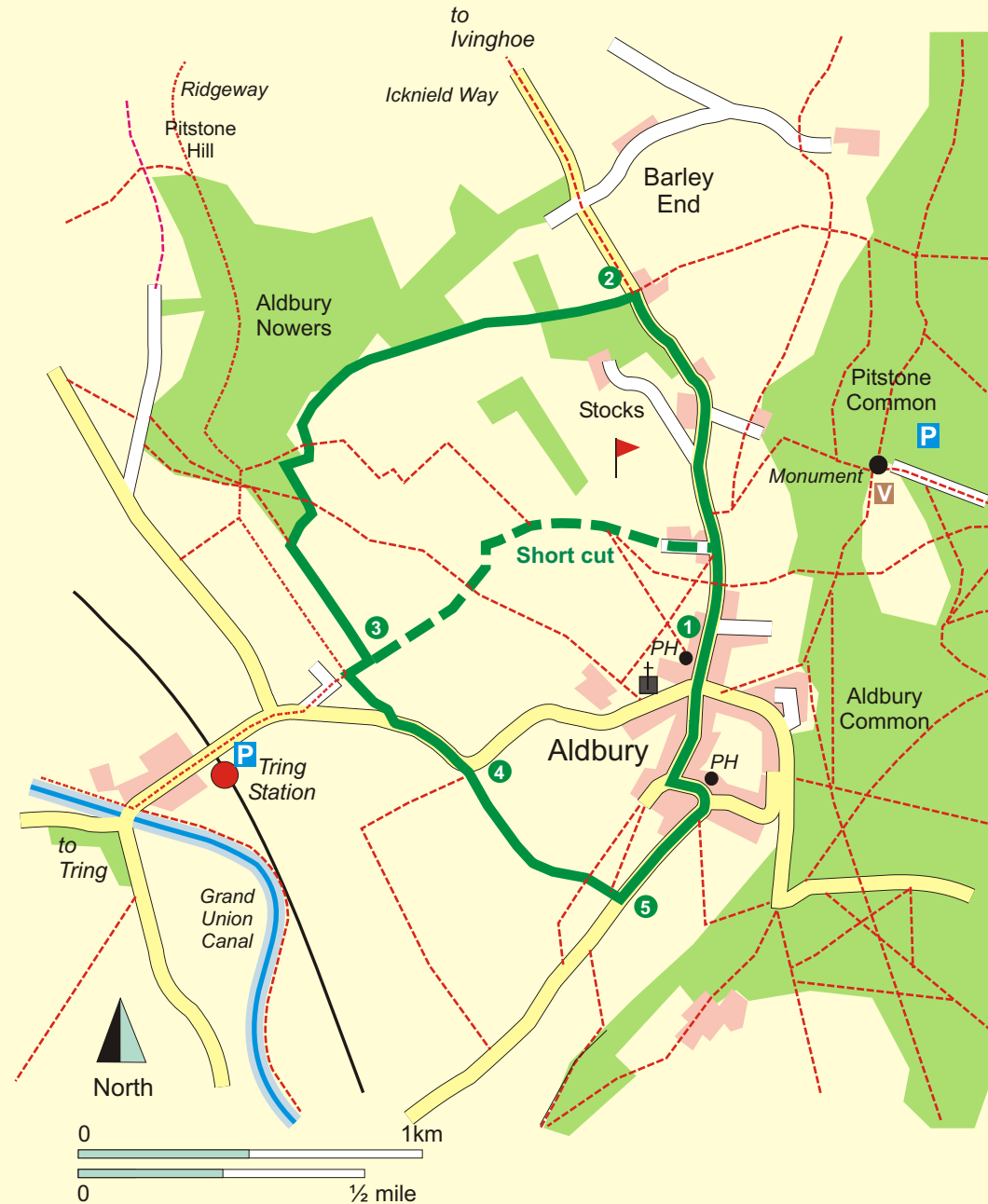
From the Greyhound pub, ① turn left up a lane (Stocks Road), past some cottages and away from the village centre and follow it for about ¾ mile with views on your right of the wooded slopes of Ashridge Estate. Go past Stocks Farm then Stocks House on your left, a large building set back from the road. Further along you come to a house on your right called 'The Garden Wall'. Just past the house, and opposite a brideway sign on your right, turn left along an unsigned path (soon to become a signed brideway) which goes along the edge of a wood. ② Follow the path through the wood and also when it continues along a hedge line, with the golf course always on your left. The path soon meets more woods on your right, and ascends gradually with views back in the direction of Aldbury, as well as Ashridge Woods and the Bridgewater Monument.

Ignore crossing footpaths as our route continues to wind between the golf course and woods. The path descends to meet a crossing brideway. ③

Here, if you wish to take a short cut back, turn left along this brideway (signposted Aldbury) and follow it all the way back to the road and turn right for the village.

To continue the main walk, turn right along this brideway but, after a very short distance, at a junction of paths, turn left to emerge at a road. Turn left down the road for about 200 metres to a sharp left hand bend. ④ Cross the road carefully to a brideway on your right and follow it to a road just outside Aldbury village. ⑤ Turn left along this road, following it past The Valiant Trooper pub and back to the village centre.

Walk 4



Walk 5

Tring and Wigginton

A varied and more challenging walk along undulating chalk hills, through beech woodlands and back along the Grand Union Canal. The walk follows a section of the Ridgeway through Wigginton, one of the highest villages in the Chilterns with wonderful views.

Distance: 4¼ miles (allow 2¼ hours)

Start: Tring Station (or the Greyhound Inn, Wigginton, with permission).

Access Information: There is a moderate climb from the footbridge over the A41 to Wigginton, otherwise the route is relatively level.

Refreshments: Both the Cow Roast pub and the Greyhound Inn serve food.

Route:

Starting from Tring Station, turn left along the road over the canal bridge and take the first turn on your left into Beggars Lane, also signposted the Ridgeway. After about 200 yards, take the footpath on your right. **1** Follow Ridgeway signs to reach the A4251 road, crossing over the road at the traffic island **2** then over the bridge to cross the A41 below. Follow the Ridgeway uphill until you reach a lane 'The Twist'; **3** cross over and continue along a footpath until you reach another road on the edge of Wigginton. **4** Cross over it and turn left at the end of the row of houses along a path which emerges onto Wick Road; turn left to a road junction then right for The Greyhound Inn. **5** Wigginton was at one time an estate village housing workers from Lord Rothschild's estate at Tring Park.

Almost on the opposite side of the road to the Greyhound Inn you will see a public footpath sign pointing down one side of

Lewin's Farm. Follow this across fields and through a wood, (signed Chiltern Way) until you reach another footpath at a 'T' junction. Turn right (signposted 'Public Footpath to Cow Roast') and down a concrete track to the road. Turn left to go through the tunnel **6** under the A41, then immediately right along a byway to go past Tinker's Lodge on your left and continue to the A4251 and the Cow Roast pub, once a stop-off for cattle on their way to London markets. **7** This is the highest section of the Grand Union canal. The canal was completed in 1797, linking London with the coalfields of the Midlands.

Turn right a short way along the A4251 and, taking great care, cross over and go down the lane, signposted 'Chiltern Way', and over the canal bridge. Turn left along the towpath and follow it, passing under a minor road bridge. **8** After about half a mile, go up the steps to reach the road bridge over the canal **9** near Tring Station. Turn left along the road to the station.

