

Chilterns Walking Festival

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HEALTH & WELLBEING
events

TASTER sessions
and outdoor learning

WALKS for ALL

CHILTERN'S
WALKING Festival



14 – 29 OCTOBER 2023

Welcome to the **12th** Chilterns Walking Festival



From Hitchin in Hertfordshire to Goring in Oxfordshire, the Chilterns Walking Festival provides over 60 opportunities to enjoy beech woodlands, nature reserves, family walks and much more, all in the expert care of a knowledgeable guide.

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Please visit our website www.chilternsaonb.org/walkingfest where you will also find full details of all events, including information on walk grades, suitability for children and dogs, accessibility and proximity to public transport. You can search for walks by location, date, theme or walk distance to help you find the right walks for you.

Check for new walks!

This programme gives you a taste of what's on offer during the Festival. But additional walks and events are being added regularly, so do check online for the latest, or follow us on Facebook @ChilternsWalkingFestival



THE RIDGEWAY
NATIONAL TRAIL

1973-2023 KEEPING THE RIDGEWAY SPECIAL

This year is the Ridgeway's 50th anniversary since it was opened as a National Trail, so to celebrate, there's a programme of discovery and events, which you can visit.

View the Ridgeway 50 programme



Panoramic views and Prime Ministers' haunts

Saturday 14 8.30am 5.5 mile Walk (0702)

We start with a steady climb up Coombe Hill to panoramic views over the Aylesbury Vale. We then drop down to the 12th Century church of Ellesborough, through ancient box woodlands and around the edge of Chequers, the 16th Century manor and home to prime ministers since 1921. We stop off at Buckmoorend Farm cafe for refreshments.

Walk to the WW1 Trenches at Marlow Common

Saturday 14 9.30am 2 miles Walk (0101)

Join us for tea and coffee in the Teepee at The Royal Oak before venturing out on to the lovely Marlow Common. Explore the wonderfully preserved World War One practice trenches and soak up the magic of these beautiful beech woods, then back to the pub for a beer or lunch if you fancy.

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Walking with more confidence

Saturday 14 2pm 2 miles Walk (0802)

Building strength, mobility, stamina, healthier bones and positive wellbeing from whatever level you are at (post operation, years of sitting in the office, managing long Covid, mental health challenges) in a small supportive group through the use of Nordic walking poles. Opportunity for a social cuppa afterwards.



Leading the way

Sunday 15 9.30am 5 miles Walk (4001)

This walk will be led by Mountain Training Association Walk volunteers. It is aimed at people who may be interested in (or just curious about) the Mountain Training Walk Leader Awards and what it takes to be a good walk leader.

Chiltern Beech Woods and autumn tints

Sunday 15 10pm 4 miles Walk (2201)

A 4 mile walk taking in the Chilterns beech woods, autumn colours and ancient tracks including Colliers Way, historically used for transporting charcoal. Scenic rolling countryside accessed from the Chilterns' highest village.

Where two major drovers' routes cross

Sunday 15 10pm 10 miles Walk (1301)

Cattle were driven long distances to the growing market in London and two key routes crossed on Amersham Common. Our walk will explore evidence on the ground and on old maps as we walk these. We will stop at the Ivy House for lunch (once a drovers inn) before crossing the River Misbourne and climbing out of the valley with stunning views towards Amersham.

Worker's village, medieval settlement, and four ways to climb a hill

 Sunday 15  10.30am  3 miles  Walk (1601)

We start at a "worker's village" and discover which of their products can be seen on TV every day. Then explore several routes up the hill – first a cattle drovers road forming a deep holloway, then a toll road which was made too steep for the traffic (!), a third way built using a team of tiny steam engines, and the fourth route which was shown on Vicar of Dibley titles. On the way we see a well-preserved medieval settlement which was investigated by the police. Finish back at the village pub.

Foraging for Sweet Chestnuts

 Sunday 15  1.15pm  3 miles  Walk (1102)

We will walk through woodland into an area where there are several clusters of magnificent sweet chestnut trees. The nuts can be taken home and once cooked and peeled they can be eaten as they are or used in desserts and stuffing. Delicious!

