Section 23
Parmoor to Henley-on-Thames
12.0km (7.5 miles)  Route profile page 51

Amenities and Attractions

1. The Hambleden Valley takes its name from the Hamble, a chalk stream which flows through Hambleden village and on to Mill End where it enters the Thames. A short diversion to Hambleden 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 Hambleden 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 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.
This section takes you down the Hambleden 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.

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