

# THE RIDGEWAY

NATIONAL TRAIL



Adventures for all ages,  
not just King Alfred

Lift  
to open





# The Ridgeway National Trail

The Ridgeway brings you to places rich in history, stories and myths involving Chewbacca, Churchill, J.R.R Tolkien, Mary-Ann Ochota and more....

Use this leaflet to inspire your next day trip or longer holiday and keep it as a record of your 'time travel' adventures along The Ridgeway Timeline!

**Time travel back over 5,000 years at Wayland Smithy (shown right) where a Saxon God made swords and jewellery.**



**Free to visit and always open, The Ridgeway National Trail is an 87 mile signposted, off-road trail for walkers, cyclists and horse riders to explore scenic countryside and enjoy outdoor exercise.**

## Take it easy or take on a challenge!

Some visitors sample the highlights and take time to soak up the atmosphere, whilst others complete all 87 miles and take part in endurance events. Events and holiday companies appeal to visitors who welcome support in planning a visit and trying something new. Everyone can plan ahead with confidence thanks to numerous guide books and our free enquiry service and online resources which include a GPX file, leaflets, events calendar and interactive map incorporating a distance calculator.

The Ridgeway is a great 'introduction' for people less familiar with the countryside and long distance adventures because, compared to other National Trails, the route is relatively short and close to populated areas with facilities. Weary travellers can call taxi firms for a lift and accommodation providers often help their guests too. Whatever your level of endurance, check weather forecasts and be prepared for rough surfaces and exposed high ground.

**Celebrate completing all the miles with a certificate and enter our Facebook Hall of Fame!**

## Getting to The Ridgeway

Car parks are dotted along the Trail but visitors are encouraged to consider sustainable travel using nearby train stations, coach stops, cycle hire and National Cycle Network routes. Visitors travelling from far away can make use of motorways, an airport coach stop at Lewknor and direct trains from London. Our website and free enquiry service provides further details and tips.



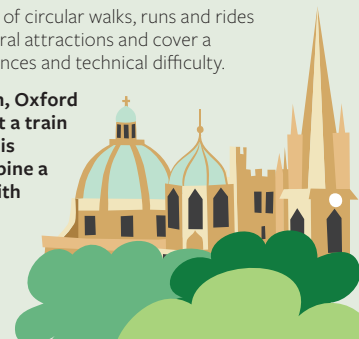
## Adventure to suit you, friends and family

Take your pick of stunning viewpoints, famous prehistoric monuments, welcoming country pubs, wildlife-rich nature reserves, cosy bed-and-breakfasts and more.

You can design your own adventure or choose ready-made itineraries and events.

Our selection of circular walks, runs and rides combine several attractions and cover a range of distances and technical difficulty.

**With London, Oxford and Bath just a train ride away, it is easy to combine a city break with an escape to the country along The Ridgeway.**



## Climb high, set the pace

The Ridgeway connects three county high points: Uffington hillfort (Oxon), Coombe Hill (Bucks) and Pavis Woods (Herts). The Trail's highest point is 267m at Liddington Castle. Chewbacca climbed Ivinghoe Beacon to film Star Wars Episode IX!

On average, people walk about 2.5 miles an hour, slowing down on climbs and descents. Guide books break the Trail into 6 or more day walks. It is possible to cover greater distances per day with a bicycle or horse. Some people use electric bicycles and baggage carrier services to make the going easier.

## Year-round, all-weathers

Enjoy seasonal highlights on any outing with the #RidgewaySpotter challenges featuring famous outdoor mum-of-two Mary-Ann Ochota. When the weather turns bad, head indoors to enjoy numerous pubs, cafes and shops as well as National Trust properties and local museums along the Trail.

## Follow the acorn with confidence

The Ridgeway is well-known for its distinctive black signs which give visitors confidence they will find their way along the route. Signage shows what activities

are allowed on different stretches, although damaged or eroded surfaces can be hard-going for novice mountain bikers and mobility scooters.

## Be a caring, friendly visitor

Everyone plays their part in looking after The Ridgeway and making it a friendly place. Report problems to the Ridgeway Officer and share your favourite photos and stories on social media. Ensure you are a considerate visitor by knowing the **Countryside Code** and adhering to Trail signage.