Ding, Dong, Bell, there's an Elephant on the Well

 Monday 16  9.45am  10.5miles  Walk (4103)

In days gone by the rural communities in the Chilterns often suffered from severe water shortages. The dry valleys of the Chilterns did not provide water, and piped water did not reach many communities until the mid-1900s. So how did these communities survive? This walk explores the historical importance of water to the hill communities and villages of the Chilterns, visiting wells in several villages in the lovely southern Chilterns.

Awakening your senses – a mindful walking experience

 Monday 16  10am  4 miles  Walk (0703)

Boost not only your physical but mental wellbeing on this walk, exploring various techniques which promote awareness in the present moment. We will be stopping at the Amaravati Buddhist Monastery on route, where you will have some time for quiet reflection either inside their beautiful temple or in the grounds outside. Opportunity for a social cuppa or lunch after at the Garden Centre Cafe.

Step into the past

 Monday 16  10am  4 miles  Walk (2401)

A self-led walk around the fascinating Chiltern Open Air Museum site and buildings. Price includes admission and a hot drink and slice of cake. See coam.org.uk for full details and to book.

Introduction to Nordic walking for the less able

 Monday 16  10.30am  0.5 miles  Walk (2601)

This session will take place in the village of Stoke Row near the historic Maharaja's Well. We will stay in one place and there will be options for resting on benches during the session if needed. The aim is to introduce you to Nordic walking which is beneficial for health and wellbeing and can help with minor mobility issues. Led by Anthea, occupational therapist and walking guide.

Guided walk of Kimble Warren with farm shop lunch

 Tuesday 17  10am  3 miles  Walk (2901)

We'll walk from Buckmoorend Farm to Kimble Warren Site of Special Scientific Interest, a sweeping chalk grassland site and important wildlife habitat. We will take a tour of this special site before returning to Buckmoorend Farm for a hot drink and light lunch at the farm shop.

A walk around the canals and reservoirs near Tring

 Tuesday 17  1.30pm  5 miles  Walk (3401)

Starting and finishing at P.E. Mead Farm Shop and Café, this circular walk takes in the canals and reservoirs near Tring/Marsworth, offering wonderful views of the hills beyond and a good opportunity for bird spotting. Social cuppa/cake after.

Discover Nordic walking

 Wednesday 18  9.45am  5 miles  Walk (3601)

Discover the 'four wheel drive' power of Nordic walking under the expert guidance of British Nordic Walking Instructors, Philippa and Pat (Pipsticks Walks).

Wendover Hills and Dales

 Wednesday 18  10am  8.5miles  Walk (1901)

An 8.5 mile walk with several steep climbs. From Wendover we will go up Bacombe hill and Coombe Hill memorial, then down to join the Ridgeway National Trail and through Wendover Woods to the cairn marking the highest point in the Chilterns. We return to Wendover via Boddington Hill Iron age hillfort, enjoying lovely views as we go.

The Danesfield House Gardens and Hillfort Tour

 Wednesday 18  11am  2 miles  Walk (3101)

With our glorious 65 acres of manicured gardens, we are delighted to once again open our grounds this year with an informative 1.5 hour tour given by Head Gardener, Dan Lawrence and his team. You will discover the numerous unique plantings, the Italian garden, rare c1900 Pulham Stone monuments and the remains of an Iron Age Hillfort know as Danesfield Camp. This will be followed by a brief talk about the house as RAF Medmenham from 1941-1946, by resident historian, Peter Faarup.

Ivinghoe Beacon views walk and guided paint workshop

 Wednesday 18  11.15am  3 miles  Walk (0701)

Walking from pretty Ivinghoe village, we pass Pitstone windmill and beautiful views of the surrounding countryside. Return to the Old School Community hub for your packed lunch and a cuppa. Art teacher Jay will then guide us through a 2 hour painting session. Complete beginners welcome, Jay will bring out the creativity in everyone, a wonderfully therapeutic day.

The Danesfield House Gardens and Hillfort Tour

 Wednesday 18  2pm  2 miles  Walk (3102)

This is a repeat of the earlier walk at 11am.

Arts & Crafts Architecture Chesham Bois

 Wednesday 18  2pm  2 miles  Walk (2003)

Discover one of the most important architects in Amersham's 20th century development, J H Kennard. Join this walk around Chesham Bois and find out about the many projects undertaken by this notable Arts & Crafts architect.

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A Blue Tin of autumn delights!

