

Other Cycle Leaflets Available From

British Waterways ☎ 01908 302500
www.waterscape.com/cycling
Cycling on Towpaths

Buckinghamshire County Council ☎ 01296 383028
www.buckscc.gov.uk
Icknield Riders Route & Bucks Circular Cycle Ride

Chiltern District Council ☎ 01494 732023
www.chiltern.gov.uk
Chiltern Heritage Trail

Chiltern AONB ☎ 01844 271300
www.chilternsaonb.org
Cycling in the Chilterns

Forestry Commission ☎ 01420 520212
www.forestry.gov.uk
Wendover Woods Family Cycle Trail

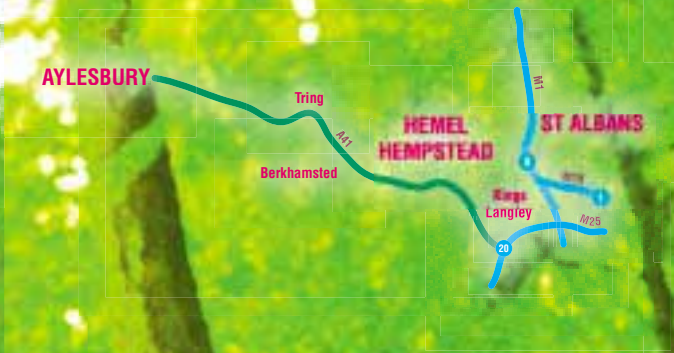
Hertfordshire CMS ☎ 01727 848168
<http://enquire.hertscc.gov.uk/cms>
Various leaflets for routes across the county

Aston Hill Mountain Biking ☎ 01296 489729
www.astonhill.com
Off road mountain biking centre

Be Safe

- ☎ Ensure your bike is in safe working order.
- ☎ Wear a safety helmet.
- ☎ By law you are required to use lights in the dark.
- ☎ Wear brightly coloured clothes with reflective material.
- ☎ Treat pedestrians and horse riders with respect. Warn of you're approach either using spoken word or a bell. Be extra cautious when passing horse riders.
- ☎ Always cycle in single file along busy or narrow roads. Never cycle more than two abreast.
- ☎ These routes are NOT off road, please take care when passing other road users.
- ☎ Some areas of the routes are hilly. So cycle at your own pace.
- ☎ Follow the Highway Code.

Cycling in Herts



Further Information

Countryside Management Service
West Central Area, CMS Building, The Nursery Site,
Hixberry Lane, St Albans, Hertfordshire AL4 0TZ
☎ 01727 848168 Fax: 01727 811797
Web: <http://enquire.hertscc.gov.uk/cms>

For local bus and train information contact Traveline
☎ 0870 608 2608

For local tourist information contact
Dacorum Information Centre
☎ 01442 234222

If you, a neighbour or member of your community would like this leaflet produced in another language or format (large print or audio cassette), please contact the CMS

Cycling in Herts

Two circular rides in Dacorum

From Tring and Berkhamsted

Tring • Route 5
18 Miles (29Km)

Berkhamsted • Route 6
13 Miles (22Km)

The challenge

Getting Started

On both routes you will pass through the attractive scenery of the Chilterns Area of Outstanding Natural Beauty and some of the prettiest villages in the County. Depending on the route you will either visit **Tring** or **Berkhamsted**.



We recommend starting from the railway stations and cycling in the direction shown on the map. This is because the routes are waymarked, with the above sign and designed so that cyclists will not have to turn right at busy junctions. There are a number of hills on the routes, most are gradual climbs. The routes are largely based on country lanes but you will pass through busy towns. Children will need supervision and be used to cycling on roads.

Tring • Route 5 • 18 Miles (29Km)

The enchanting market town of Tring lies at the edge of the Chiltern Hills. To the north is Tring Reservoirs and to the south Tring Park, both are important sites for wildlife. The town's development owes much to the Rothschild family. Their legacy remains a vital feature of the town today, through the world renowned Walter Rothschild Museum, part of the British Natural History Museum. For further Finformation contact the museum. ☎ 0207 9426171.

There are many delightful shops and a number of fine restaurants. A street market is held on Fridays and a Farmer's Market on alternate Saturdays.

Berkhamsted • Route 6 • 13 Miles (22Km)

Berkhamsted is a charming market town steeped in fascinating history and architecture. Berkhamsted Castle dates from the Norman invasion soon after the Battle of Hastings. Henry II once kept court there. The remains of the castle can still be seen today. Berkhamsted really is an ancient town thriving in a modern world.

Berkhamsted plays host to an eclectic mix of contemporary shops and restaurants. There is a bustling Saturday market.

What route do I do first? ... !!!



Long Marston

The village pond in Long Marston is thought to be the site of the last known witch lynch in 1751.



Tring Reservoirs and Grand Union Canal

Originally built to feed arms of the Grand Union Canal, Startop's End, Marsworth, Tringford and Wilstone reservoirs now all form part of a Site of Special Scientific Interest famous for its wildlife. Wilstone Reservoir has the second largest reedbed in Hertfordshire.

The Canal was built between 1793 and 1805, forming a main link, between London and Birmingham in the heyday of the industrial revolution. The Aylesbury and Wendover arms, of the canal, provided a local link for transporting materials up until the first half of the 20th Century.

