

Check Point	Map Ref	Location	Approx k/m done	Approx k/m to go	Guide to next CP
Start	SP 897007 HP16 0BN	Misbourne School	0/0	60	Good Luck. Enjoy! From start go via High street, right in to Church street and left along footpath (FP) SP 897 012 next to school. Take care crossing road at SP 895 015 , follow FP to SP 895 017 , then use underpass to go under A413. Follow footpath via SP 895 022 , to SP 901 027 then take care on short road section to CP 1A SP 902 026
1A	SP 902026	Potter Row (unmanned)	2.9	57.1	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 921027 HP5 2SX	Herbert’s Hole	5.5	54.5	From CP1 follow FP to SP 921 024 then left along road to SP 922 024 then follow BW. 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	9.5	50.5	Cross at Zebra crossing SP 958 014 . turn right and walk along pavement along A416 (Red Lion Street), turn left up Punchbowl lane SP 960 013 , turn right follow path running parallel to railway to unmanned CP 2A at SP 968 009 .
2A	SP 968009	Chesmount Rise (unmanned)	11	49	The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch located on a field gate on left at the start of the path to clip your own walker card. Follow footpath via SP 975 016, SP 982 017 , follow the track (not marked as FP on map) through woods to residential road at SP 987 019 to cp 3 under no circumstances should the road via Botley be used
3	SP 990019 HP5 1UY	Ley Hill	14	46	Go via BrW to grid SP 993 022 , then BrW to SP 994 030, SP 995 032 PLEASE TAKE CARE by very busy road that you have to cross. BrW To unmanned CP3A
3A	SP 996032	The Border (unmanned)	15	45	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.
4	SP 970039 HP5 3PF	Nashleigh Ashley Green Rd. A416	19	41	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

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5	SP 941068 HP5 2UQ	Hawridge	23	37	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)	25	35	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	32	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	31	9	Take the main FP/BW Ridgeway path through Hale wood and Barn Wood to SP 882 063 then via Hogtrough Lane to SP 870 073 . Then via paths to high street and head for CP9. Note WC’s can be found in car park on your left as you go up. PLEASE TAKE CARE approaching CP9 busy road
8	No CP 8				CP 8 is for Endurance 40 only
9	SP 863074 HP22 6EL	Coombe Hill Ellesborough Rd.	36	25	Select left hand path and head for CP10
10	SP 851062 HP17 0UR	Coombe Hill Car Park	38	23	By Lodge Hill rd to ridgeway path at SP 848 059 follow ridgeway via SP 850 051 to SP 846 049 . DO NOT use the road for this section. Stay safe by using the designated FP’s. Continue by FP (inside hedge) to cross road at approx. SP 843 046 and follow FP through the wood to CP11.

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11	SP 832046 HP27 0NB	Longdown public walkers car park	41	19	Do not walk down Longdown hill road, too dangerous. By BrW to SP 822 054 ; A4010. Follow RD's using pavement where possible, via Askett down Crowbrook Rd past Monks Risborough Station to SP 809 046 then by Place Farm Way, Westmead and FP SP 806 041 to CP12.
12	SP 806039 HP27 9JA	Princes Risborough Scout HQ	45	15	Leave CP12, go under railway bridge. FP immediately on left follow FP to SP 804 038 Over railway and follow SP 808 035, then by pavement to SP 812 031 Ickneild way. Then by BW (Ickneild way trail) and road to SP 819 044 Whiteleaf then BW to CP 12A
12A	SP 821 043 HP27 0LT	Whiteleaf (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 footpath sign at path fork. Take left fork past reservoir to SP 822 043 , then right along ridgeway path up the ridge to Whiteleaf cross/Whiteleaf hill,. Then to CP12B
12B	SP 822 036 HP27 0LH	Kop Hill (Car park)	49	11	Leave CP and back track to SP 822 038 follow BW via SP 829 036, SP 828 034, to SP 838 029 . (navigation care needed at the point. Look for stile on left and follow indistinct path on right. If you miss it and come out of the woods at SP 841 028 back track) Take path along Grims Ditch to SP 835 022 . Via RD to SP 834 020 , the FP to CP 20
20	SP 835019 HP27 ORW Junction of Pink Rd & Peters Lane	Redland End	52	8	By FP to SP 840 016 then RD to SP 851 011 (lane) and on to SP 852 009 and take FP off to your right going through the wood to SP 853 004 then on to CP21

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21	SP 855003 HP16 0HY	Denner Hill	55.5	4.5	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 “Denner Hill Farm Road” sign on right as you join the road.. By RD to SP 859 002 and then FP to FP & RD to CP22. Caution crossing road at SP 870 004 The Prestwood HQ is on the SE corner of the Rec and by the RD. note the instruction to follow FP route is important as it is dangerous to do otherwise and it is the quickest/shortest route!
22	SP 877006 HP16 0QF	Prestwood Scout HQ	58	2	From SP 877 007 N corner of Rec ground and take FP , through Angling spring wood (entry point SP 883 009) and follow FP on to SP 893 010 (Trafford Rd.) right turn & through underpass a little way down on your left and head for home OR follow rd to SP 894 009 & left turn into Whitefield Lane and run for home SP 897 007
Home	SP 897007 HP16 0BN	Misbourne School	60	0	WELL DONE. You have done almost 1.5 marathons in less than 18 hrs with kit over rough terrain.

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!
- 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. small but numerous strips on key bits like the end of straps, shoulder strap etc.. It's very effective and needs no batteries. One possible reflective tape supplier.

<http://www.glow.co.uk/reflective-tape.html>