Thursday 19 9.45am 8 miles Walk (4101)

Our 8-mile walk from Stoke Row takes us through the famous Chilterns beech woods to enjoy the autumn colours. We pass through Checkendon and on to Garson's Farm for a refreshment stop at Blue Tin Produce, a little hidden gem. Along our walk we will discover mediaeval fresco paintings, sculpture by a renowned war artist, stunning glass windows, and a haunting sculpture, as well as lots of other fascinating nature insights.

Step into the past

Friday 20 10am 4 miles Walk (2402)

A self-led walk around the fascinating Chiltern Open Air Museum site and buildings. Price includes admission and a hot drink and slice of cake. See coam.org.uk for full details and to book.

CHECK OUT NEW WALKS!

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A walk around Aston Rowant National Nature Reserve

Friday 20 10.15am 1.5 miles Walk (0401)

Join the reserve staff at Aston Rowant National Nature Reserve for a walk around this nationally important site. Meet the sheep and learn how they, and other management tools, keep the grassland in good condition. Whilst watching the Red Kites dive over the site, we'll learn about their reintroduction; why our Junipers are so special; how we've addressed Ash die-back on site, and why we love our yellow meadow ants! We'll top the walk off with tea and cake back at the Reserve office.

Sunrise walk – a celebration of nature as the clocks turn back again

Saturday 21 7.15am 4 miles Walk (0801)

Explore the natural beauty of the Ashridge Estate, and enjoy it's tranquillity at this early hour. We may glimpse a loan muntjac deer or hear a male fallow deer bellow as this is the time of their annual 'rut'. There are plenty of beautiful old trees to hug (some dating from Capability Brown's landscaping days here in late 1700). And, at the end, the opportunity to have a delicious breakfast at the Bakehouse cafe.

Butties, birds and beautiful views – A walk from The Alford Arms

Saturday 21 9.30am 4.5 miles Walk (0201)

Join us for a bacon butty and cuppa (on the house) at The Alford Arms before venturing out into the lovely Gade Valley. The walk starts out along a Roman Road, passes a Buddhist monastery and through the water meadows beside the River Gade. Along the way there are outstanding views over the valley and the opportunity to spot the local wildlife.

Walk it Pink!

Saturday 21 9.30am 9 miles Walk (4104)

A double-loop walk in the lovely countryside around Goring-on-Thames, supporting the Breast Cancer Now 'Wear it Pink' campaign. Walkers may choose the morning loop (6 miles) or the full day (9 miles combined).

Midsomer Murders and more: Amersham film locations

 Saturday 21  10am  5.5 miles  Walk (1401)

Amersham is a quintessentially Midsomer town and is used as a location in numerous episodes. Amersham also represents the perfect place to live in *Midwich Cuckoos*, the perfect place to stay in *Four Weddings and a Funeral*, and the perfect Cornish fishing village in *My Cousin Rachel*! Our walk starts outside Amersham station and descends through classic beech woods and rolling fields to Old Amersham. We will walk around the Old Town and stroll beside the River Misbourne, pointing out film locations as we go.

Hilly walk with spectacular views overlooking the Goring Gap

 Saturday 21  10am  5.7 miles  Walk (2602)

A circular route taking in the National Trust areas of Lardon Chase, Lough Down and the Holies with spectacular views along the Goring Gap where the Thames cuts through the Chilterns. The route includes the pretty village of Goring and part of the Thames Path.

Take the train for a walk: Haddenham to Princes Risborough

 Saturday 21  10.15am  10 miles  Walk (2501)

Meeting at Princes Risborough Station, we'll catch the train to Haddenham and Thame Parkway, to start the walk back to Princes Risborough. We will walk through pastures, arable fields and flood meadows of the Vale of Aylesbury, not much changed since the Bronze Age. We will pass historic villages with plenty of interest along the way.

Bottom Wood – history and management

 Saturday 21  10.30am  3 miles  Walk (1701)

Join woodland expert John Morris for a walk around Bottom Wood near Stokenchurch, looking at recent woodland management, tree planting and the impact of ash dieback, plus a chalk grassland glade. A fascinating insight into Chilterns woodlands past and present. Historic features include sawpits, strip lynchets, a hollow way and site of an old well.

