T he rides will take you through the countryside around Princes Risborough within a radius of 5 miles (7.5km). Mountain bikes are recommended but some of the rides can be made on ordinary road bikes. Each ride has a distance, grading, and time applied, but these are only approximate. It is recommended that cyclists carry the appropriate Ordnance Survey Explorer Maps. The conditions of the pathways and trails may vary depending on the weather and time of year.

**About the Rides**

**Princes Risborough using local roads, lanes and bridleways**

**Local Cycle Information**

Local cycle groups organise regular rides in the Chilterns countryside. You are very welcome to join these groups – contact them for details of start points, times and distances.

**The Chiltern Society**

www.chilternsociety.org.uk or 01494 771256.

**South Bucks Cycling Touring Club**

www.southbucksycycling.org or 01494 815642.

**Oxfordshire Cyclist Touring Club**

www.oscete.org or 01235 327836.

The Phoenix Trail

_The Phoenix Trail is part of the National Cycle Network (Route 51)._ It runs for 7 miles on a disused railway track between Thame and Princes Risborough. It is a flat trail shared by cyclists, walkers and horse riders. The trail was established by Sustrans a long year ago and has proved very popular and ever more so with the rise in the promotion of cycling for the health of the nation. There are new links being planned from the trail in the Princes Risborough area, one of which is the new route (R55) which will cross the Phoenix Trail and run from Aylesbury to Wycombe.

Sustrans produces a Phoenix Trail leaflet which is available from the Princes Risborough Area Information Office.

Sustrans contact details: Tel 0845 1130665 or www.sustrans.org

**Visitor Information**

Princes Risborough is a historic market town. The town straddles the Chiltern escarpment and incorporates three historic panoramic views observable in the Home Town Centre extending the Thame to Beaconsfield, westwards to Oxford and north-westwards across the Midlands.

**Town Centre**

_The High Street_ is well lined with 18th century houses. The town is served by Chiltern Railways from London-Marylebone, Birmingham and Oxford, and at the meeting point of several roads.

**Off road cycle routes and bridleways**

Use off road routes (mainly bridleways, but some of them can be very steep and slippery) you will need a suitable bike, such as a mountain bike. Mountain bikers should find the trails around the Risborough area quite challenging and the Phoenix Trail also offers all types of bike rides the opportunity to try them out. If you ride on off road please go slow as you find them and keep to public rights of way, which should be waymarked as follows:

- Footpaths (walkers only)
- Bridleways (horsemen, cyclists and walkers)
- Byways (treka up to all traffic)

Please show consideration to walkers and horse riders by slowing down and making sure that you are coming. Please also bear in mind that some bridleways can become very muddy during the winter.

**Public House, Inns and Hotels**

_Ackley House_ - a 16th century manor house, the home of the Coddenham family and now a hotel. _The Phoenix_ - a 17th century coaching inn. _The Black Horse_ - a 16th century public house with a thatched roof. _The Plough_ - a 17th century coaching inn.

**Outlying Villages**

_Ackley_ is a small hamlet and lies to the south of Princes Risborough. It is also the site of a local conservation area and is within the parish of _Hornsey_. _Hornsey_ is a delightful village about one mile from the railway station, at the end of a narrow country lane. The Manor House was rebuilt in 1810 on the site of an earlier earlier manor house, part of which still remains. It is adjacent to the small church of St. Michael, which consists of a channel built from the remains of a previous, larger building.

_Monks Risborough_ - the parish of Monks Risborough is the oldest recorded in England - registered in AD 905 when the land at East Risborough was conveyed to Athelhred by the royal saxon court. The ancient Black Hare will serve today as the boundary of this village and the corresponding charter document of AD 905 is the oldest documented boundary surviving in England. This land later passed into the possession of monks of Christ Church, Canterbury, and the ecclesiastical association is derived the first part of its present name.

_Bed and Breakfast_ - The Old Station 11 Brindley Lane 01494 435036. _George Inn_ 35 High Street 01494 435091. _The White Lion_ 2 High Street 01494 435025. _Wood House_ 14 High Street 01494 435016. _The Plough_ 7 High Street 01494 435012. _The George Inn_ 28 High Street 01494 435002. _The Black Horse 12 High Street 01494 435010. _Hampden Arms_ 10 High Street 01494 435009.

_Salisbury_ - the village hall is a focal point for the community and is located in the centre of the village. The hall has a stage and a kitchen and is available for hire for various events.

**Recreations, Refreshments / Accommodation**

_Cafes, Restaurants and Takeaways_ - The Ploughman 26 High Street 01494 435049. _The White Lion_ 2 High Street 01494 435025. _The Plough_ 7 High Street 01494 435012. _The George Inn_ 28 High Street 01494 435002. _The Black Horse 12 High Street 01494 435010. _Hampden Arms_ 10 High Street 01494 435009.

_Salisbury_ - the village hall is a focal point for the community and is located in the centre of the village. The hall has a stage and a kitchen and is available for hire for various events.