Walk 5



Walk 6

The Lee and Lee Common

The Lee is a quintessential English village, often used as a film set. It has a 700 year old tiny church hidden behind the larger Victorian building, as well as a pub, manor house, and brick and flint cottages grouped around the village green. This short and gentle walk takes you along quiet lanes, bridleways, and across a large Common with beautiful views of the surrounding countryside.

Distance: 1½ miles (allow 1 hour)

Start: Park around The Lee village green, avoiding driveways, or in the Cock and Rabbit pub car park with the landlord's permission. (Note that there are two villages close by, Lee Common, and Lee Clump, not to be confused with The Lee).

Access Information: Mainly level. The bridleway from ① to ② on the map can be muddy in winter.

Refreshments: The Cock and Rabbit pub by the village green at The Lee.

Route:

From the Cock and Rabbit pub, turn right along a straight tree lined road signposted to Great Missenden (ignoring the unsurfaced road opposite the pub garden). Follow the road where it bends first right and then left to meet a road junction. ① Turn left opposite here along a bridleway, the first part of which can be muddy in winter. On meeting a crossing track and bridleway ② cross over and continue along the footpath with a wood on your left to reach a large gate. ③

Go through the gap to the left of the gate and then immediately right through a kissing gate which opens into a large meadow (Lee Common). Turn right and then head half left uphill across the Common (avoiding the entrance to the

wood on your right) to arrive at a kissing gate at the top by the side of a cottage.

Follow the path at the side of the cottage then cross over a narrow track (Cherry Tree Lane), and continue in the same direction past allotments to reach the road in Lee Common village. ④

Turn left along the road and, on reaching a school, turn left along the track which goes down one side of it. At the end of the track ⑤ go through a gate and turn right along the top of the meadow past the rear of the school (following power lines) and above an isolated cottage in the valley on your left. When you reach the road, ⑥ turn left to go past the cricket club on your left and Home Farm right, to reach the village green and pub.

Walk 6



Walk 7

Ashley Green and Hockeridge Wood

An attractive, mainly level walk which takes you along paths and quiet lanes through fields and woods: Hockeridge Wood and Pancake Wood have been planted with a wide variety of ornamental and forest trees including traditional native species such as beech, oak, and cherry. Information plates at the base of some of the trees tell you more about them.

Distance: 4 miles (allow 2 ½ hours)

Start: Parking in the village. Golden Eagle pub car park (with landlord's permission).

Access Information: Fairly level walk.

Refreshments: Golden Eagle pub.

Route:

From the far end of the car park at the Golden Eagle pub, ① go through a metal kissing gate and cross a field with a hedge on your right to meet another gate and a path which turns right alongside a hedge and gently downhill to a gate at the entrance to Hockeridge Wood. ② Go through this gate and follow the broad path up through the wood, ignoring any side paths, and going straight over a forestry track at right angles to it, until you reach John's Lane. ③ Turn right, ignoring the other road joining it from your left, and just before the underpass turn left along a bridleway. ④

Follow the bridleway along a concrete track parallel to the A41, which then swings left towards Marlin Chapel Farm. After passing to the right of the farm, follow the bridleway round as it curves to the left, until you come to the end of a lane next to a house. ⑤ Turn left along the lane until it meets up with the lane at Clumber Cottage. ⑥

Turn left and follow this quiet lane for about three quarters of a mile, ignoring two footpaths on your right, until you reach the junction with John's Lane near the underpass. Turn right into John's Lane and then go through the gate on your left to take the path back through Hockeridge Wood that you used earlier. Go through the wood ignoring side paths and over a broad cross path.

Continue to follow the path ahead of you until you reach a gate on the edge of the wood; go through this and continue uphill along the hedgerow and then turn left through a gate, crossing the next field to reach the car park of the Golden Eagle pub.

Walk 7



Walk 8

Chenies and Chess Valley Walk via Latimer

This easy-going walk takes you alongside the River Chess to the picturesque village of Latimer, then across the river and up to woods on the other side of the valley from where there is a pleasant walk back to Chenies, with views across to Latimer and returning past Chenies Manor House.

Distance: 2¼ miles (allow 1½ hours)

Start: Chenies Village Green. Park around the village green. Chalfont and Latimer Station is about ½ mile from the nearest point on the walk. The walk can also be started at Westwood Park where there is plenty of parking at the Recreation Ground.

Access Information: There is a gradual climb up to the top of West Wood from the Chess valley, otherwise the walk is fairly level. The route just after Mill Farm and also section 6 to 8 can be muddy in winter.

Refreshments: The Bedford Arms and the Red Lion pubs in Chenies. Nearby Chenies Manor serves tea on Thursday afternoons.

Route:

From Chenies village green ① follow the road down the hill. Just past a cottage on your left take the path up the bank, which cuts out a road loop; follow the path (ignoring a right turn) until you meet the road again. ② Cross over with care (watch out for traffic on your right), turn left and, after about 50 metres, turn right down Mill Lane and over the bridge past the former mill on your right. Cross another bridge over the River Chess, then turn left by Mill Farm ③ and onto a riverside path (the Chess Valley Walk and Chiltern Heritage Trail). Follow the riverside path, ignoring paths off to your right. On your left, you will see a brick tomb to a local brick maker William Liberty who died in 1777.

Pass through a large water meadow, finally reaching the road to Latimer village. ④ At this point you may wish to turn right along the road for a short detour to see the

picturesque old buildings that make up Latimer village. Cross the road with care and follow a footpath which climbs uphill across the meadow (fine views down to a lake on your left), to a minor road where you turn left. ⑤ Walk down the road and cross over the bridge, with the Neptune waterfall on your right, and cross a paddock to a gate by a road. ⑥ Cross the road and follow the path towards a wood. On reaching the wood, ignore a footpath on the right, instead follow the broad main path left through an avenue of trees. At the top turn sharp left along a bridleway which runs along the top edge of the wood and eventually brings you out to a minor road (Stony Lane). ⑦

Turn right along the lane for a few metres then left along a bridleway, first through a wood and then along the top of a field with views to Latimer village and the Chess

Walk 8



valley on your left. When the path splits, continue along the bridleway by a house on your right. At the end of the bridleway ⑧ go through a black estate gate and turn right along a driveway, then shortly left on a crossing footpath signed to Chenies village. Follow this past the manor house and gardens on your left. On reaching the road by Chenies school, continue straight on to the village green.

to
Chorleywood

Walk 9

Rickmansworth Waterways

This leisurely walk takes you along the Grand Union Canal, then through the old part of Rickmansworth town, to Batchworth and Bury Lakes. You should see plenty of birdlife along the way, as the route runs alongside lakes, river and canal. Look out for many different water birds and also possibly a kingfisher.

Distance: 3 miles (allow 2 hours). Extra 1 mile if you also wish to do the circuit around Bury Lake, which is a good walk in itself.

Start: Rickmansworth Aquadrome car park; turn off London Road near Batchworth roundabout. Go past the White Bear pub and follow signs for Aquadrome. Rickmansworth tube and railway station is just a five minute walk from 6 on the route, where this walk can also be started.

Access Information: Level throughout. The walk around Batchworth and Bury Lake is suitable for all terrain push chairs.

Refreshments: Pubs and restaurants in Rickmansworth.