Marlow walking tour and lace-making experience

 Saturday 21  2pm  1 mile  Walk (3201)

During this enjoyable, leisurely tour we walk, eat and craft! We start off by finding out how Marlow developed into the vibrant town it is today and enjoy the sights of All Saints parish church, Marlow Bridge and the riverside and park. Enjoy fascinating snippets of history and see a house linked with the story of *Frankenstein*! At one time Marlow was famous for its bobbin lace-making and at the end of the tour, we go to an unusual cafe where you can learn how to make lace and enjoy a delicious afternoon tea.

Cadmore End walk

 Sunday 22  10am  5 miles  Walk (2301)

An easy 5 mile walk on well used paths. There are lovely views and a mix of woodland and open countryside. The walk takes in the lovely villages of Ibstone, Fingest and Cadmore End.

Breathtaking Chilterns – A favourite part of the hills

 Sunday 22  10.30am  10 miles  Walk (3801)

This circular walk explores the Chiltern Escarpment between Wendover and Princes Risborough. This is without doubt one of the most magnificent parts of the Chilterns, with chalk hills, incredible scenic views and ancient woodland, all steeped in history.

Forest bathing Walk

 Sunday 22  2pm  2 miles  Walk (1101)

We will take a walk through an evergreen wood, to get the benefits of phytoncides, the essential oils released in the aromas of trees which brings health benefits. We will turn off our phones and feel ourselves become calm and relaxed amongst the trees, moving slowly and quietly.

Finding your bearing (intermediate navigation)

 Sunday 22  4pm  4 miles  Walk (3701)

Join Pipsticks Walks for an intermediate level navigation training starting from Maidensgrove Common. Philippa will introduce the fine elements of navigation and skills required to navigate off path or in poor visibility. Late afternoon/early evening (day into night).

Stokenchurch and the Chiltern Way walk

 Tuesday 24  10am  6 miles  Walk (3301)

Starting in the centre of Stokenchurch we set off on an undulating walk through lovely woods and over commons. We follow the Chiltern Way to Town End then the Bledlow Circular Ride through woods and hamlets back to our start.

A gentle stroll: history and nature of Dunstable Downs

 Tuesday 24  10.30am  2 miles  Walk (1801)

Join our legendary volunteers, Geoff and Annette, for a gentle walk to the Knolls to learn about the history of Dunstable Downs. The route will be along the multi-user path to the 5 knolls. We have two Trampler mobility vehicles available to hire in advance by calling the visitor centre or you may bring your own.

Circular walk in the Chess Valley

 Wednesday 25  10am  5 miles  Walk (2001)

A 5 mile circular country walk from Amersham through the Chess Valley. Explore the history of human habitation along the river, from watermills to watercress, and farms to manor houses.

Exploring Woodoaks Farm and Old Shire Lane

 Wednesday 25  10am  5 miles  Walk (3001)

Join us for a 5 mile guided walk around Woodoaks Farm to see how it is changing to reduce its impact on the planet, create opportunities for wildlife and allow more people to enjoy organic and seasonal food. We will then leave the farm to climb up to Old Shire Lane before returning via 'No Dragons Wood'. This walk is a joint venture between the Chiltern Society and the Soil Association.

A short walk on Naphill Common

 Wednesday 25  10.30am  3 miles  Walk (0301)

A circular walk of 2-3 miles around one of the largest wooded commons in the Chilterns, the walk leader will share information about the geophysical, natural and historical aspects of the Common.



East of the Sun, West of the Moon

 Wednesday 25  5pm  5 miles  Walk (4102)

An evening walk around Nettlebed and Bix Bottom to take in the sunset and moonrise (5.30 pm to 8.30 pm)

Ewelme to Swyncombe: history and landscape

 Thursday 26  9.30am  6.8 miles  Walk (2801)

A 7 mile walk from Ewelme to the Ridgeway near Swyncombe Church, and returning along the Chiltern Way. We follow ancient tracks, through pastures and woods. The views from the Chiltern Way are stunning. We shall pause at St Botolph's church and finish at Ewelme Church where the remarkable Alyce Chaucer is buried. Christina Hardyment, author of novels about Alyce Chaucer, will join the walk. Ewelme has well preserved watercress beds – suitable for an afternoon stroll.

