Walking gets you fit and keeps you healthy!
Spend at least two sessions of 15 minutes each walking briskly enough to raise your heartbeat, get warm and breathe harder. A 15 minute session of brisk walking will burn about 100 calories. Consult your GP if you have not exercised recently or have a known medical condition.

Points of interest
This is one of a series of walks through the Chilterns Area of Outstanding Natural Beauty. It mainly follows rights of way most of which are waymarked as follows:

- yellow arrow ‘Footpaths only’
- blue arrow ‘Bridleways (horses, cyclists, and walkers)
- red arrow ‘Byways (open to all traffic)’
- purple arrow ‘Restricted Byway (horses, cyclists, walkers and non-mechanically propelled vehicles)’

If you have a problem using a public right of way, please contact Buckinghamshire County Council, tel 0845 370 8080.

Please consider the countryside
- Keep to public rights of way, and leave farm gates as you find them
- Keep dogs on leads near livestock and do not allow dogs into the river.

There are many other wonderful walks in the Chilterns:
Visit www.chilternsaonb.org or call 01844 355500 for other Chilterns Country walks.
Visit www.chilternsociety.org.uk or call 01494 771250 for information on the Chilterns Society’s walk programme, to obtain Chilterns Society footpath maps or to join the Society.

Learn more about Chilterns box heritage, events and volunteering at www.chilternsaonb.org/box

About the walks
Discover twisting old box trees in the largest native box woodland in the country and enjoy far-reaching, attractive views of the Chiltern hills and adjacent vales. Explore woodlands and grasslands rich with chalk-associated flora and fauna including box, juniper, orchids and snails. Step back in time and imagine the Normans and farmed for their meat and fur. The ownership and management of these ancient woods is another link to warrening – butterflies in the spring and snails. Step back in time and imagine the Normans and farmed for their meat and fur. The ownership and management of these ancient woods is another link to warrening – butterflies in the spring and snails.

Download for your walk
Supplement your walk with further information, images, music clips and more at www.chilternsaonb.org/box.

Visit Chilterns Country
Box wood walks
Discover the largest native box woodland in the country.
Northern circular walk 3.5 miles
Start and Finish: Great Kimble, Buckinghamshire
Southern circular walk 3 miles
Start and Finish: Pulpit Hill, near Monks Risborough, Buckinghamshire
Combined circular walks 6 miles
Start and Finish: Pulpit Hill, near Monks Risborough, Buckinghamshire

How to get to the start
By train: Aylesbury is the nearest major public transport hub. To plan a journey by public transport from anywhere in the country to the Chilterns, you can use www.traveline.info or call National Rail Enquiries on 0845 748 4950. Arriva bus 300, linking High Wycombe to Aylesbury, via Naphill and Great Missenden, is the way most of which are waymarked as follows:

By bicycle:
There is a cycle shelter at Little Kimble train station and numerous other amenities. There are pubs in nearby villages. For details of places to stay, visitor attractions and other walks, visit or call 01494 771250.

By car:
www.chilterntrailways.co.uk
www.kimbleswan.co.uk

By public transport:
Arriva bus 300, linking High Wycombe to Aylesbury, via Naphill and Great Missenden, is the way most of which are waymarked as follows:

The Swan, Grove Lane, Great Kimble, Buckinghamshire HP17 9TR. Tel 01844 343302.
Pubs/restaurants on the northern circular walk:
www.ploughatcadsden.com

Bus stops along the walk route are serviced regularly by Arriva bus 300, linking High Wycombe to Aylesbury, via Naphill and Great Missenden.

Some points of interest can be found on the walks. See map for locations.

How to find them
Photographs kindly provided by Chris Smith and the Chilterns Conservation Board.
Route description:

