Chilterns Cycleway
West Wycombe to Frieth Loop (10 miles)

Steep, narrow
Restricted visibility

Steep gradient

Caution

Pubs
(referred to in text)

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Follow the Chilterns Cycleway out of the Wye Valley and over the M40 through pristine Chilterns scenery passing some lovely villages and commons. The landscape is a tapestry of beech woodlands, rolling chalk downland and tucked-away valleys. There are some magnificent views along the way. From Frieth either continue on the Chilterns Cycleway to Hambleden, or take the shorter loop back to West Wycombe via Bolter End.

Distance: 10 mile circular route.
There are lots of extra, optional spurs to take in the beautiful villages of Fingest, Skirmett and Turville in the Hambleden Valley. The extra Hambleden loop (with Turville spur) adds an extra 7 miles, it contains some very steep hills on narrow lanes, only suitable for fit and experienced cyclists.

About the route: The route is hilly, with a few very steep climbs. It is all on-road, mainly on quiet country lanes. The section along the A40 from West Wycombe to Piddington is on a separate cycle lane. The Chilterns Cycleway section of the route is signposted.

Start/End point: The Plant and Harvest car park at West Wycombe. This is a large garden centre on the edge of West Wycombe where are lots of facilities; large farmshop/deli full of tempting goodies, café, garden centre and toilets. Visit www.plantandharvest.co.uk/location for a location map. This is a large car park with plenty of free parking (please park at the far end).

Saunderton Train station is about 2.5 miles from West Wycombe, along the Chilterns Cycleway. Regular trains between London Marylebone and the Midlands.

Sights along the way
West Wycombe village is owned by the National Trust and contains many historic buildings. You can cycle up to the top of West Wycombe Hill and the views are magnificent. St Lawrence Church is perched at the top of the hill, with its golden ball at the top of the tower.

West Wycombe Park is a magnificent palladian house built for Sir Francis Dashwood in the 18th century, with a park and lake. It is managed by the National Trust. The mansion is lavishly decorated and has featured in films and TV series such as Little Dorritt, The Duchess and Cranford. Grounds and house open in summer except Fridays and Saturdays. Tel 01494 755571

Frieth is a beautiful village at the top of the Chilterns escarpment. It has many old flint buildings. The church in Frieth is noted for its Victorian stained glass and carved woodwork.

The villages of Fingest, Skirmett and Turville are quintessentially English. They are all popular film locations. Leave your bike in Turville and walk up to the windmill (featured in Chitty Chitty Bang Bang) for panoramic views over the Hambleden Valley.

Hambleden has attractive brick and flint cottages, a medieval church and a thriving pub and shop.

Refreshments
There are some excellent pubs along the route. Here is a selection of popular country pubs which have bar menus suitable for hungry cyclists!

1. Grouse and Ale pub and restaurant, Lane End. Popular dining pub, but with classic pub dishes on offer. Tel 01494 882299
2. The Prince Albert pub, Frieth. Traditional, cozy country pub, refreshingly unmodernised! It is tucked away down a country lane, and has a lovely beer garden, perfect for cyclists. Tel 01494 881683.
3. The Chequers Inn, Fingest. Picturesque pub, large beer garden, lovely views. Tel 01491 638335
4. Bull and Butcher, Turville. Historic real ale pub, lovely setting, great pub food. Tel 01491 638283
5. The Brickmakers Arms at Wheeler End is a traditional English country pub, with a large garden, serving locally brewed real ales. Tel 01494 881 526
6. The Stag & Huntsman, Hambleden. Picturesque country pub, large garden. Tel 01491 571227

Fancy a picnic? Pick up some freshly-made sandwiches and deli items at Johnstons Butchers on the High Street at Lane End. For a spectacular picnic stop head up to Turville Hill by the windmill, an area of open access chalk downland with panoramic views.