

Ridgeway and Vale Diabetes Expeditions



Title	Diabetes UK Aylesbury & District Voluntary Group Annual Sponsored Walk – Sunday 13th May 2018
Walk	Two circular walks from Waddesdon: 1 st Short walk through grounds of Waddesdon Manor followed by 2 nd walk from Waddesdon to Quainton, returning to Five Arrows Hotel, Waddesdon
Map Sheets	Map Sheet Sheet 181 Chiltern Hills North 1:25,000 Explorer Series:
Notes	A delightful walk through the Waddesdon Estate and surrounding countryside. Follow the weather forecast on the internet, bring waterproof jacket if likely to rain, suitable walking shoes or boots. Lightweight casual trousers recommended (not jeans) + small rucksack to carry jacket, sandwiches, and drink. Bring plenty of fluids if the forecast is warm or hot. If diabetic bring medication and extra glucose & snacks in case of hypo.
Start time	Meet at 09.45 am for 10.00 am Start
Start and Finish	Meet in the village of Waddesdon outside Five Arrows Hotel. Postcode HP18 0JE Parking on main road opposite hotel or in side streets close by. 1 st Walk through Waddesdon Manor grounds should be complete by 13.00pm. 2 nd Walk to commence 13.20pm following footpaths via Buckingham Railway Centre to Quainton and returning to Five Arrows Hotel – complete by 15.30pm. Several pubs and cafes at start & finish.
Difficulty	Leisurely Walk 1 - 5 miles, Walk 2 – 5 miles Total 10.0 miles
Leader	Frances Lloyd – Mobile No 07784 046333, Email efflloyd@hotmail.co.uk
Waypoints	Waypoints: Start – Waypoints: Walk 1: Enter grounds of Waddesdon Manor and follow road to GR 744164, through gate onto private road to GR 753150. Cross main road and follow footpath (FP) & bridleway to North Lodge GR760152, pick up Swan’s Way to Roman Road GR762163 follow FP past Wormstone Farm and back to Five Arrows. Lunch in village. Walk 2: Walk through village to mile post just beyond the Long Dog PH, turn right on FP and skirt Littleton Manor Farm to Station Road. Turn right and follow FP parallel to the road between the hedges to Buckinghamshire Railway Centre GR 738189. Follow road towards Quainton. Join North Buckinghamshire Way at GR 747200 and follow FP through many fields with multiple stiles and gates. Skirt Glebe Farm and re-join A41 turn right back to Five Arrows Hotel Finish.
Getting there from Aylesbury	Getting there from Aylesbury - (Approximately 6.0 miles) A41 towards Bicester. In village centre just before Five Arrows Hotel, turn left into Baker Street and find parking space.
Getting there from Oxford	Getting there from Oxford – (Approximately 26.0 miles) A34 towards Bicester, take A41 for Aylesbury. In village centre just after Five Arrows Hotel, turn right into Baker Street and find parking space.