## Ashridge Trail Half Marathon

## Introduction

The following route has been mapped by members of Tring Running Club:

- This is a challenging half marathon route around some of the most beautiful scenery in the Chilterns. The total distance is just over 13 miles and includes over 1600 ft of climb. The route is designed to be self-navigating
- The route starts and finishes at the Bridgewater Monument at Ashridge NT Estate, Berkhamsted where there is ample parking
- The route follows well marked paths and bridleways and at no time enters private property
- It is recommended that you take a map on the route such as OS Landranger 165 or alternatively download the excellent and free phone app "Back Country Navigator"


## On-line route

- Strava: https://www.strava.com/routes/28466474
- Garmin: https://connect.garmin.com/modern/course/34868800

A gpx file can also be downloaded from these links
The route

| Mile Point | Description |  |
| :--- | :--- | :--- | :--- |
| Start | The Bridgewater Monument, <br> Ashridge National Trust Centre <br> Free parking is available in the <br> large NT car at the monument | Monument |
| Miles 1-2 | Leave the monument in a <br> North Westerly direction <br> along the bridleway which <br> goes twists to the right and <br> then down through the <br> woods. <br> Note: Do not take the larger <br> bridleway heading North | Path passes to the <br> monument |






|  | Continue for 100 yards until reaching the main Ashridge/Beacon bridleway. <br> GO DIRECTLY AHEAD crossing the bridleway to take a small path down through woods and up to a gate. <br> Go through the gate and follow the route which sweeps down through fields with lovely views towards Aldbury | Straight ahead <br> Lovely views |
| :---: | :---: | :---: |
| Miles 8-9 | Continue until you reach a small road. <br> Turn right, follow the road for 0.2 miles then take the first path on the right. The path is small and is signed, but you will need to look up to see the sign <br> The path climbs up with views of the poppy fields (in June) to your left. <br> At the top of the climb the path merges with a larger bridleway. Keep heading straight on. | Turn right <br> Poppy fields (in June) |


|  | Follow the main bridleway for <br> 0.2 miles and then take the <br> first path on the left signed <br> 'Ashridge Boundary Trail'. <br> Follow this path until you <br> reach the well-signed <br> Ridgeway path. Turn left. |
| :--- | :--- | :--- |
| From here the route to the <br> finish re-traces exactly the <br> first 4 miles of the Half <br> Marathon Course. |  |
| Miles $9-11$ |  |




## Posting your results

For those who wish to post their results and register for the virtual competition on Strava, please ensure that your total distance is at least 13 miles and follow the instructions published by Rennie Grove.

Route Map


