

# Ridgeway and Vale Diabetes Expeditions



<b>Title</b>	River Thames Footpath Marlow to Henley-on-Thames Sunday 18 <sup>th</sup> February 2018
<b>Walk</b>	Thames Path – Marlow – Temple Lock – Hurley – Aston – Hambledon Lock – Remenham – Henley-on-Thames (Return by local bus service)
<b>Map Sheets</b>	Map Sheets 1:25,000 OS Explorer Series Sheet 172 & 171 Chiltern Hills East & West
<b>Notes</b>	<p>Parking – This is a pay &amp; display car park &amp; the charge is £3.00 for 6 hours.  <i>Wonderful walk following the Thames Footpath National Trail from Marlow to Henley -on-Thames. Some mud on various sections &amp; walking conditions will greatly depend on the weather the previous week. After heavy rainfall, stretches of the path may flood especially if water levels are high - in which case an alternative route will be taken.</i>  <i>There are several pubs and cafes in both Marlow &amp; Henley-on-Thames.</i>  <i>Shorter walk of 5.1 miles available. Stop in the village of Aston near Henley-on-Thames (meeting point is The Flower Pot Hotel, Postcode RG9 3DG). Contact walk leader for details.</i></p> <p>Bus service 800 from Henley departs every hour at either 14.54 or 15.54 from Bell Street just off Market Place and takes approximately 20 minutes back to Marlow. If you have a bus pass bring it along, or the single fare is £3.80.</p>
<b>Start time</b>	Meet at 09.45 am for a 10.00 am start
<b>Start and Finish</b>	Marlow Pound Lane - Court Garden Public Car Park GR 847862 Postcode SL7 2AE Drive down the High Street in Marlow, Pound Lane is on right, drive past play area. Car park on the left
<b>Difficulty</b>	Leisurely 9.5 miles
<b>Leader</b>	Seamus Ryan – Mobile No 07785 508804
<b>Waypoints</b>	<p>Marlow Bridge GR 852861 -Footbridge GR 835844 – Hurley Lock GR826843 – Aston GR 785842 – River Bank GR786845 – Hambledon Lock GR 783853 – Remenham GR 770844 – Henley-on-Thames Bridge GR765826</p> <p><b>Finish: Henley-on-Thames Bridge</b></p>
<b>Getting there from Aylesbury</b>	Approximately <b>21 miles</b> A413 from Aylesbury Town Centre to Stoke Mandeville and the A4010 to Princess Risborough and follow to Handy Cross Roundabout which is Junction 4 on the M40. Take A404 South for 2 miles and follow signs for Marlow Town Centre.
<b>Getting there from Oxford</b>	Approximately <b>28.0 miles</b> M40 South from Oxford to Handy Cross Roundabout which is Junction 4 on the M40. Take A404 South for 2 miles and follow signs for Marlow Town Centre