

Islington U3A Longer Walks Group

Walk Title	Tring Circular	Walk No.	361
Area	Chilterns	Type	Circular
Date	Tuesday 10 th May 2022		
Distance	10 + miles		
Timing	4+ hours walking time + travel + refreshment stops Allow 6-7 hours		
Meeting up & travel	<p>Meet at Euston station to catch the 10.24 train to Tring (final destination Northampton). Arrives 10.58</p> <p>A cheap day return with Freedom Pass and SRC is £7.65</p> <p>Regular return trains from Tring</p>		
Route	<p>We are quickly into open country from the station. The first part of the walk follows the Ridgeway northwards along the Chiltern escarpment up to Ivinghoe Beacon where the 360 degree views are spectacular on a fine day. From here we turn southwards where the path takes us through the Chiltern beechwoods of the Ashridge estate towards the lunch time stop at Little Gaddesden. All the climbing occurs in the morning section of the route with the second half being flat and downhill. The afternoon continues through more woods and pretty countryside to the Bridgewater Monument, visitor centre and café, then downhill to emerge from the woods into open country and back to the station.</p>		
Lunch/coffee	<p>Pub lunch at the Bridgewater Arms, Little Gaddesden after 6.7 miles.</p> <p>Please indicate if eating at pub on sign up form and try to sign up by midday the day before.</p>		
Dropping out	Not easy, but may be possible from the pub.		
Suitability	<p>Suitable for any reasonably fit regular walker. Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.</p> <p>Some short steep climbs which may be slippery if wet</p>		
Facilities	Use loos on train. Loos at Bridgewater Monument		
Walk source	www.walkingclub.org Saturday Walkers Club No 5		

Maps	OS Explorer 181
Leader & contact details	<u>Walk Leader:</u> Rowena Mobile 07741 311531 Text or leave message