

## Crouch End & District U3A Longer Walks Group

<b>Walk number/title</b>	065 Tring Gap Circular
<b>Date</b>	Thursday 09 & 23 June 2022
<b>Distance</b>	11.0 miles (17.6 km)
<b>Timings</b>	Walk 4.5 hours plus lunch stop = 5.0 hours approx
<b>Travel</b>	<ul style="list-style-type: none"> <li>• Walk starts and ends at Tring railway station.</li> <li>• Direct trains from London Euston</li> <li>• Return by same route</li> </ul>
<b>Route</b>	<ul style="list-style-type: none"> <li>• From station follow Ridgeway National Trail to cross the GUC</li> <li>• Head SW climbing steadily to cross A4251 and then A41</li> <li>• At edge of Wiggington enter Bulls Wood and then Tring Park</li> <li>• Continue on Ridgeway through Hastoe</li> <li>• Leave trail heading south to join Chiltern Way</li> <li>• Follow Chiltern Trail as it runs along Grim's Ditch</li> <li>• At Wiggington Bottom descend to Cow Roast lock on the GUC</li> <li>• Head generally north across fields to Aldbury and then on Herts Way back to station.</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Packed lunch required</li> <li>• Depending on pace of group lunch at approx.. 1 pm</li> </ul>
<b>Dropping out</b>	<ul style="list-style-type: none"> <li>• No bus services on route until Cow Roast in the afternoon</li> </ul>
<b>Facilities</b>	<ul style="list-style-type: none"> <li>• No toilets at Tring station or on route</li> <li>• Possible pub stop in Aldbury near end of walk</li> </ul>
<b>Suitability</b>	<ul style="list-style-type: none"> <li>• Good level of fitness and stamina required.</li> <li>• Total distance of 11 miles is above average for this group</li> <li>• Total ascent 300 metres (990 feet)</li> <li>• A4251 to be crossed twice, care needed.</li> <li>• Some woodland areas prone to fallen trees</li> <li>• Some muddy tracks and bridle ways especially following rain</li> <li>• Comfortable waterproof walking shoes/ boots &amp; waterproof jacket (see equipment list on web-site)</li> <li>• Check weather forecast for likely weather conditions</li> </ul>
<b>Maps/Sources</b>	<ul style="list-style-type: none"> <li>• OS Explorer Chiltern Hills North (sheet 181)</li> </ul>
<b>Leader/contact</b>	<ul style="list-style-type: none"> <li>• To be provided to participants with joining details</li> </ul>