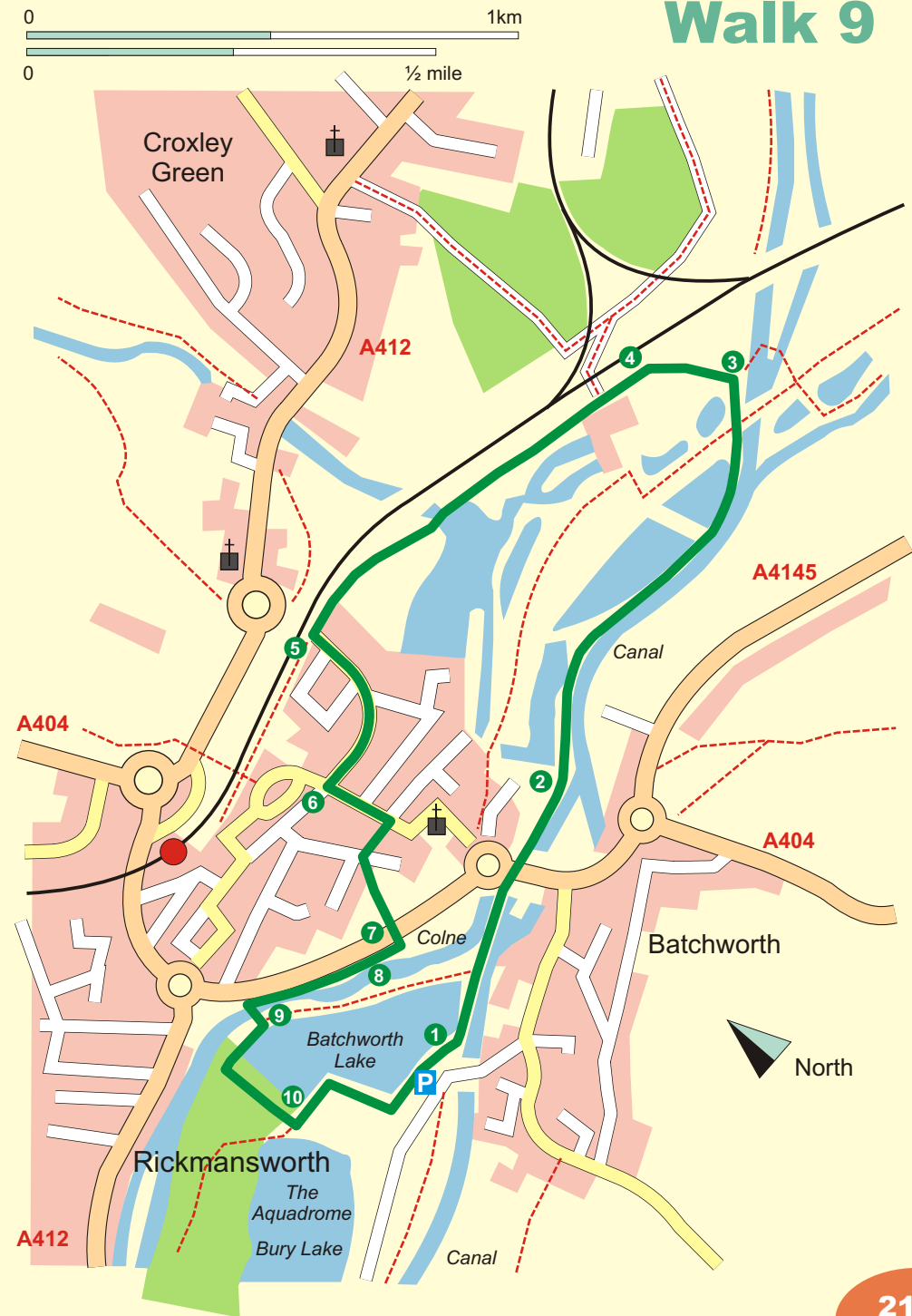
Route:

Exit the car park and turn right along the road. When you reach the bridge keep left to go down to the towpath signposted Ebury Way. 1 Turn left along the towpath and follow it, passing under a road bridge to reach Batchworth Lock. 2 Go over the canal bridge and continue along the canal for about ¼ mile passing under a bridge to reach a second lock. 3 Turn left leaving the canal to go on a track between two houses and follow it as it crosses a field between fences towards trees. When you reach the trees turn left along the track 4 parallel to the railway for about half a mile. The path eventually ends at a road (Caravan Lane) which leads to Rickmansworth High Street. 5

Turn left along the High Street, ignoring side roads and going past the Baptist Church and Watersmeet Theatre on your right. When you reach traffic lights 6 turn left into Church Street and then first right into Bury Lane. Where the lane bends

right, turn left towards 'The Bury' and then immediately right along the unsurfaced path through trees to a footbridge; cross over and bear half-left across the grass to reach the A404 and cross at the pedestrian lights. 7

Turn right on the other side to go across the entrance to a scrap metal yard and at the end of the fence left across the grass to the banks of the River Colne. 8 Turn right and follow the river, eventually crossing a footbridge to rejoin the pavement on the A404 (Riverside Drive). Continue a short way along the road, turning left through green railings just before the roundabout, then across a children's playground and over a footbridge to Batchworth Lake. 9 Turn right to go around the edge of the lake until you emerge in front of Bury Lake. 10 Here turn left along the track bordering the lake to return to the Aquadrome car park, or alternatively you can walk the whole circuit around Bury Lake.



Walk 9

Walk 10

Amersham to Little Missenden along the Misbourne

This leisurely walk takes you along the edge of Shardeloes Lake with its many water birds and past the imposing Shardeloes Manor. It continues through fields by the River Misbourne to the picturesque village of Little Missenden with its ancient church, manor house, and pubs.

Distance: 2½ miles to the Crown pub and back (allow 1½ hours), another ½ mile if you continue the walk through Little Missenden village.

Start: Lay-by next to Shardeloes Manor. By car, leave the A413 at the roundabout north west of Amersham Old Town and take the exit signposted Shardeloes. Go down the hill and park in the lay-by on the right just before you reach the gates to Shardeloes Manor House. If using public transport, follow the path from the north west end of the town which goes through the underpass under the A413 towards Shardeloes Manor House.

This walk may also be started from Little Missenden.

Access Information: Level walk. The walk is suitable for all terrain pushchairs as the path is easy to negotiate and there are only a few gates to open.

Refreshments: Two pubs at either end of Little Missenden, and pubs and restaurants in Old Amersham.

Route:

From the lay-by, ① you will see a signpost for the South Bucks Way next to the post box. Go through the gates to the driveway of the Manor House and immediately turn right towards Amersham Cricket Club pavilion. Here, go across the grass to a gate on your right. Go through the gate, along a narrow path and shortly after, another gate, to follow the path bordering Shardeloes Lake on your right. ② The River Misbourne used to have a productive milling, watercress and fish industry.

