

# 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](http://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



Route continued on page 49

**HENLEY-ON-THAMES**  
Inset map see page 52

Busy crossing

Harpsden

Lower Shiplake

Binfield Heath

Shiplake

**READING**



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Route continued on following page

Kidmore End

Sonning Common

Sustrans Route 5 to Reading