

Check Point	Map Ref	Location	Approx k/m done	Approx k/m to go	Guide to next CP
<b>Start</b>	SP 897007 HP16 0BN	Misbourne School	0/0	80	Good Luck. Enjoy! From start go via High street, right in to Church street and left along footpath (FP) <b>SP 897 012</b> next to school. Take care crossing road at <b>SP 895 015</b> , follow FP to <b>SP 895 017</b> , then use underpass to go under A413. Follow footpath via <b>SP 895 022</b> , to <b>SP 901 027</b> then take care on short road section to CP 1A <b>SP 902 026</b>
<b>1A</b>	SP 902026	Potter Row (unmanned)	2.9	77	<b>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.</b> Take FP via <b>SP 903 030</b> , <b>SP 911 027</b> . Follow left path to <b>SP912 028</b> cross road with care and follow path opposite (looks like someone's drive- Bull Cottage) to CP 1 <b>SP921 027</b>
<b>1</b>	SP 921027 HP5 2SX	Herbert's Hole	5.5	75	From CP1 follow FP to <b>SP 921 024</b> then left along road to <b>SP 922 024</b> then follow BW. At <b>SP 944 020</b> turn right up RD then follow FP to CP2. Care crossing RD at <b>SP 949 019</b> , only a minor RD but can be busy.
<b>2</b>	SP 956015 HP5 1HX	Chesham St Mary's Guide HQ	9.5	71	Cross at Zebra crossing <b>SP 958 014</b> . turn right and walk along pavement along A416 (Red Lion Street), turn left up Punchbowl lane <b>SP 960 013</b> , turn right follow path running parallel to railway to unmanned CP 2A at <b>SP 968 009</b> .
<b>2A</b>	SP 968009	Chessmount Rise (unmanned)	11	69	<b>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.</b> Follow footpath via <b>SP 975 016</b> , <b>SP 982 017</b> , follow the track (not marked as FP on map) through woods to residential road at <b>SP 987 019</b> to cp 3 under no circumstances should the road via Botley be used
<b>3</b>	SP 990019 HP5 1UY	Ley Hill	14	67	Go via BrW to grid <b>SP 993 022</b> , then BrW to <b>SP 994 030</b> , <b>SP 995 032</b> PLEASE TAKE CARE by very busy road that you have to cross. BrW To unmanned CP3A
<b>3A</b>	SP 996032	The Border (unmanned)	15	65	<b>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.</b> BrW to <b>SP 986 039</b> , FP to <b>SP 981 039</b> , <b>SP 974 035</b> then by FP to CP4.
<b>4</b>	SP 970039 HP5 3PF	Nashleigh Ashley Green Rd. A416	18	62	Cross over RD follow FP to Little Pressmore Fm. Care crossing busy rd at <b>SP 964 042</b> . Follow Byway (ByW) & FP to <b>SP 945 059</b> . Cross over Hawridge Lane (track) to <b>SP 941 064</b> , <b>SP 942 065</b> , <b>SP 943 067</b> cross the road with care and use footpath parallel to the road in woods (not marked on map) to CP5

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<b>5</b>	SP 941068 HP5 2UQ	Hawridge	23	57	By FP to <b>SP 943 069</b> , then RD to <b>SP 943 070</b> and take track off to your left past Tring Grange Fm. <b>SP 941 075</b> . At end of track/FP cross road. Unmanned CP5A <b>SP 939 082</b>
<b>5A</b>	SP 939082 HP23 6JQ	Cholesbury Road (unmanned)	25	55	<b>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.</b> Crossing road into wood and kick left on to FP. Follow FP, ByW & RD to Hastoe CP6. At <b>SP 935 083</b> , the end of the wood, head left following path (crossing Kiln Road) to <b>SP 930 080</b> and turn right on to ByW and follow. At Hastoe hook left up Gadmore Lane to CP6. Hastoe,
<b>6</b>	SP 914092 HP23 6LS	Hastoe	28	52	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 <b>SP 905 085</b> Now take Ridgeway FP to <b>SP 901 081</b> , then FP through woods (keeping to left FP when you hit a split in the path at approx. <b>SP 898 079</b> ) to CP7.
<b>7</b>	SP 898074 HP23 6LH	Hale Lane	31	49	Take the main FP/BW Ridgeway path through Hale wood and Barn Wood to <b>SP 882 063</b> then via Hogtrough Lane to <b>SP 870 073</b> . 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
<b>8</b>	<b>No CP 8</b>				<b>CP 8 is for Endurance 40 only</b>
<b>9</b>	SP 863074 HP22 6EL	Coombe Hill Ellesborough Rd.	36	44	Select left hand path and head for CP10
<b>10</b>	SP 851062 HP17 0UR	Coombe Hill Car Park	38	42	By Lodge Hill rd to bottom of hill at SP 846 056 turn left on to FP (the right hand one as there is a junction of 3 radiating out) to SP 848 050 and by FP 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	39	Do not walk down Longdown hill road, too dangerous. By BrW to <b>SP 822 054</b> ; A4010. Follow RD's using pavement where possible, via Askett down Crowbrook Rd past Monks Risborough Station to <b>SP 809 046</b> then by Place Farm Way, Westmead and FP <b>SP 806 041</b> to CP12.
12	SP 806039 HP27 9JA	Princes Risborough Scout HQ	45	35	Leave CP12, go under railway bridge. FP immediately on left follow FP & RD to Horsenden then by FP to ByW via <b>SP 798 033, SP 793 029, SP 786 025</b> and left turn and follow to end. Then by Oddley Lane/ Bledlow Ridge Rd to CP13.
13	SP 783012 HP27 9NQ	Ickneild Way	50	30	This section, CP13, CP14 & CP15 is approx. 4 miles long and effectively dead straight after Wainhill turn. The Chiltern Hills constantly loom over you on your left. Follow Ridgeway path via Hempton Wainhill to CP14. Care crossing Chinnor Hill Rd, just yards before CP14.
14	SP 760002 OX39 4BB	Chinnor Ridgeway	52	28	Continue to follow the Ridgeway on and on. Care crossing Rd at <b>SU 741 986</b> . Continue along Ridgeway. Care crossing the A40 Aston Hill <b>SU 728 977</b> follow Ridgeway path a few more yards to CP15
15	SU 727976 OX49 5SD	Base of Beacon Hill	57	23	<b>Beacon Hill.</b> Follow the Ridgeway to <b>SU 723 973</b> . DO NOT GO BEYOND THIS POINT. Go through swing gate on left and then through 5-bar gate to your front (not right) Head for the route summit at <b>SU 726 970</b> , signified by an old iron post in ground. Now head for CP16 along the ridge path. A wood on your left M40 way below on right. <b>There are two main routes up, one steep &amp; direct the other longer but easier going (?) Plus there's a 'Sunken Path' that does not go to the summit path but does take you to CP16.</b> The direct route up is a 'toe path' starting at <b>SU 724 972</b> it's the shortest route & is the 80k/50m route.
16	SU 732965 HP14 3YL	Aston Rowant Nature Reserve / Beacon Hill Car Park	58	22	CP16 will either be set up just inside the car park or immediately outside it. (this is the grid ref given) Leaving this CP head for CP17 via A40 a mile away by following the road out, turning left at T junction and then right at the A40. Take care crossing the A40. Stokenchurch tower will be on your right. Follow A40 by path to Stokenchurch & CP17 in Park Lane.