For further information about the reservoirs or to obtain a permit to cycle on the canal towpaths contact British Waterways. ☎ 01908 302500.

Aldbury

Aldbury is a typical English village, often being used for film and TV filming with; a village green, timber framed houses, stocks, parish church and pond. The stocks were built in 1773 and were still used up until late 19th Century. The large Lime trees in the village centre date from Queen Victoria's jubilee in 1897.



Little Gaddesden

The name of Gaddesden is thought to derive from the Saxon 'Gatesdene' meaning Goats Valley. In 1853 part of the Bridgewater Arms Inn was used as part of the village school. As the children were not allowed to pass through the licensed premises, they entered the school via its windows.

Ashridge Estate

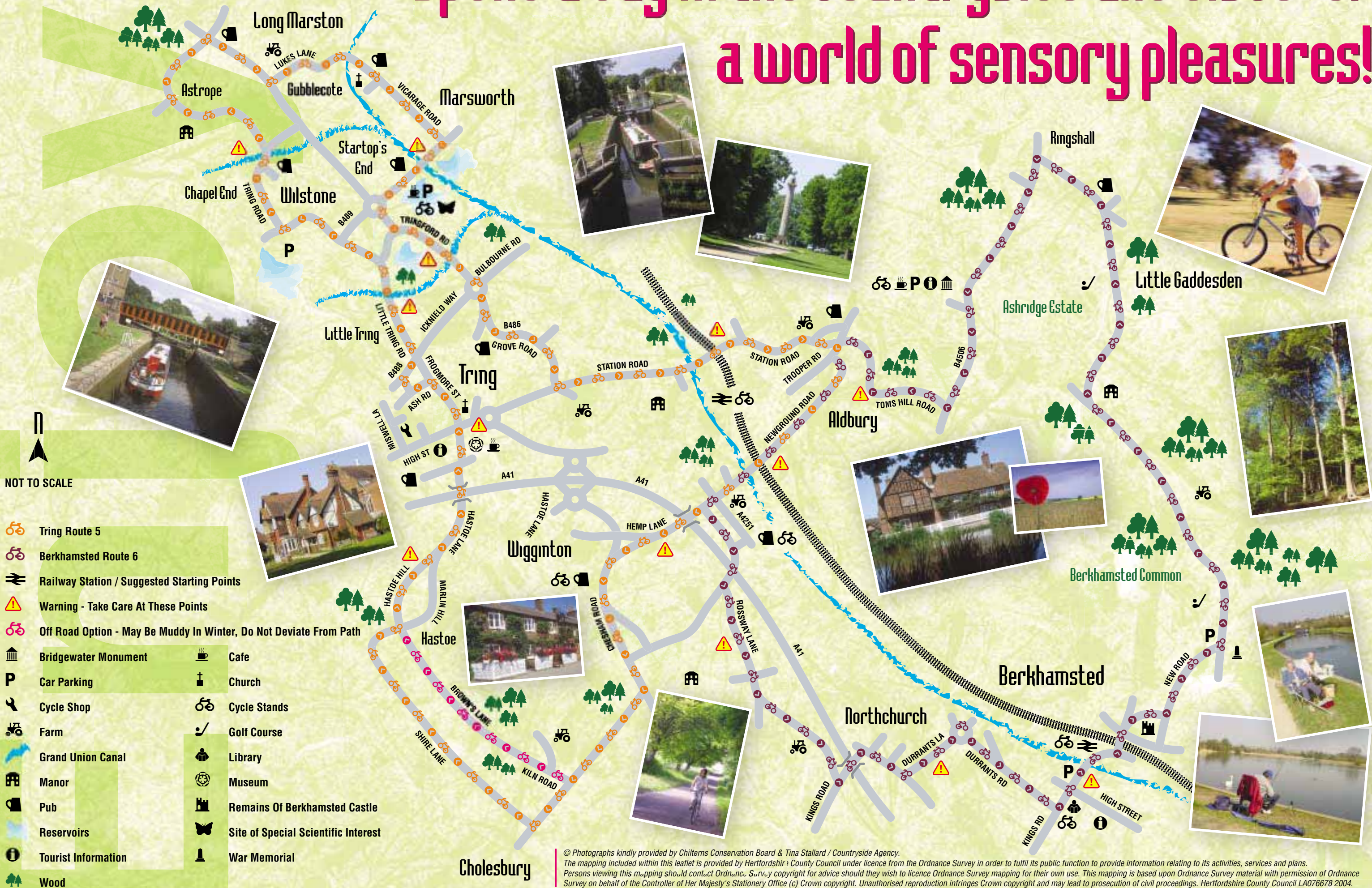
Is jointly owned and managed by the National Trust and Ashridge Management College. The present mansion, which houses the Management College, was built in 1808 for the 7th Earl of Bridgewater.

The famous Bridgewater Monument was built in 1832 in memory of Francis Egerton, 3rd Duke of Bridgewater, a pioneer of canal building. For further information contact The National Trust visitor centre. ☎ 01442 851227.

Berkhamsted Common

Is one of the largest expanses of relic heathland in Hertfordshire. At the turn of the 20th Century the area would have been one expanse of Heather. However after the First World War grazing gradually ceased. This resulted in the area developing into woodland, causing most of the Heather to be lost. The CMS is now helping Berkhamsted Golf Club, the owners of the Common, to restore the heathland.

Spend a day in the countryside and discover a world of sensory pleasures!



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