

TWO-WHEEL TRING TRAIL

This cycling itinerary provides three variant routes, the first a circular ride of about 14 miles on relatively level terrain around the Aylesbury Vale area adjacent to Tring, the second a shorter version which makes a circular ride of about 12 miles and can be extended to provide the third route, a figure-of-eight of about 21 miles.

1. The starting point is Church Square in the centre of Tring, in front of the Parish Church of St Peter and Paul and opposite the former Rose and Crown Hotel. Travel westwards along the High Street out of the town towards Aston Clinton to the large roundabout at the brow of Tring Hill.

The Icknield Way is generally considered to have been a prehistoric trackway linking the mines in Norfolk, where flint was worked for tool-making, with the religious sites on Salisbury Plain. Following the line of the hills, there was no defined track and even today it has Upper and Lower versions.

2. Using the cycleways on the town side of the roundabout, make your way to the country lane leading to Drayton Beauchamp. It winds downhill to a bridge over the canal (which is in the process of being restored). Over the bridge to your left is the mediaeval church of Drayton Beauchamp.

3. Continue down the lane to its junction with the Lower Icknield Way, where the route continues ahead to Puttenham. Take care crossing here, as traffic can be fast-moving.

4. Bear right to Puttenham. There is another small mediaeval church at Puttenham. Continue through the hamlet of Astrope.

5. At a junction take the right turn along Watery Lane.

6. Turn right, taking you over the Aylesbury arm of the Grand Union Canal to Wilstone.

At Wilstone, you may wish to stop at the Half Moon pub for refreshments (cycle racks at rear and by the village hall). Alternatively continue through the village.

7. At junction with Lower Icknield Way you will be turning left, but first there are two choices. Either turn right to explore Wilstone Reservoir and nature reserve via the small off-road carpark, or turn left onto the Icknield Way and in a few yards arrive at Mead's Farm Shop and Café (with cycle racks), where there is a wide range of refreshments and locally sourced farm produce.

From here, continue along the Lower Icknield Way for a mile to Marsworth, where there is a pub by the main road, the Angler's Retreat, and also Bluebells Tearooms (with cycle racks), accessed via the Canal and River Trust car park. From here, there is access to walks along the Grand Union Canal, nature trails and walks around the Tring Reservoirs. Alternatively, by continuing a few hundred yards further along the road towards Pitstone and turning left into Vicarage Road, you can visit the Red Lion pub and reach another part of the canal towpath.

8. This is the point to decide whether to continue on the Icknield Way through Pitstone to Ivinghoe and on to Aldbury or to take the shortcut back along the towpath in a generally southerly direction to Tring Station (with the option of carrying on to Aldbury and Ivinghoe).

Following main route at Marsworth, continue eastwards along the Lower Icknield Way through Pitstone to Ivinghoe. In Ivinghoe there is a tearoom on the left just before the green; bikes can be secured to the railings. It also has a pub, the Rose and Crown.

9. By turning left towards Leighton Buzzard, you can see the Ford End Watermill, occasionally open for visitors. The route follows the road round to the right past Ivinghoe Church.

10. Where the Icknield Way takes a 90-degree right, turn left and follow the lane to Aldbury. There are two pubs here, the Greyhound and the Valiant Trooper. From Aldbury, there is access either via the tarmac road or a bridleway to Ashridge Woods, the Bridgewater Monument and the Visitor Centre.

11. At the pond, turn right past the church and onwards to Tring Station. Over the railway bridge and just beyond the station forecourt is the crossing point to join a shared-use cycleway leading back over the canal bridge and onwards to Tring town centre.

Shortcut to Tring

At Marsworth, go through the car park and follow the path to reach the towpath, then simply follow this past the reservoirs to Bulbourne. Here is another pub, the Grand Junction Arms, with a canal-side garden. Continue under the road bridge to the next bridge.

12. At this bridge, cross over the bridge to move to the opposite side of the canal and continue to Tring Station



13. Leave the towpath and climb the steps up to road level on the metal bridge with metal railings. There is a gully by the side of these steps which allows you to wheel your bike up the slope.



Turn right and follow the shared-use off-road cycleway west back towards Tring town centre.

Figure-of-eight route through Aldbury

After climbing up to road level at Tring Station, turn left, using the shared-use cycleway opposite the station. Here, rejoin the road and continue for 1.25 miles to Aldbury (see information on Aldbury in Main Circular Route).

From Aldbury, (Waypoint 11) take the road left between the Pond and the Greyhound northwards for 3 miles to Ivinghoe. This is a fairly narrow, winding lane, so look out for vehicles. After a steep descent, this lane joins the Upper Icknield Way. Go straight on, crossing with care, and continue northwards down towards Ivinghoe village. On your left you will find Pitstone Windmill, the oldest post mill in England, open for visitors on certain Sundays during the summer.

In Ivinghoe there is a tearoom on the right, just after the green (see Waypoint 9 of Main Circular Route for details). Continue on what is now the Lower Icknield Way westward via Pitstone (with its Farm Museum, reached by turning left at the roundabout into Vicarage Road) for 2.25 miles to Marsworth and retake the canal towpath route back to Tring Station and Tring town centre (as described in the Shortcut to Tring)