**How to get there**

_**By Road**_ - Princes Risborough lies on the A401 between High Wycombe and Aylesbury, situated south-west of Thame and 21 miles north of Oxford. It is also on the M40 and M1

_**By Rail**_ - The station is only a few minutes from the town centre, served by Chiltern Trains, London to Birmingham and Aylesbury services. For timetables and fares call National Rail Enquiries on 0845 4649550 or www.chilterntrains.co.uk

**Great Hampden House** - Great Hampden House, an historic country house with features dating back to the 13th and probably of Medieval origin. The unusual ornamental appearance is an example of Gothic revivalism and is dated around 1754. For many years the seat of the Hampden family and notably John Hampden, forever associated with the C17 Civil War which many say was triggered by his declaration not to pay. Tax to the Crown, an event recorded in Great Hampden House.

**Green Leys and Space** - 'This beautiful village enjoys stunning views across the Vale, to the Chilterns and the River Windrush.' artist, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of pioneering, arts, designer and sculptor Eric Carl can be found in a chapel on a network of.
**Kimble Ride**

**Distance 15km - Grade - Easy**

OS Explorer Map 181

From Horns Lane Car Park go through the High Street and then Duke Street to St.ocus’, then take the Longridge Road A419 and after 1km turn right into Wellington Avenue.

Turn left after 400m into the bridleway to the right of the house and then turn left to the bridleway into Greenham Church car park.

This map is reproduced from Ordnance Survey material. Other Bridleways/Cycleways

+ The route passes the 'Old House' and the brow of the hill over the Thames to the Rose and Crown Hotel.
+ Follow the bridleway for 2km through conifer woodland, staying to the left and after 300m, take the bridleway past the 'Old House' and then follow it climbing to the Pink Hill Property and just before the cottage and visitors point turn right onto a bridleway which leads to the A410 after 500m.
+ Turn left following the road past the Red Lion pub and just after the Hampden Arms pub to Great Hampden, after 1km turn right near Lily Bank Farm onto the bridleway. Continue along the bridleway for 2.6km through conifer woodland and then turn right near Lily Bank Farm onto the bridleway.

**Chequers Ride**

**Distance 16km - Grade - Medium**

OS Explorer Map 181

From Horns Lane proceed up New Road crossing the Ridgeway Path and turn left onto the A410.

At the junction turn right and after 500m, turn left onto the A410 after 500m.

Continue over the crossroads and follow the lane as it bears left descending for 1.5km to the T-junction.

Turn right for 200m, then left up towards Little Hampden, passing the Greens Farm at the turning into Lively farm, bear left onto the South-Buck Way.

Follow the bridleway skirting to the left of common before it bears right into woodland and then descends for 300m, taking care not to miss the left turn at the bridleway junction, continue to the top of the hill.

At the main road bear left and follow the Ridgeway skimming the edge of the field passing the Chequers entrance. Cross the road and take the bridleway straight ahead for 500m to the hill, bear at the bridleway junction and drop to just above the roadway.

Cross the road and follow the bridleway for 1.3km to the top of the hill, passing through a gate and turning left onto the bridleway for 1km through short grass and then onto the bridleway and continue left between the hedges.

At the T-junction turn right and then after 150m, left onto the bridleway at Greenham Common. Bear right at the turn and continue along the bridleway for 2km through broadleaf woodland and then onto the bridleway and follow it down the hill back to the Car Park at Horns Lane.

**Ilmer Ride**

**Distance 18km - Grade - Easy**

OS Explorer Maps 171 & 173

From Home Lane Car Park proceed along New Road then into Brimstone Road and after 200m turn right into Windover Lane, follow the lane for 650m to Horns Lane Car Park.

Take the A4010 after 900m. Turn right and cross over the A4010 to the byway and then turn right into Cadsden Road.

At the T-junction turn right and then after 150m, left onto the bridleway at Greenham Common. Bear right at the turn and continue along the bridleway for 2km through broadleaf woodland and then onto the bridleway and follow it down the hill back to the Car Park at Horns Lane.

This map is reproduced from Ordnance Survey material. Other Bridleways/Cycleways

+ From National trust roadside car park follow bridleway N90 as descends for 1.4km, crossing the Ridgeway Path. When you reach the A410/m immediately left onto the byway to Cadsden and Whitley.

**Bledlow Ride**

**Distance 21km - Grade - Medium**

OS Explorer Map 180 & 171

From Horns Lane Car Park proceed up New Road into Cadsden and Whiteleaf.

Follow the bridleway for 1.8km before a right at a bridleway junction drops to just above the roadway. A quick right and then follow the bridleway for 2km before a right onto Cadsden Road.

Go right for 700m and right again onto a bridleway which climbs over the hill and drops down to Lily Broom Lane where a left turn brings you to the Park and Lilly pub.

Cross over this road and follow the bridleway all the way into New Road and down the hill to the Horns Lane Car Park.