

Chilterns 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 approx 13 miles and includes over 1200ft of climb. The route is designed to be self-navigating
- The route includes key landmarks such as monuments, pubs and churches to help with your navigation. It 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"
- The published route is circular starting and finishing at Coombe Hill monument. However, you can start at any point on the route to complete the half marathon loop. A good alternative to starting at Coombe Hill would be to park at Whiteleaf car park and start the run from close to the mile 4 point at Whiteleaf Hill. It's your choice!



On-line route

- Strava: <https://www.strava.com/routes/28133511>
- Garmin: <https://connect.garmin.com/modern/course/34485615>

The route

Mile Point	Description	
Start	<p>Coombe Hill Monument. Wendover</p> <p>Free parking is available in the NT car park 0.3 miles from the monument. This car park can be busy at peak times.</p>	<p>Monument</p> 
Miles 1-4	<p>Follow the well signed Ridgeway path from Coombe Hill, through Chequers, The Plough Pub in Cadsden to Whiteleaf Hill.</p> <p>The path leaves Coombe Hill to the left, away from Wendover and towards Chequers. There's a right turn through a gate after less than 0.5 miles</p>	<p>Chequers</p> 

		<p>Cadsden</p>  <p>Near Whiteleaf</p> 
Miles 4 - 5	<p>Just after Whiteleaf Hill turn left and leave the Ridgeway path. Follow this route which runs alongside a field to your right. There is a fork in the path. Keep right and follow the path alongside the field</p> <p>When the field ends, turn right and then go straight ahead until you reach the road. Turn left and follow the road for 0.3 miles.</p> <p>Turn right onto the footpath through the woods. Follow the path for 0.6 miles until it emerges on a small track/driveway and then onto the road opposite the Pink & Lily pub</p>	<p>Turn left</p>  <p>Pink & Lily pub</p> 
Miles 5-6	<p>Take the small road to the left of the pub which turns into a track. After 1 mile turn left at a crossing of paths heading North East</p>	<p>Turn left</p> 

Miles 10-11	Turn left opposite Little Hampden Church. Follow the main path around fields and up a very steep climb through the woods and onward to the road	
Miles 11-13	<p>At the small road turn left and sharp left again to re-join the Chiltern Way. Follow this path which leaves the Chiltern Way after a short distance, heading right in the direction of Dunsmore and Coombe Hill.</p> <p>At the road crossing in Dunsmore go straight along a small road signed 'Dunsmore village'.</p> <p>On leaving the houses in Dunsmore there's a fork in the path. Take the path <u>to the left</u> at the fork.</p> <p>On approaching Coombe Hill follow the path and <u>keep a large metal fence to your right</u>. This will bring you out on a large bridleway ¼ mile from the monument. Turn left and then right.</p>	<p>Chiltern Way</p> 
Mile 13	Follow signs to Coombe Hill Monument and the finish	<p>Finish</p> 

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. As the route is not exact, and may be slightly less than 13 miles, this may require you to run around Coombe Hill monument a couple of times to make up the distance!!

Route Map