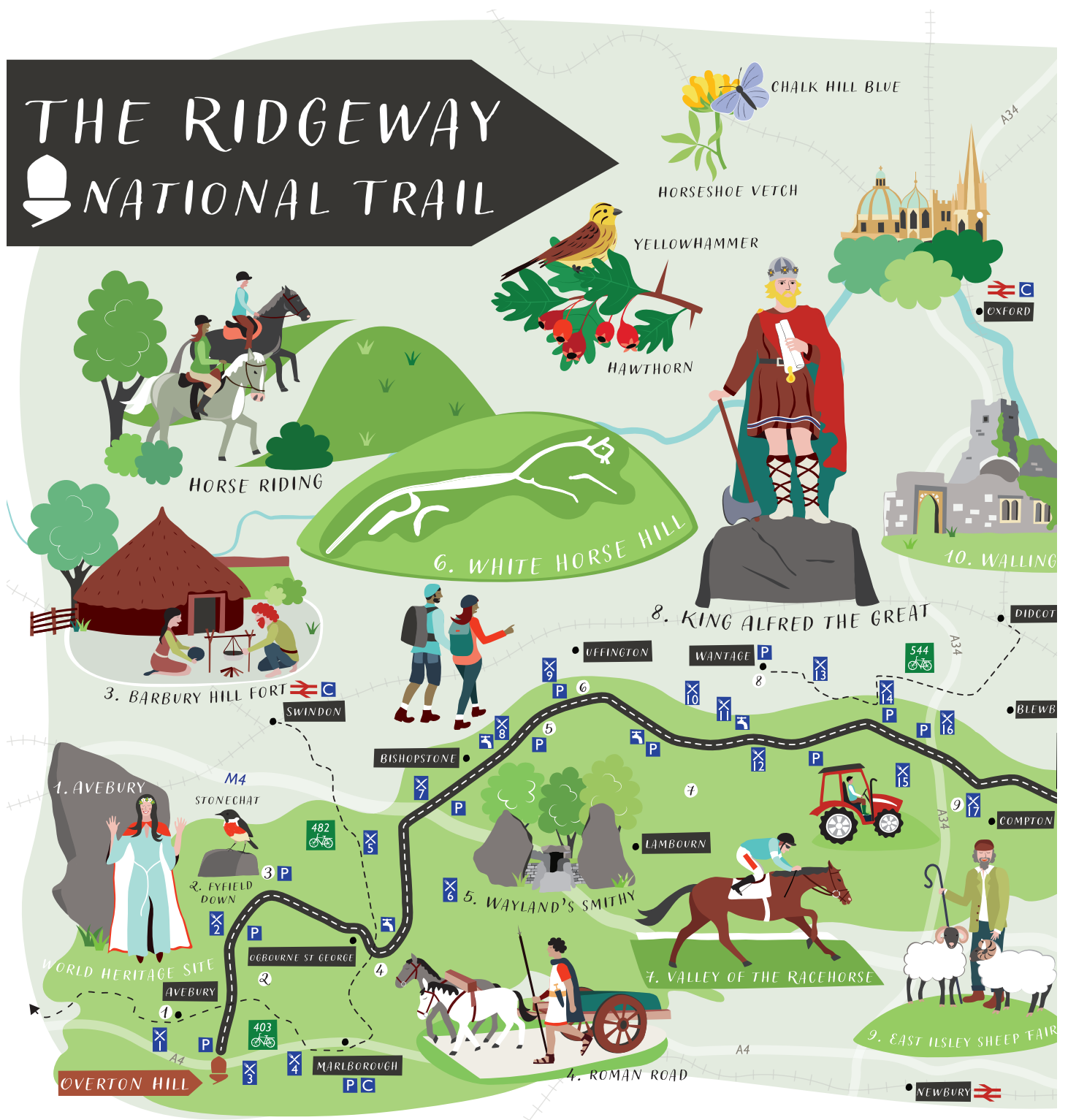
Walking, cycling and horse riding are carbon-free activities. Visitors can further reduce their environmental impact by travelling to the Trail without their car and choosing locally-sourced

and sustainable products and services. Our website provides further details about sustainable choices including public transport and cycle hire (including electric bicycles).

**Dog walkers** – please keep your dog under control to reduce distress to livestock, ground-nesting birds and other visitors. Use bins to dispose of dog waste responsibly.

**Cyclists** – slow down around walkers and horse riders and, if approaching from behind, call out 'hello' in advance.









# The Ridgeway Timeline



## Before Homo sapiens

Chalk bedrock formed 100-72 million years ago. **Sarsen stones (2)** formed 23-25 millions years ago.

