

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

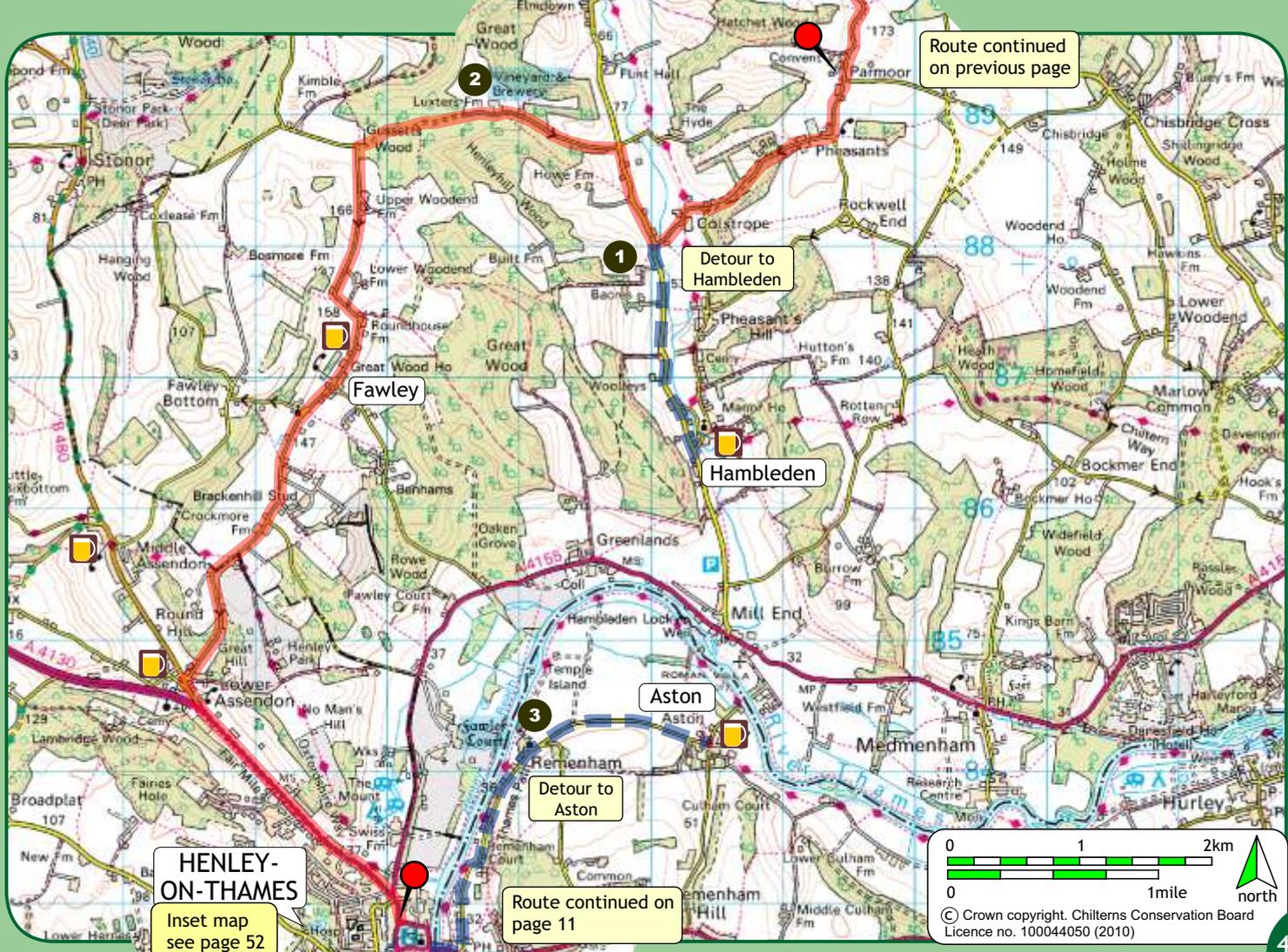
This section takes you down the Hambleton Valley where you can admire some breathtaking scenery.

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



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Detour to Hambleton

Hambleton

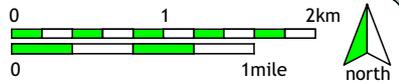
Aston

Detour to Aston

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HENLEY-ON-THAMES

Inset map see page 52



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