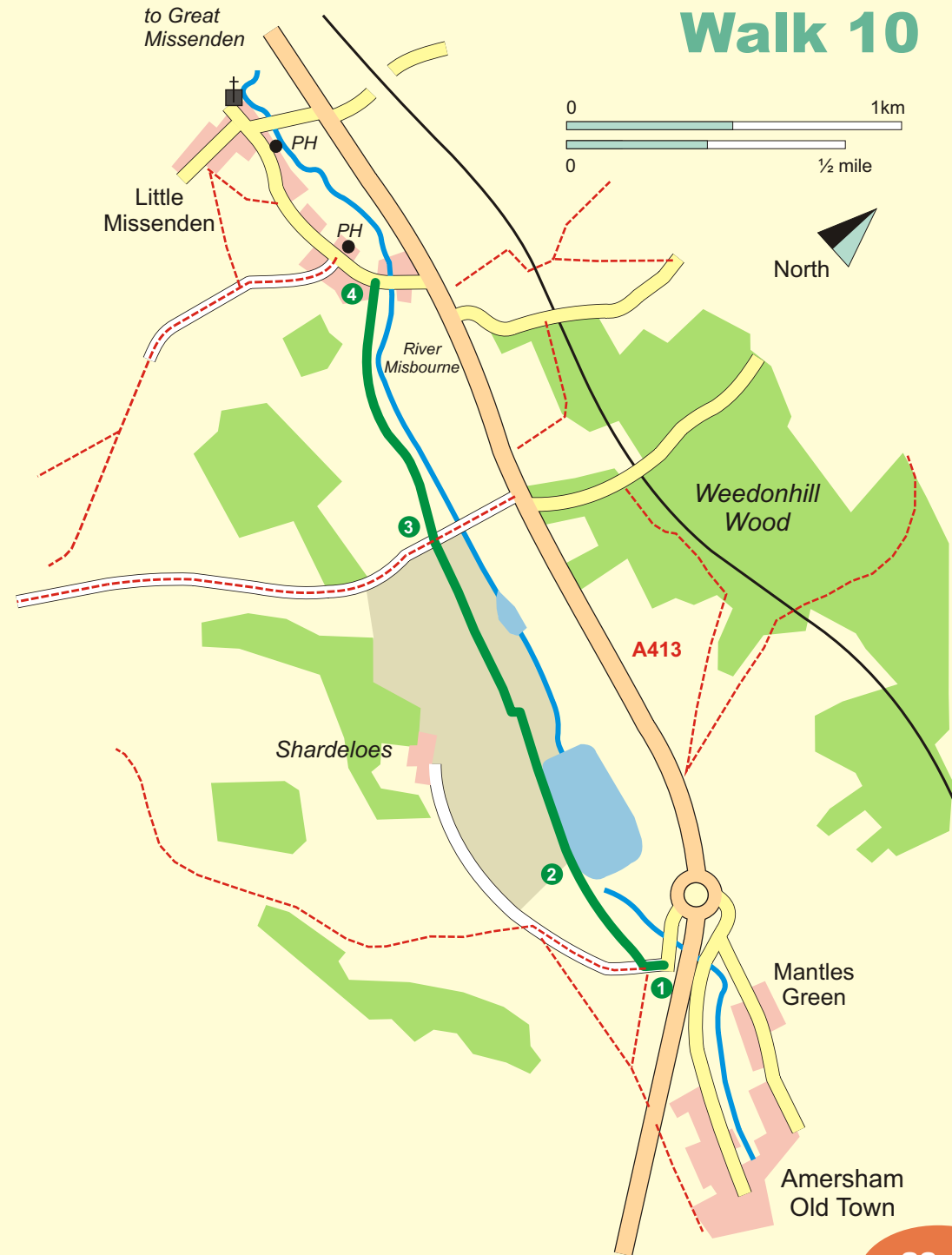
On the top of the hill to your left you can see Shardeloes Manor House. The surrounding parkland was laid out by Humphrey Repton in 1793. Continue along the path through another gate, then across

fields to a meet a crossing path. ③ Go straight over along the path with the River Misbourne clearly visible on your right and cross over a farm track with a bridge to your right.

The path soon becomes fenced; continue on until you reach a gate at the road by the Mill House at Little Missenden. ④ To see the trout in the village pond, turn right for a few yards.

A few yards further along the road to the village there is a pub on your right where you can stop for refreshments; however you may like to continue the walk for a further ¼ mile to see more of the village which has another pub at the other end.

Return the way you came.



Walk 10

Walk 11

Great Missenden and Angling Spring Wood

This walk starts in the picturesque village of Great Missenden, home of the Roald Dahl Museum. There is a gradual ascent to reach the wooded hilltops to the west of the village from where there are fine views back across the valley of the river Misbourne.

Distance: 2½ miles (allow 1½ hours)

Start: Great Missenden Station (Chiltern Line trains from London Marylebone). There is parking at the station and car parks in the village.

Refreshments: There are several pubs and a tea room in the village.

Access Information: There is a fairly long but gradual climb up a quiet farm road as far as Angling Spring Farm and then level walking until descending from the same farm on return. Stretches of the walk can be muddy in winter.

Route:

From the front of the station turn left to Station Approach and walk downhill past shops to turn right into the High Street. Follow the High Street, past the Roald Dahl museum on your left until, having left the shops behind and almost opposite Missenden Abbey, you see a road on your right (Whitefield Lane) signposted 'The Misbourne'. ① Turn right through a small housing estate and, ignoring side roads, go through the tunnel under the railway, and then past the junction with Trafford Road on your right. ② Continue uphill along a lane, signposted as a bridleway, ignoring the footpath on your left. Look out for Gipsy House on your right, formerly the home of Roald Dahl.

After half a mile, at the top of the hill where the road ends, bear left to go past Angling Spring Farm. Soon the path curves right and shortly after enters woodland. Ignore the first footpath on your right but at the

second, at the point where the bridleway swings sharply left, go through a gate on your right. ③ Follow the path through the wood. When you emerge from the wood turn right at the path junction alongside the edge of the wood for a short distance, then turn left to follow the path alongside a hedge and through more kissing gates across fields, until you reach a road at Prestwood. ④

Turn right along this road for a short way, taking care as you follow the bend, until you reach a cross roads where you turn right to go down the drive to Andlows Farm, signposted Chiltern Heritage Trail. ⑤ Continue past the farm buildings on your right, and into Angling Spring Wood. At a junction of paths, ⑥ bear sharp right uphill, ignoring the path straight ahead of you. When you arrive at Angling Spring Farm go down the lane which takes you back into Great Missenden Village.

Walk 11



Walk 12

Lacey Green, Parslow's Hillock and Lily Bottom

A gently undulating route linking two attractive villages with historic pubs. This walk takes you from Lacey Green (with its landmark windmill) along the ancient track known as Grim's Ditch to Lily Bottom Lane. There is an optional detour to Parslow's Hillock and the Pink and Lily pub which has associations with the poet Rupert Brooke.

Distance: 2 ½ miles (allow 1½ hours). Extra 1 mile for pub detour.

Start: Kiln Lane, Lacey Green (opposite the Black Horse pub). Road-side parking near the Black Horse pub. Limited bus service from High Wycombe.

Access Information: Short descent from Kiln Lane to the valley bottom, then a climb back up to Lily Bottom Lane. Another descent towards the end of the walk from ④ to ⑤ on the map. The rest of the walk is fairly level.

Refreshments: Pubs in Lacey Green and pub at Parslow's Hillock.

Route:

Walk along Kiln Lane until you leave the surfaced road and meet a crossing path. ① Either turn right along the bridleway and then immediately left to follow it down to rejoin Kiln Lane in the valley below or, for a more gradual descent, continue walking down Kiln Lane keeping with it as it curves right to meet the crossing bridleway. ② Follow the bridleway uphill alongside Grim's Ditch and you will notice you are walking in a slight hollow with trees on raised banks on either side. This is an ancient earthwork believed to date from before the Saxon period.

