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.
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