Chilterns Cycleway
Henley and the Chiltern Hills cycling loop

This is a hilly route on quiet lanes which passes through spectacular scenery giving you a chance to enjoy quiet woodlands, rolling chalk hills and some wonderful open views. You will pass through picturesque villages with traditional inns and past several attractions which are well worth exploring.

**Distance:** Henley, Chiltern hills loop return Henley 18 miles

**About the route:** The route is hilly with some steep climbs - no problem if you are on an electric bike. It is all on-road, following country lanes. The section from Henley to Frieth follows the Chilterns Cycleway.

**Electric Bike hire now available!**
Let the bike take the strain and explore this hilly area with the assistance of an electric bike. Hire and re-charge points are shown below.

www.electricbicyclenetwork.com/chilterns

**Electric Bike Hire Points**
1. Henley Cycles (regular bikes for hire as well as electric bikes), tel 01491 578984
2. Swiss Farm Touring and Camping, tel 01491 573419
3. Chiltern Valley Winery (and wine tours, farmshop and B&B), tel 01491 638330

**Pubs, cafes and attractions**
1. Henley-on-Thames and the River & Rowing Museum
   Famed for its Royal Regatta in July, the picturesque town of Henley has a charming centre with shops, galleries, restaurants and cafés. You can stroll along the banks of the Thames and admire the many pleasure craft or relax with a picnic in Mill Meadows. The River and Rowing Museum is an award-winning museum in Mill Meadows devoted to the River Thames, the sport of rowing and the town of Henley. Great café.
2. The Golden Ball, pub, Lower Assendon, Tel. 01491 574157
3. The Rainbow Inn, Middle Assendon. Tel 01491 574879
4. Warburg Nature Reserve, tel 01491 642001
   A magnificent place for its wild, remote tranquillity, owned by the Bucks, Berks and Oxfordshire Wildlife Trust. The flower-rich grasslands in the valley bottom give way to grand woodlands rising up the valley sides. There is a small visitor centre (no café) with information about the reserve. Reach the Reserve via minor road passing Little Bixbottom Farm (no access via Maidensgrove).
5. The Quince Tree, Stonor, tel 01491 639039
   A pub, restaurant, café and deli all under one roof.
6. Stonor House, tel 01491 638587
   Historic country house and private deer park situated in the beautiful Stonor valley. Limited opening times (Sundays 2-5pm from March to September, also Wednesday afternoons in July/August).