- Take the bridleway signposted off the A4010 Aylesbury Road layby. Walk up the steep hill to reach an kissing gate on your left.
- Continue straight ahead.
- Upon reaching a junction of paths and a Ridgeway signpost, turn left to follow the Ridgeway.
- Pass through the kissing gate, turn left into the adjacent field.
- At a crossroads, turn right onto the road.
- Take care on 58 steps.
- Pass through the kissing gate and follow the woodland track.
- Continue straight ahead.
- Walk along the edge of the field with the watercourse on your right. Pass through another gate.
- Continue along the field edge and, ignoring the field gate, follow the edge of the field round to the left. Go through two gates, taking care on several steps. Cross a stile and keep to the fence on your right.
- Pass over two stiles to cross a private track near with houses. Head diagonally across the field to find a roadside stile. Turn left along the A4010.
- Look for a footpath on your left near to the bus stop. Go down this narrow track between houses and Brookhouse Farm and through a private garden to reach a kissing gate.
- Head across a series of fields, passing through gates.
- Reaching the Ellesborough Road, turn left to walk along the pavement and pass Little Kimble church.
- At the large T junction, turn right along the A4010. Look back to enjoy views of the escarpment and head for Little Kimble train station on the left.
- Take the footpath signposted to the left of the train station. Pass alongside the railway line and through a gate into a field. Continue along the edge of the field with the railway line on your right to reach a kissing gate on your right in the hedge. Head through the gate to reach a nearby pub or continue the walk by turning left across the field with the railway line behind you.
- Pass over the stream and through a gate to follow a fenced path. Pass beside the school on your right, through a gate and out onto the road.
- Turn left along the road, taking care as there are no pavements!
- At the T junction, turn right onto the A4010 to pass Great Kimble church and reach the parking area or bus stop.

Southern circular walk

- Discover a hill fort, chalk grassland, box trees, beech woodland, boxwood objects and historic routeways.
- Start/finish: Pulpit Hill roadside parking area, near Monks Risborough

Route description:

- From the roadside parking area, walk with the road on your right along the adjacent track and at a signpost, turn left up the slope. At a crossroads of paths, turn left up the hill along the public footpath. Keep on up the hill until you reach a crossroads with a wide track.
- Turn left along this wide permissive track.
- At a crossroads, follow the sign straight ahead to Pulpit Hill hill fort. Follow this permissive track.
- Follow the sign for the hill fort, turning right along a permissive path with the boundary mound and ditch on your left. Look for a wide, flat entrance on your left into the hill fort.
- Cross the ditch into the hill fort.
- Continue into the central flat area of the hill fort and take the right hand fork.
- Upon exiting the hill fort and finding a steep drop ahead, turn right at the T junction to put the steep slope on your left. Continue along this path to reach a crossroads with a public bridleway.
- Walk straight ahead over the bridleway to follow a public footpath and pass through gate. Continue down the hill to reach the corner of the field.
- Follow the combined circular walk, refer to the alternative directions under (b) below. Ignore the stile and gate, turning left to keep to the fence on your right.
- At a Ridgeway signpost, turn right to follow the fence line along a worn path straight ahead and then left at the corner. Pass two old box trees and reach a gate.
- Turn left up the bridleway and continue ahead to reach a right turn signposted for the Ridgeway. Climb the steps to a gate.
- Follow the Ridgeway straight ahead across the Rifle Range grassland and through gates to cross a bridleway into Grangemill grassland.
- Continue along Ridgeway with the fence on your right.
- Upon reaching a gate on your right, follow this path down to the Cadddon Road.
- Turn left, taking care on the road. Pass the pub and find a stile to the left of the pub parking area.
- Follow the wide track to a junction of numerous paths and take the steepest (middle) path ahead. There are numerous permissive paths in this woodland to take care!
- Take care on the steep path and head on through woods, ignoring several turnings along forestry tracks and footpaths.
- Upon reaching a waymarked bridleway, turn left along the bridleway and then almost immediately sharp left again to keep to the bridleway.
- Continue along the bridleway to reach a junction with a footpath and sunken routeway.
- Follow the bridleway straight ahead to the Cadddon Road.
- Take care crossing the road and turn left along the track parallel with the road to reach the parking area.

Combined circular walks

- Distance: 6 miles; up to 4 hours. Access information: The walk is mainly on un-made paths that can be muddy. There are several steep ascents and descents, several stiles and steps.
- Follow the directions for the southern circular walk from 1 until you reach point 2, at which point follow the alternative instructions below for 3. This will take you on to the northern circular walk.
- Upon reaching 1 on the northern circular walk, follow the alternative instructions below for 4. This will take you back on to the southern circular walk to return you to the starting point.
- Start/finish: Pulpit Hill roadside parking area, near Monks Risborough

Key

- Start/finish: Great Kimble A4010 parking layby or bus stop.
- Distance: 3.5 miles; up to 2 hours.
- Access information: Mainly un-made paths which can be muddy. Some steep ascents and descents, several stiles and steps.
- Take care (busy road)
- Take care on the waymarked bridleway.