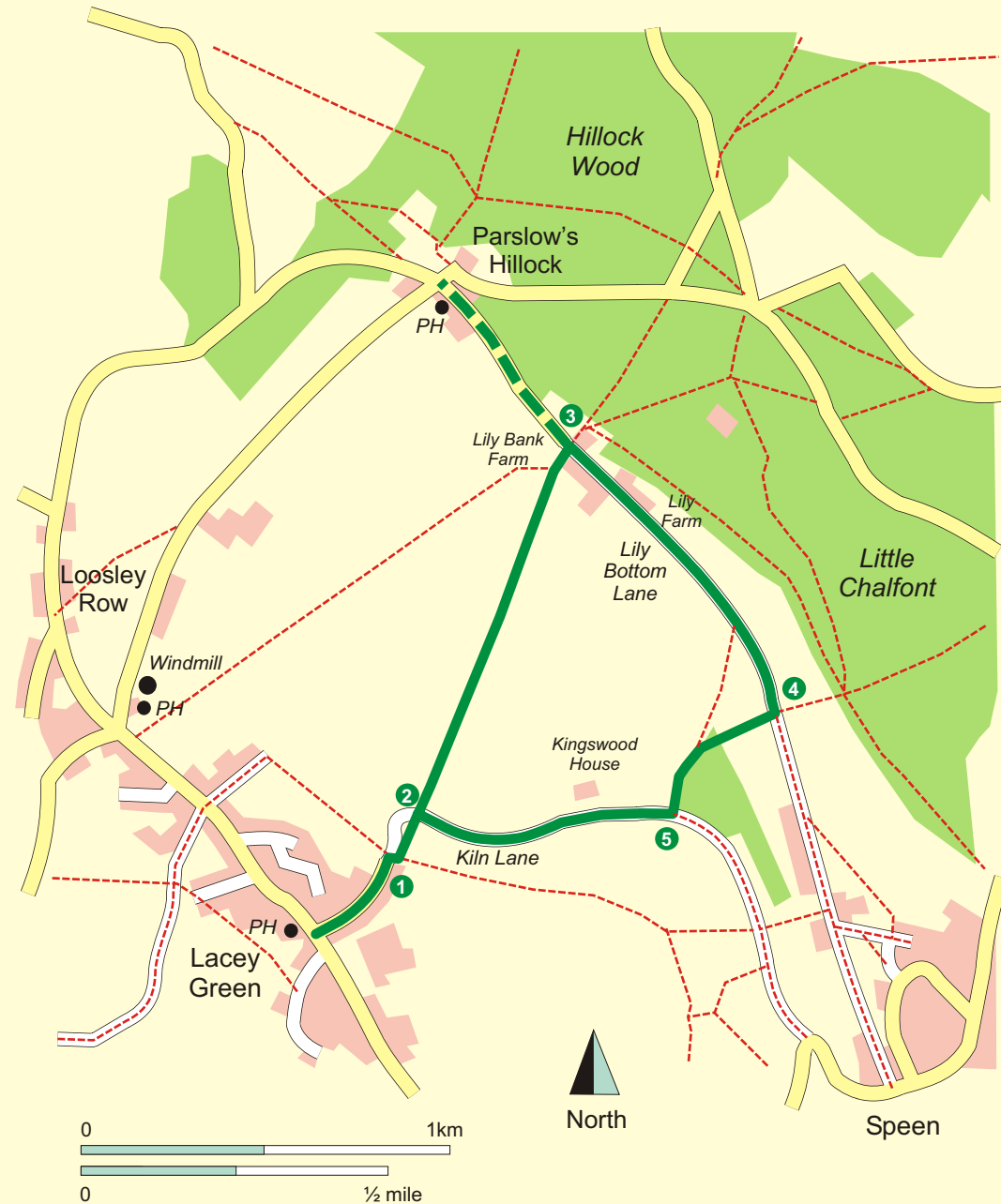
Continue along this path, which can be muddy in places in winter or after rain, for about a mile until it descends slightly by

Lily Bank Farm to reach a minor road called Lily Bottom Lane. ③ Turn right here to continue the walk.

If you wish to visit the pub at Parslow's Hillock, turn left for about half a mile to reach a road; the Pink and Lily pub is on your left. It was made famous by the war poet Rupert Brooke who frequented it before the first World War.

To continue the walk from ③ follow the lane for another half a mile, taking the second path on your right, opposite a bridleway. ④ Descend through woods to the valley and there turn right along Kiln Lane ⑤ to follow it all the way back to your starting point in Lacey Green.

Walk 12



Walk 13

Hughenden Manor and Downley Common

A short easy-going walk which enables you to visit both the National Trust property of Disraeli's home, Hughenden Manor, and also go for a walk along attractive woodland paths to Downley Common.

Distance: 2½ miles (allow 1½ hours)

Start: Hughenden Church. Buses pass the entrance to the Manor. There is parking off the driveway in front of the church. Alternatively, continue uphill along the driveway to a car park on your right.

Access Information: Initial gradual climb from the church (avoided if you park in the car park further along the driveway); from there mainly level walk until a short climb on the return route before you reach the driveway at Hughenden Manor.

Refreshments: At 'The Stables', Hughenden Manor, when house is open. There are pubs in Downley and Downley Common.

Route:

Walk uphill past the church and cottages on your right until you meet a gate giving access to the driveway. **1** Go through the gate and turn left along the driveway passing 'The Old Vicarage' on your left and, shortly after, 'The Stables' on your right, now a National Trust gift shop and restaurant. Continue past the rear entrance to the House to meet a signpost at the edge of the wood. **2** Follow the bridleway straight ahead to Downley, ignoring a right-hand path shortly after entering the wood, and descend slightly through the wood to reach a gate.

Go through the gate and continue along the path, ignoring a track on your right. Shortly after, you enter another wood where you follow the path along the bottom of the wood, ignoring side paths, until you reach a track by Well Cottage and then a road at Downley. **3** Carry on along this road (Moor Lane) past houses until you meet another lane. **4**

Turn right here and continue along the lane to Downley Common, ignoring side paths. Follow the lane as it twists all the way around the Common. It becomes an unsurfaced track past some houses on your left. At the end of the houses, turn off the track as it swings right, following the track straight ahead of you, to the left of a white house. **5**

Go through a gate and turn right following a narrow path downhill into a wood, to another gate. Go through the gate and immediately turn left to see two white arrows on a tree ahead of you; follow the right arrow, walking along the path through the wood to meet a crossing path. Turn left here and continue over a chalk ditch, ignoring a white arrow on a tree on the right, and continue downhill to leave the wood where it meets a broad crossing track. **6** Go straight over this track and uphill to where it joins another path at the top. Turn right and follow the path as it contours

around the hillside. Continue straight on through the wood to eventually join up with the path near Hughenden Manor which you followed on the outward route.



Walk 13

Walk 14

Piddington

One of the longer walks, winding through a secluded Chilterns valley with wonderful views. At the garden centre at Studley Green there is an opportunity to see red kites on their nest via CCTV at certain times of year.

Distance: 4½ miles (allow 2¾ hours)

Start: Dashwood Arms pub, park on the roadside nearby or at the pub with landlord's permission. The walk can also be started at Charwood Garden Centre.

Access Information: Mainly gentle slopes. One steeper uphill slope for 50m. Paths muddy in places after wet weather. In dry weather it may be suitable for all-terrain pushchairs.

Refreshments: The Dashwood Arms in Piddington. Pub at Studley Green and coffee shop in the Charwood Garden Centre.

