

Endurance 40 Route 2019

Check Point	Map Ref	Location	Approx k/m done	Approx k/m to go	Guide to next CP
Start	SP 897007 HP16 0BN	Misborne School	0/0	40/25	Good Luck. Enjoy! From start go via High street, Church street and footpath (FP) under the bypass and up the hill to SP 900 014 Use FP (not road) to CP1A SP 905 024
1A	SP905024	Bud Cottage (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence after you cross the road. Then to SP 913 023 . Follow road (RD) to CP1.
1	SP 921024 HP5 2SX	Herbert’s Hole	4/2.5	36/22.5	From CP1 follow FP. At SP 944 020 turn right up RD then follow FP to CP2. Care crossing RD at SP 949 019 , only a minor RD but can be busy.
2	SP 956015 HP5 1HX	Chesham St Mary’s Guide HQ	8/5	32/20	Cross at Zebra crossing SP 958 014 . turn right, and walk along pavement along A416 (Red Lion Street and Amersham Road taking care as you cross Waterside) to SP 961 010 , left turn at roundabout and follow Moor Road under railway and then via FP adjacent to river. At Footbridge turn right towards swimming pool, then left and follow path adjacent to river across Chesham Moor to unmanned CP2A
2A	SP 969004	The Weir (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch located on footpath sign opposite weir to clip your own walker card. Cross road and go up Hill Farm Road and then follow Bridleway (BrW) to SP 974 012 . Now use combination of FP, BrW to CP3 via these ‘grids’ SP 975 016 , SP 979 019 , SP 982 017 , follow the track through woods to residential road at SP 987 019 to cp 3 under no circumstances should the road via Botley be used
3	SP990019 HP5 1UY	Ley Hill	13.4/8.3	26.3/16.7	Go via BrW to grid SP 993 022 , then BrW to SP 994 030 , SP996 032 . PLEASE TAKE CARE, VERY BUSY ROAD YOU HAVE TO CROSS. BrW To unmanned CP3A
3A	SP 996032	The Boarder (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence after you cross road at the start of the bridleway. BrW to SP 986 039 , FP to SP 981 039 , SP 974 035 then by FP to CP4.

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4	SP 970039 HP5 3PF	Nashleigh Ashley Green Rd. A416	17/10.5	23/14.5	Cross over RD follow FP to Little Pressmore Fm. Care crossing busy rd at SP 964 042 . Follow Byway (ByW) & FP to SP 945 059 . Cross over Hawridge Lane (track) to SP 941 064 , SP 942 065 , SP 943 067 cross the road with care and use footpath parallel to the road in woods (not marked on map) to CP5
5	SP 941068 HP5 2UQ	Hawridge	23/14.3	17/10.7	By FP to SP 943 069 , then RD to SP 943 070 and take track off to your left past Tring Grange Fm. SP 941 075 . At end of track/FP cross road. Unmanned CP5A SP 939 082
5A	SP 939082 HP23 6JQ	Cholesbury Road (unmanned)			The checkpoint is unmanned but there is a "team tracker" to scan your tag and/or punch to clip your own walker card attached to gate/fence as you cross road to enter the wood. Crossing road into wood and kick left on to FP. Follow FP, ByW & RD to Hastoe CP6. At SP 935 083 , the end of the wood, head left following path (crossing Kiln Road) to SP 930 080 and turn right on to ByW and follow. At Hastoe hook left up Gadmore Lane to CP6. Hastoe,
6	SP 914092 HP23 6LS	Hastoe	28/17.4	12/7.6	Follow BrW to 'Bottom Road'. As FP hits the RD, go left, note radio mast on your left, and follow up RD a few yards to SP 905 085 . Now take Ridgeway FP to SP 901 081 , then FP through woods (keeping to left FP when you hit a split in the path at approx. SP 898 079) to CP7.
7	SP 898074 HP23 6LH	Hale Lane	30/18.6	10/6.4	Take this main FP/BW for a short distance looking for FP sign on left at approx. SP 896 071 & head left passing house/farm on left and follow FP to SP 899 057 , past old Swan PH to SP 904 054 , then FP to CP8 via SP 902 047
8	SP 905043 HP16 9JH	Lee Common Scout Hq	35/21.5	5/3.5	Leave HQ turn right and follow road and then FP to SP 906 041 , follow path on right down the hill, through the gate at SP 906 039 , take path on the left and follow it along edge of woods to SP 911 035 . Follow road (take care) for 25 M then path, and then road to SP 910 031 . Follow the edge of the playing field to SP 911 029 , then path to SP 905 024 . Cross road follow path to SP 899 018 , turn left and follow path through woods to SP 900 014 , then down the hill and through the underpass, then by road to finish SP 897 007

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Finish	SP 897007 HP16 0BN	Misbourne school	40/25	0/0	WELL DONE. You have done nearly a marathons in less than 14 hrs with kit over rough terrain
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Course notes, tips & ideas

- Use Google Earth & Street View and “Grid Reference Finder” when plotting the course, but remember the use of GPS navigation is not permitted except in an emergency
- There is still some road walking but where possible it has been reduced. However, there are a number of paths that break out onto roads and in some cases with poor visibility left & right, Note these locations.
- Beware Rabbits!! There are a number of locations on the route that have a healthy rabbit population and they don’t mind where they dig burrows or in particular bolt holes which are often away from the main warren and all too frequently close to bridleways and footpaths. These bolt holes are often ‘camouflaged’ (cunning devils these rabbits!) and hard to see in daylight let alone the dark...stay alert to their possible presence, typically close to hedges and fences
- Many of the bridleways see heavy use from horses and ‘mountain bikes’ and it is common to come across them in daylight hours, the bikes are a particular hazard especially if coming from behind as you may not hear them. Depending on weather conditions these two users can leave sections badly rutted; creating very boggy areas or hard, sharp, cratered sections adapt and twisting the ankle of the unwary. Been there, done that, not good!
- Here's an idea to increase your visibility to road users or people searching for you. In addition to torches and the Hi-Vis jackets try a small 'cycle' lights attached to your rucksack, or try sticking some reflective tape to prominent areas of your rucksack to increase the probability of being seen at night. Don't have to be big sections of tape, small but numerous strips on key bits like the end of straps, shoulder strap etc. is just as good if not better. The fact that some parts of the pack with the tape on will move only serves to catch the eye. It's very effective and needs no batteries. One possible reflective tape supplier. <http://www.glow.co.uk/reflective-tape.html>