

# Ridgeway and Vale Diabetes Walks



<b>Title</b>	<b>RAVE &amp; Diabetes UK Aylesbury &amp; District Voluntary Group Annual Sponsored Walk – Sunday 10<sup>th</sup> October 2021</b>
<b>Walk</b>	2 circular walks from Waddesdon: 1 <sup>st</sup> short walk through the attractive grounds of Waddesdon Manor followed by the 2 <sup>nd</sup> walk from Waddesdon to Quainton, returning to main car park at Waddesdon Manor.
<b>Map Sheets</b>	Map Sheets 1:25,000 OS Explorer Series – Sheet 181 – Chiltern Hills North
<b>Notes</b>	Follow the weather forecast on the internet, bring waterproof jacket if likely to rain, suitable walking shoes or boots. No jeans but lightweight casual trousers. Bring a small rucksack to carry jacket, sandwiches, and drink - it is particularly important to bring plenty of fluids if the forecast is warm or hot. If you have diabetes, bring your medication and extra glucose or food.
<b>Start time</b>	Meet at 09.45 am for 10.00 am Start
<b>Start and Finish</b>	Meet in the main car park at Waddesdon Manor, postcode <b>HP18 0JE</b> Parking on main road opposite hotel or in nearby side streets. 1st Walk through Waddesdon Manor grounds should be completed by 13.00pm. 2nd Walk to commence 13.20pm following footpaths via Buckingham Railway Centre to Quainton and returning to Waddesdon Manor – complete by 15.30pm Several pubs and cafes at start & finish.
<b>Difficulty</b>	Leisurely Walk 1 – 5 miles, Walk 2 – 5 miles, total 10.0 miles
<b>Leader</b>	Séamus Ryan – Mobile No 07785 508804 Email seamus.ryan2@btinternet.com
<b>Waypoints</b>	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 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, 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.
<b>Getting there from Aylesbury</b>	<b>Getting there from Aylesbury</b> – Approx. 6.0 miles. Take A41 towards Bicester. In Waddesdon village centre just before Five Arrows Hotel, turn left into Baker Street and find parking space.
<b>Getting there from Oxford</b>	<b>Getting there from Oxford</b> – Approx. 26.0 miles. Take A34 towards Bicester, take A41 for Aylesbury. In Waddesdon village centre just after Five Arrows Hotel, turn right into Baker Street and find parking space.