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17	SU 761964 HP14 3SY	Stokenchurch Scout HQ	62	18	Leave CP17 & follow Park Lane, then Chiltern Way footpath to <b>SU 766 968</b> and then to <b>SU 776 972</b> . Now head for <b>SU 778 976</b> , up that hill in-front of you. At top go through gate on right (easy to miss- it is just as you leave the field) and follow path (houses close) for a few yards, go through another gate & left turn to <b>SU 779 977</b> Sprigs Holly Lane. Turn right follow RD to Radnage Scout HQ (CP18) about ~ 185yds on right. CARE narrow RD. Mini Buses will be using it + local traffic.
18	SU 781976 HP14 4DZ	Radnage Scout HQ	64	16	Leave CP18 by going back on to the road and turning right and follow road to <b>SU 784 978</b> ; entry to a house called "Kirk Stile" with FP off drive. Follow FP to St Mary's Church. The FP goes right through the church yard. Please treat with respect. Follow FP to <b>SU 789 978</b> then on up to <b>SU 791 977</b> Follow FP to RD and unmanned CP 18A <b>SU 794 981</b>
18A	SU 794 981	Bledlow Ridge	66	14	<b>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 the road.</b> cross over road and down track/FP to <b>SU 794 983</b> . Follow either FP to Lodge Hill Farm <b>SU 795 989</b> then keep slightly left of Manor Farm <b>SU 802 996</b> , to Lee Rd then turn right down Lee Road to CP19 (on the left hand slip road just after the bridge)
19	SU 807997 HP27 9NP	Saunderton Lee	69	11	To reduce road work PLEASE follow FP from <b>SU 808 998</b> to Loosley Row then by pavement to FP at <b>SP 818 006</b> then follow FP/ BrW to <b>SP 833 019</b> & right turn on to RD (Pink Rd.) and follow to CP20.  <b>Do not take the FP that goes by COPPICE HOUSE</b>
20	SP 835019 HP27 ORW Junction of Pink Rd & Peters Lane	Redland End	73	7	By FP to <b>SP 840 016</b> then RD to <b>SP 851 011</b> (lane) and on to <b>SP 852 009</b> and take FP off to your right going through the wood to <b>SP 853 004</b> then on to CP21

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21	SP 855003 HP16 0HY	Denner Hill	75.5	4.5	<p>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 <b>SP 859 002</b> and then FP to FP &amp; RD to CP22. Caution crossing road at <b>SP 870 004</b></p> <p>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!</p>
22	SP 877006 HP16 0QF	Prestwood Scout HQ	78	2	<p>From <b>SP 877 007</b> N corner of Rec ground and take FP , through Angling spring wood (entry point <b>SP 883 009</b>) and follow FP on to <b>SP 893 010</b> (Trafford Rd.) right turn &amp; through underpass a little way down on your left and head for home OR follow rd to <b>SP 894 009</b> &amp; left turn into Whitefield Lane and run for home <b>SP 897 007</b></p>
Home	SP 897007 HP16 0BN	Misbourne School	80/50	0/0	<p>WELL DONE. You have done almost 2 marathons in less than 24 hrs with kit over rough terrain.</p>

## Course notes, tips &amp; 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>