Route:

With the Dashwood Arms on your left go up Chipps Hill for 20 metres and take the bridlway on the right. ① Follow this past Fillingdon Farm ② and turn right where the path splits just before you reach a small wood. ③ Follow the path along the right hand side of the hedge towards the left hand corner of another wood. ④

On reaching the wood turn sharp left to follow the bridlway along the right hand side of a hedge towards a wood, ignoring crossing paths. Follow the arrows on the trees through the wood. About 50 metres before you reach a road, ⑤ you will see a crossing path (indicated S51 on an arrow on a tree); turn right and follow the path uphill through the edge of the wood. At the top, continue to follow the white arrows left as the path goes first alongside a fence and then a wood yard on your left. As you reach the edge of the wood and see buildings on your right follow the arrow pointing right on a tree to leave the wood through a gap in the fence into the Wycliffe Centre.

Follow the public footpath signs, past wooden huts on your right, to cross over the entrance road to the centre. ⑥ Continue straight ahead. Ignore the first left turn and follow the arrows straight on through the wood and over a crossing bridlway to meet the A40. Cross over the A40 and turn left along the pavement for about 400 metres until you reach a footpath down a drive to a house on your right called Nutfield. ⑦

(To visit the garden centre, and possibly see red kites on CCTV, continue past here, for another 100 metres, and cross back over the A40). Walk down the driveway and continue along a footpath; where it splits, keep left to follow it downhill to a road.

Turn left along the road and in about 10 metres right along another road (Waterend Road), past houses for about 100 metres to where the road ends. Follow the bridlway ahead of you signposted 'Bottom Wood 1km'. ⑧ Continue through Bottom Wood. If conditions are muddy, take the permissive footpath to the right of the bridlway.



Where the path becomes a track by a notice board for Bottom Wood, ⑨ turn left along it, ignoring a footpath to your right.

Follow the track as it leaves the wood and soon after goes past Ham Farm. Cross over the A40 carefully to arrive back in Piddington.

Walk 14

Walk 15

Christmas Common

This walk is perfect for those seeking a more challenging woodland walk away from the crowds and not phased by a few slopes! The walk starts from Christmas Common, a small village perched on top of the Chiltern hills, with a good pub to return to. 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 so the connection is maintained. The route takes you through beautiful beech woodlands typical of the Chilterns and back along a Saxon sunken lane.

Distance: 3 miles (allow 2 hours)

Start: Christmas Common village. Parking at the side of the road opposite the pub or around the corner on Holloway Lane.

Access Information: This is one of the more challenging walks as the route goes downhill from 2 to 3 on the map (about a mile), and from there uphill as far as 6 (about ¼ of a mile). However the slopes are long and gentle, with the exception of one short but steep section (around 50m) from 3 to 4 on the map.

Refreshments: The Fox and Hounds pub, Christmas Common.

Route:

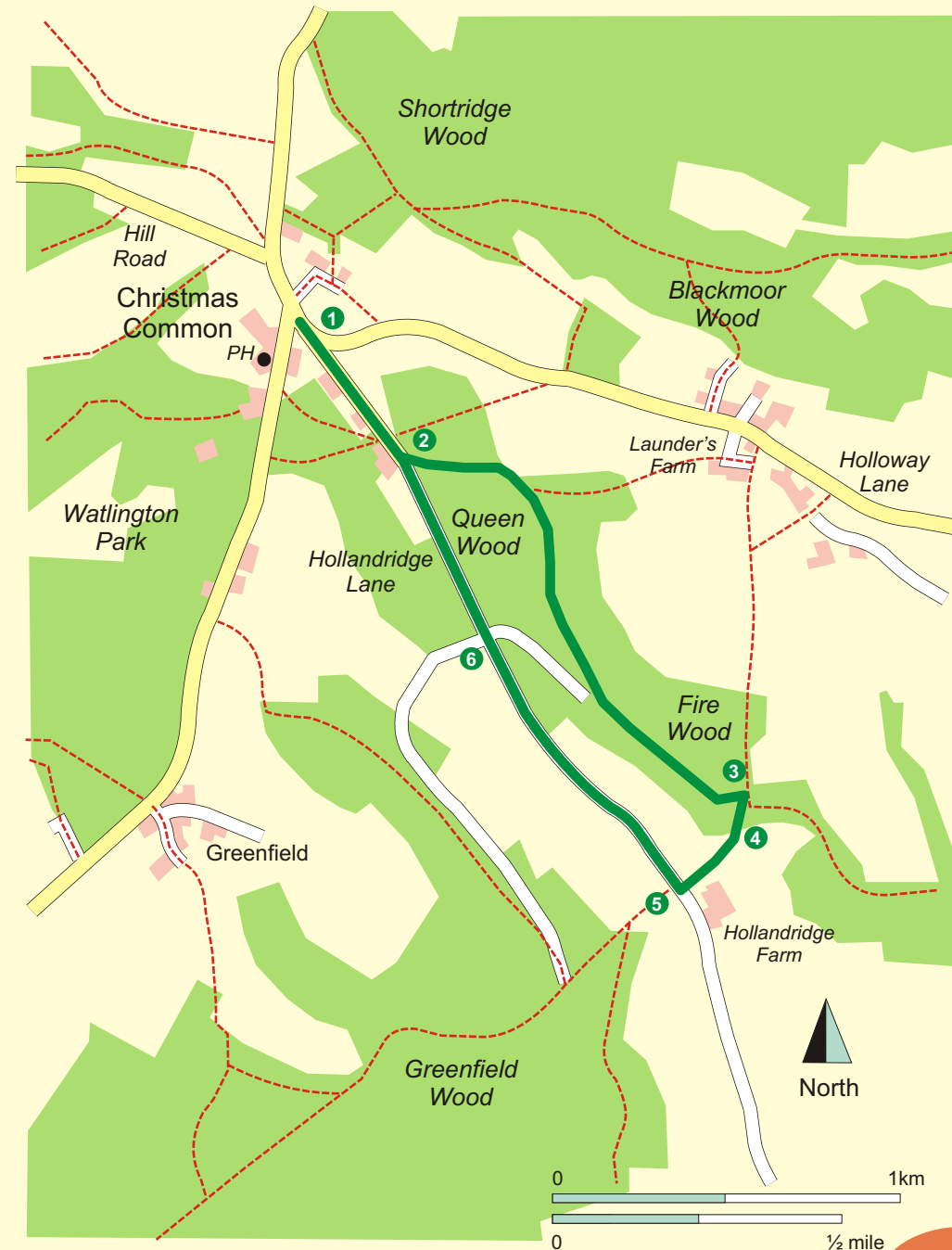
Walk down Hollandridge Lane 1 past houses ignoring the first footpath on your left. Soon after you will come to a bridleyway on your left signed 'Oxfordshire Way' 2 Follow this bridleyway through the woods, ignoring side tracks. After about a mile of gentle downhill, you will come to a crossing bridleyway. 3 Turn right climbing steeply to the edge of the wood. 4 Follow the path as it crosses fields heading towards Hollandridge Farm.

After passing by the edge of Hollandridge Farm on your left the path will bring you out on to Hollandridge Lane, 5 an unmade road. Turn right up Hollandridge Lane which ascends gradually to Queen Wood,

with good views over to your right. Hollandridge Lane is a road dating from Saxon times which formed part of the spine road of the twelve-mile long ancient strip parish of Pyrton stretching from Lower Standhill near Little Haseley in the Oxfordshire Plain to south of Stonor in the Chilterns.