Steam along the Ridgeway, then explore Old Kiln Lakes and Oakley Hill Nature Reserve

 Thursday 26  10am  5 miles  Walk (0901)

Discover Chinnor Hill nature reserve with its wide ranging views and a great place to see red kites. Return via the Ridgeway national trail and the historic Donkey Lane to explore Old Kiln Lakes. Here we see former chalk quarries which are now managed as wildlife lakes, and also a rare example of an early 20th century beehive kiln. At the end of the walk you will have a chance to relax with a return steam train ride along the preserved Icknield Line railway to Princes Risborough.

Parkland, woodland and beautiful views

 Friday 27  10am  8 miles  Walk (1001)

Starting by crossing the lovely Tring Park we will ascend to the escarpment with its extensive views. There are points of historical interest including connections with Charles II and the Rothschilds. We will continue on through woods and fields to the Iron Age hillfort at Cholesbury Camp, returning via Wigginton to again cross the park.

Walk to the WW1 Trenches at Marlow Common

 Saturday 28  9.30am  2 miles  Walk (0102)

Join us for tea and coffee in the Teepee at The Royal Oak before venturing out on to the lovely Marlow Common. Explore the wonderfully preserved World War One practice trenches and soak up the magic of these beautiful beech woods, then back to the pub for a beer or lunch if you fancy.

Midsomer on the Misbourne. film locations from Great Missenden to Amersham

 Saturday 28  10am  7 miles  Walk (1402)

Our walk takes in three Midsomer Murders locations in Great Missenden, including the bank where a dead thief's loot is hidden, then on to Little Missenden across fields and woods. We will stop at the Red Lion which has had at least three different names in various episodes, and the church with interesting wall paintings is frequently featured.

After walking alongside the River Misbourne, our route enters Amersham where the creepy funeral director in the very first episode, The Killings at Badger's Drift was based and the deadly biscuits in the hundredth episode, The Killings in Copenhagen were manufactured. Explore Old Amersham at leisure, or continue to Amersham station for a return to Great Missenden.

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Take the road less travelled, practical map reading and walk planning, Princes Risborough

Saturday 28 1pm 4.5 miles Walk (0502)

On this half day course we will navigate ourselves around a scenic 4.5 mile walk, through typical Chilterns terrain of fields and woodland, using common navigation techniques. You will learn about the useful bits of information a map can give and this will help you plan your own walks. during the walk we will also introduce some compass techniques.

50th Anniversary of the Ridgeway walk

Sunday 29 10am 7 miles Walk (2302)

This 7 mile walk will celebrate the 50th Anniversary of The Ridgeway. We will be following this ancient route as far as the Saunderton tunnel. We then follow the Chiltern Way up past the windmill at Lacey Green before leaving to return to the finish. Expect plenty of fine views.

Sunday Morning Woodland Stroll

Sunday 29 11am 3 miles Walk (2101)

A gentle 3 mile walk from Prestwood through Pepperboxes and Lodge Woods. The route also includes Kiln Common Community Orchard, maintained by Prestwood Nature. There are several local options where you can enjoy lunch after the walk.

Take the road less travelled, practical map reading and walk planning, Chenies

Sunday 29 11am 4 miles Walk (0501)

On this half day course we will navigate ourselves around a scenic 4 mile walk, through typical Chilterns terrain of fields and woodland around Chenies, using common navigation techniques. You will learn about the useful bits of information a map can give and this will help you plan your own walks. during the walk we will also introduce some compass techniques.

Romans, Rivers, Riots and Rebels

Sunday 29 2pm 2.5 miles Walk (1501)

Find out who was the first English king to 'tweet', view the best preserved mill wheel on the Wye, walk part of the Brunel engineered railway line to Wycombe and hear the story of the 1830 machine breakers riots. A two waterways circular walk through Wycombe.

Arts & Crafts Architecture, Amersham-on-the-Hill

Sunday 29 2pm 2 miles Walk (2002)

Discover one of the most important architects in Amersham's 20th century development, J H Kennard. Starting from Amersham Station, this walk will take you around Amersham-on-the-Hill where you will find out about the many projects undertaken by this notable Arts & Crafts architect.

Less than an hour away from London, the **Chilterns Area of Outstanding Natural Beauty** is easily accessible by both road and rail. With 20 railway stations, and even a London Underground line, our market towns are easily reached by public transport and provide an excellent gateway to the Chilterns.

Plan your journey www.traveline.info



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Supported by the
HS2 Business & Local Economy Fund

The Chilterns Walking Festival is an initiative of the Chilterns Conservation Board.