

# Ridgeway and Vale Diabetes Expeditions



<b>Title</b>	<b>Whipsnade &amp; Dunstable Downs Figure of 8 Walks Sunday 11<sup>th</sup> June 2017</b>
<b>Walk</b>	1 Whipsnade - Studham - Whipsnade Zoo - Whipsnade - return to car park 5 miles 2 Whipsnade - Tree Cathedral - Dunstable Downs - Five Knolls - Whipsnade 5 miles
<b>Map Sheets</b>	3 Map Sheets 1:25,000 OS Explorer Series Sheet 181 – Chiltern Hills North, Sheet 182 – St Albans & Hatfield Sheet 193 – Luton & Stevenage
<b>Notes</b>	Parking is free.  A figure-of-eight walk that can be split into two shorter 5 mile walks, taking in some great views from the Dunstable Downs and visiting historical churches in Whipsnade and Studham. The southern loop walk passes the perimeter fence of Whipsnade Zoo.
<b>Start time</b>	Meet at 09.45 am for a 10.00 am start
<b>Start and Finish</b>	National Trust Tree Cathedral Car Park Whipsnade – Brown signpost in Whipsnade GR 009 180. From Whipsnade zoo - after a sharp left bend turn left along Bushey Close. Postcode (for SatNav) LU6 2LQ  Parking is free but spaces are limited
<b>Difficulty</b>	Moderate: Either 5 or 10 miles - with one steep descent on the Northern Loop
<b>Leader</b>	Neil Foster - Email: neil.foster.hpc@hotmail.co.uk Mob: 07712 459783
<b>Waypoints</b>	<b>Start Walk 1 Southern Loop:</b> From the car park walk across the common to The Church of St Mary Magdalene (16 <sup>th</sup> Century) GR 012 179, follow FP to Studham skirting Bell Wood. Pass War Memorial and Red Lion PH. Follow FP to The Church of St Mary the Virgin (13 <sup>th</sup> Century) GR 015 159. Follow Chiltern Way FP around perimeter of Whipsnade Zoo and return to Car park <b>Finish</b> . <b>Start Walk 2 Northern Loop:</b> From the car park go through the gate towards the Tree Cathedral follow the Icknield Way FP to GR 000 185, steep decent and follow FP with Gliding Club in view to GR 007 213, turn sharp right and climb up a short hill and follow the ridge past Five Knolls to the Chiltern Gateway Centre GR 007 195. Follow Chiltern Way FP back to car park at Tree Cathedral <b>Finish</b>
<b>Getting there from Aylesbury</b>	<b>(Approx. 16.5 miles):</b> Follow A41 out of Aylesbury in the direction of Tring. Take the B488 (B489) through Ivinghoe to Edlesborough Travellers Rest. Follow B4540 to Whipsnade past the Zoo entrance and the car park is signed just off Whipsnade Common.
<b>Getting there from Oxford</b>	<b>(Approx. 41.0 miles):</b> Take the A40 in the direction of Thame and then A418 sign posted Aylesbury onto A4129 signed for Princess Risborough. Follow A4010 and B4009 in the direction of Tring. Take the B488 (B489) through Ivinghoe to Edlesborough Travellers Rest. Follow B4540 to Whipsnade past the Zoo entrance and the car park is signed just off Whipsnade Common.