Continue along Hollandridge Lane, ignoring a crossing forest track in Queens Wood. 6 The stone track becomes a sunken lane, then as you leave Queen Wood it becomes a well surfaced lane. Retrace your steps back to the start.

Walk 15



Walk 16

Bourne End and Spade Oak Lake

An attractive and varied walk combining a wonderful stretch of the Thames Path with views of the hills beyond and a circuit of Spade Oak Lake Nature Reserve. The Lake contains many different kinds of water birds and good views of them can be obtained from the permissive path which runs along the edge of the lake. The historic village of Little Marlow with its two pubs makes a perfect half-way stop.

Distance: 3 miles (allow 2 hours)

Start: Bourne End train station.

Access Information: This is a level walk. There are two footbridges by Spade Oak Lake which have a step up to them. Some of the footpaths around Spade Oak Lake can be muddy in winter.

Refreshments: The Spade Oak pub is passed towards the end of the walk. There are two pubs at Little Marlow close to the outward route, or there are cafes and pubs in Bourne End.

Route:

From Bourne End station turn left along the main road to the roundabout and then left again along the High Street. When you see a filling station on the opposite side of a road to your right, turn left down Wharf Lane. Follow this road to the Thames Path, taking care when crossing the railway. **1**

Turn right along the towpath, go past the marina and the Upper Thames Sailing Club, continuing to Spade Oak Meadow. **2** Cross the large meadow alongside the river until you reach a kissing gate. **3** Go through the gate and turn right along the hedge, cross over the railway (with care) which will bring you to Spade Oak Lake. **4** Take the public footpath (or follow the permissive footpath to the right and along the edge of the lake which will give you better views). Carry on until you reach a

private access road just before some cottages. Carefully cross the access road and either continue towards Little Marlow (well worth exploring) or, to continue with the walk, turn right along a footpath about 100 metres later. **5**

Soon you go over two footbridges and then turn right to go across the access road again. A short distance further on you will see a waymark post pointing right to the permissive path which you should follow. Bear left at the first junction down to the lake. Eventually the path turns left over a footbridge away from the lake and across a field to reach a lane and the Spade Oak pub. **6** Just past the pub there is a footpath sign on your left. **7** Follow this back to the river and turn left to return to Bourne End station.



Walk 16

Walk 17

Henley on Thames to Lower Shiplake

An attractive linear walk along the River Thames between the picturesque town of Henley and the village of Lower Shiplake. The Thames Path offers gentle walking for all abilities, with wonderful views of the river winding its way through green meadows. On your return you can reward yourself with a cream tea in Henley!

Distance: 2½ miles each way (allow 1½ hours). You can get the train back (approximately hourly service).

Start: Henley on Thames station (or Shiplake station)
If you are coming by car, follow signs to long term parking at the station or at Mill Meadows.

Access Information: Level walk throughout. The Thames Path from Henley to Marsh Lock is a wide tarmac path suitable for wheelchairs. From the end of the Marsh Lock footbridge the Thames Path passes through meadows and can get muddy. There is a footbridge with a short slope to it near Bolney Court.

Refreshments: There are lots of pubs and tearooms in Henley. There is a pub in Lower Shiplake.

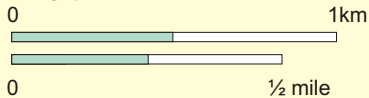
Route:

Head out of Henley railway station. ❶ You will shortly reach Station Road; turn right and follow the road to the river front. If you have parked at Mill Meadows simply walk across the green to the river front. When you reach the river front turn right and follow the Thames Path towards Shiplake. You will soon see the River and Rowing Museum on your right, ❷ this is well worth a visit, and a good place to stop for refreshments. You will pass through Mill Meadows, then on to a track past 'The Old House' on your right and a hundred yards further the footbridge leading to Marsh Lock on your left. ❸ Go over the footbridge which will give you spectacular views over the Thames and the rushing weirs. On the Lock Keepers Cottage you can see floodmarks from some of the most severe floods, dating back to 1894.

After Marsh Lock the walk becomes more rural, with wide open views of water meadows on your right and steep wooded hills on your left; you can see the exposed chalk which is so characteristic of the Chilterns. Look out for the 'Happy Valley' estate, with its stone bridge (the stones came from Reading Abbey) and The Druids Temple graves which stretch back for 200 metres underground.

At the end of the meadow the path swings to the right, away from the river and over a footbridge. ❹ Follow the narrow path which goes past Bolney Court and leads to a surfaced lane. Continue along this road (following signs for the 'Thames Path'), passing many large houses. Towards the end of Bolney Road, you will see the Thames Path signed on your right, just after 'Rivermead House'. ❺ Follow this to Shiplake station.

Walk 17



Walk 18

Nettlebed

This walk combines beautiful scenery with interesting buildings and much historical interest. The route takes you through ancient beech woodlands and through the Common Land around Nettlebed which used to be a major centre for brick, tile and pottery manufacture from medieval times thanks to its rich bed of clay and plentiful supply of firewood and springwater.

Distance: 2½ miles (allow 1½ hours)

Start: The Old Kiln, Nettlebed Village. There is parking around the village green near the kiln. Regular bus service from Henley.

Access Information: There are a few hilly sections on this walk, though over half the walk is level. There is one moderate downhill along Bushes Lane and a long steady downhill along Mill Road (surfaced). There is a moderate climb up Windmill Hill (from 7 to 8) towards the end of the walk.

Refreshments: The White Hart Hotel in Nettlebed.

Route:

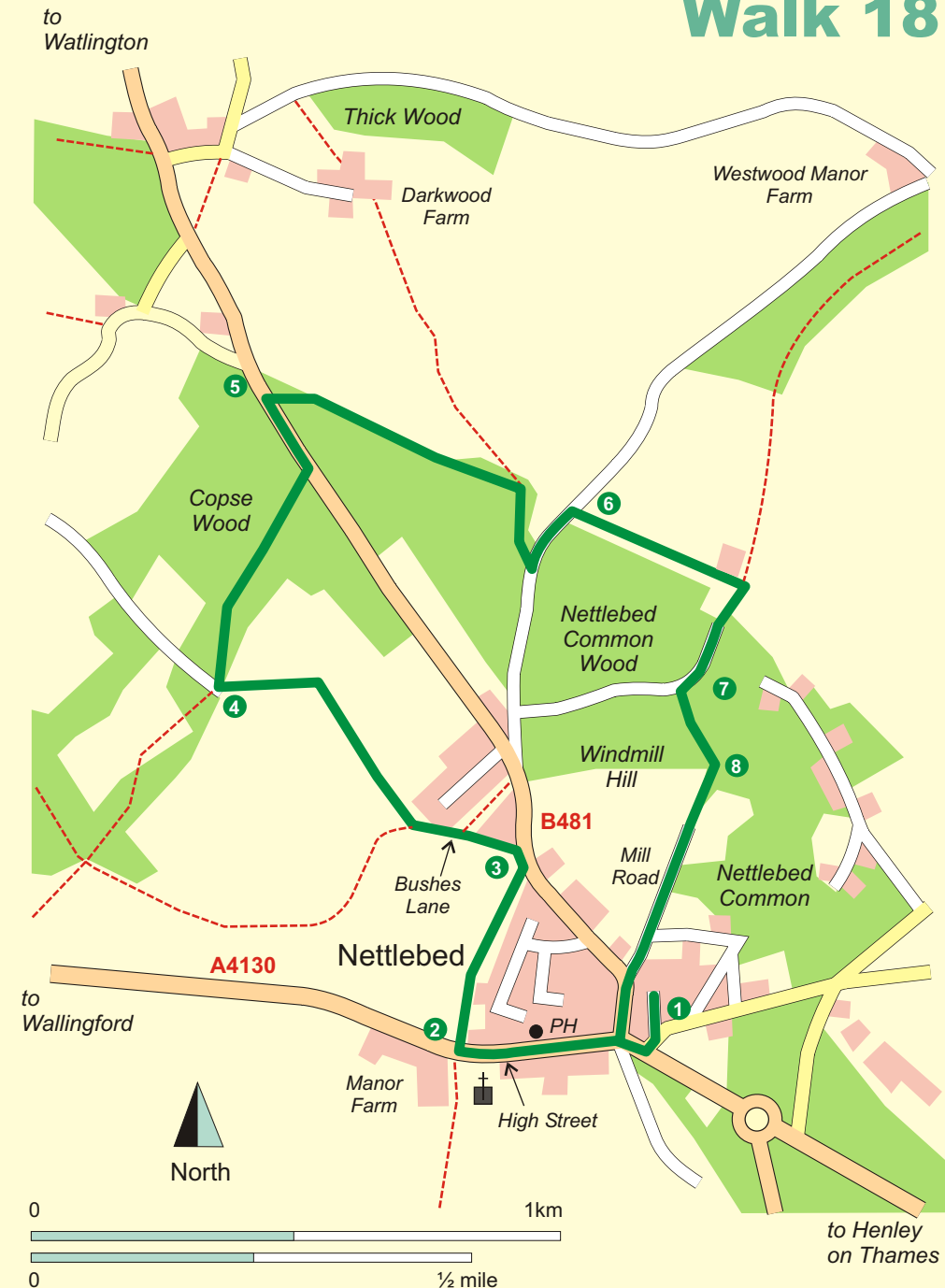
Start the walk at the Old Kiln, ① an historic landmark in the village. Apart from the old clay workings on Nettlebed Common, the only evidence of a one time flourishing industry is this 18th Century bottle kiln which would have fired up to 18,000 bricks at a time.

Walk along Nettlebed High Street, looking out for the many 18th Century houses faced with the local brick. Go past the White Hart Hotel on your right until you reach St Bartholomew Church on your left. Turn right along a footpath ② which climbs gently uphill past the allotments and up to the B481 Watlington Road. Turn immediately left ③ down 'Bushes Lane' byway.

Follow the byway until it becomes a surfaced lane and shortly after turn right ④

to follow a footpath through Copse Wood indicated by white arrows on the trees. When you reach a 'No Entry' sign turn right and continue to follow the white arrows. The path emerges on the B481; cross over with care and turn left for about 150m until you reach a footpath on your right. ⑤ Follow this path through an avenue of beech trees, an ancient boundary bank. When you reach an unsurfaced road turn left then shortly right ⑥ and continue along the narrow path which follows the fenceline on your left. This will bring you out by a couple of houses and another unsurfaced road. Follow the road, ignoring unmarked paths on your left and, after about 200 metres, turn left along a footpath, ⑦ following the white arrows through the woods. This will bring you out on Mill Road; ⑧ turn right and follow the lane downhill to the B481. Turn left to return to the High Street and the Green.

Walk 18



Walk 19

Ipsden and Hailey

This attractive short walk takes you through peaceful, rolling Oxfordshire countryside with tiny hamlets, open farmland and quiet valleys. Return to the characterful King William pub where you can enjoy fine views over the surrounding countryside.

Distance: 2½ miles (allow 1½ hours). Extra 1 mile for an optional circuit of Ipsden village.

Start: The King William pub in Hailey. Parking on the road side near the pub.

Access Information: Mainly level apart from a couple of short uphill sections and one downhill section (Warren Hill) near the start of the walk. Part of the walk is along bridleways and 'Quiet Lanes' which may be suitable for all terrain pushchairs.

Refreshments: The King William pub in Hailey.

Route:

If you are facing the pub, turn right along the road which soon becomes an unsurfaced track, past a house and farm, and turn right at the signpost ① to follow a bridleway downhill, with far ranging views on your right towards Ipsden, until you reach the road. Turn right and walk along the road; after about 50 metres turn left up a footpath. ② At the top of the hill where the path splits ③ turn right along a path between a hedge and a fence.

After ½ mile you reach a cross roads in the village of Ipsden. ④ Go straight across down the 'Quiet Lane', past the Post Office and village store, until you reach a large house on its own called 'The Old Vicarage' on your right. Just past the house turn right on a bridleway. ⑤

Alternatively continue along the road for the extra loop through Ipsden village. When you reach the junction turn left and follow the road uphill past Ipsden House until you reach the entrance gates. Go past the gates and turn left along the driveway next to the cricket pitch, following the path past the cricket pavilion through trees. When you reach a number of large stones, continue straight on downhill to reach the road opposite a bridleway.

Continue along the bridleway past the War memorial, to bring you out to a road opposite the church. ⑥ Turn right here to go down another 'Quiet Lane' until you reach a cross roads. Turn left and shortly after turn right along the lane signposted to Hailey. ⑦ Follow this to the King William pub.

Walk 19



Walk 20

Goring and Thames Path

This walk starts in the picturesque village of Goring with its historic flint buildings and wonderful riverside setting which inspired Turner. Follow the Thames Path through wildflower meadows and between wooded hills for spectacular views back towards Goring and the North Wessex Downs beyond.

Distance: 4 miles (allow 2½ hours)

Start: Goring and Streatley train station. Parking at the station car park or in the village.

Access Information: One short steep hill after leaving the Thames Path on the outward route. For those who may find the hill difficult, you can return along the Thames Path at ④ by the same route (still a very attractive 3 mile walk).

Refreshments: Pubs and cafes in Goring.

Route:

From the station, turn left and go past a pub on your right, then left to cross the bridge over the railway. Walk down Goring High Street to the end of the village to where the bridge crosses the Thames.

Just before the bridge, on the left hand side of the road, you will see a sign for the Thames Path; follow it alongside the bridge to the towpath. ① Turn left along the towpath as it curves slowly round with the river on your right to go under a railway bridge after about a mile. ② The brick railway bridge was designed during the 1830's by Isambard Kingdom Brunel, one of the greatest engineers of all time.

Continue under the bridge for about another ½ mile to where the Thames Path turns left away from the river by the side of Ferry Cottage. ③ Continue along the Thames Path as it turns right by the side of horse paddocks with views of the hills ahead.

For those not wishing to do the short but steep uphill section, it is recommended that at this point you return to Goring by the same route. Otherwise continue as below.

When you meet the edge of a wood, ④ turn sharp left uphill away from the Thames Path, and along the side of the wood, to go through a gate at the top at the entrance to Hartslock Wood Nature Reserve. Once through the gate, turn right along a steep footpath to the top of the hill. The chalk grassland provides a blaze of colour in spring and early summer. You will be rewarded with splendid views over the river and hills beyond. At the end of the last ice age meltwater broke through the hills to make its way to the sea, cutting through the chalk and creating the 'Goring Gap'.

Walk downhill to the gate at the bottom of the field, go through it and turn left along a track which soon joins a road. ⑤ Turn left along the road, ignoring the road to Gatehampton Manor, and shortly after you enter the outskirts of Goring. Continue straight on to return to the station.



Walk 20