## Neolithic

**Wayland Smithy (5)** long barrow is created 3460-3400BC. Later in 2850-2200BC, sarsens are moved from Fyfield Down to **Avebury (1)** to create the largest stone circle in Britain.

**Great Pyramid, Egypt, constructed 2500BC.**

## Bronze Age

Earliest chalk mark in the country is carved into the hillside around 500BC – **Uffington White Horse (6)**.

## Iron Age

Hillforts such as **Barbury (3)** are constructed along the ridge during 5th-8th centuries BC. **Grim's Ditch (12)** is dug near Wallingford around 100BC, part of a longer feature dividing the land for miles around.

## Roman

**First roads (4)** built in 1st century AD.

## Anglo-Saxon

**King Alfred (8)**, born near Wantage in 849AD, battles against the Vikings. Coins buried near **Watlington (13)** become a record of that time.

## Norman

In 1067 AD, William the Conqueror orders a **castle (10)** to be built at Wallingford.

**Easter Island statues, Polynesia, created 1000AD.**

A more detailed timeline with precise locations is provided online.

Tick off the places you visit as you time travel along The Ridgeway. Places with a number are shown on the map overleaf.

## Stuart

**Pitstone windmill (17)** built before 1627 to mill grain into flour (it's now the oldest surviving post mill in the country).

## Georgian

Wealthy society brings race meetings and winning thoroughbred horses to the **Berkshire Downs (7)** in the 1700s.

## Victorian

First bridge built between **Goring and Streatley (11)** to replace a ferry. In the 1840s-50s, **Chiltern beechwoods (14)** were busy with 'bodgers' cutting and 'turning' timber for chairs.

## Inter-war years

In 1920s-30s, artists Eric Ravilious, Paul Nash, John Nash and Clare Leighton were inspired by **chalk marks (6) and (15)**. In 1933, England's largest chalk hill figure was created at **Whipsnade (18)**.

## World War II

In the 1940s, Prime Minister Churchill works on his radio speeches at **Chequers (16)**. Pillboxes and anti-aircraft guns are installed in strategic places.

## Post WWII

Tolkien publishes Lord of the Rings in 1954, inspired by places along The Ridgeway. In 1973, The Ridgeway becomes a new National Trail.

## Medieval

Black Death decimates the population in 1348 and sheep farming expands. Drovers walk miles with thousands of sheep to **East Ilsley's fairs and markets (9)**.

**Machu Pichu, Peru, constructed 1500AD.**

# Eat, drink, sleep

Pubs, cafes, farmshops, bed-and-breakfasts, campsites, stabling and more are dotted along The Ridgeway in villages, towns and countryside. Places to eat and drink in the countryside are listed here with their map number (check website for updates).

- 1 Waggon and Horses pub**  
Beckhampton, SN8 1QJ
- 2 The White Horse pub**  
Winterbourne Bassett, SN4 9QB
- 2 The Crown pub**  
Broad Hinton, SN4 9PA
- 3 The Bell pub**  
West Overton, SN8 1QD

- 4 The Who'd A Thought It pub**  
Lockeridge, SN8 4EL
- 5 Three Trees café/shop**  
Chiseldon, SN4 0HT
- 6 The Crown pub**  
Aldbourn, SN8 2DU
- 6 The Blue Boar pub**  
Aldbourn, SN8 2EN
- 7 The Village Inn**  
Liddington, SN4 0HE
- 8 Rose and Crown pub**  
Ashbury, SN6 8NA
- 8 Ashbury tea room/shop**  
Ashbury, SN6 8DB
- 9 White Horse Inn**  
Woolstone, SN7 7QL
- 9 Mobile catering van**  
Woolstone, SN7 7QJ
- 10 The Blowing Stone pub**  
Kingston Lisle OX12 9QL
- 10 The Star Inn**  
Sparsholt, OX12 9PL

- 11 Childrey Stores**  
Childrey, OX12 8UE
- 11 The Greyhound Inn**  
Letcombe Regis, OX12 9JL
- 12 Court Hill Centre café**  
Letcombe Regis, OX12 9NE
- 13 The Boar's Head pub**  
Ardington, OX12 8QA
- 13 The Grocer Chef café/shop**  
Ardington OX12 8PS
- 14 Hendred Stores shop**  
East Hendred, OX12 8JY
- 14 Eyston Arms pub**  
East Hendred, OX12 8JY
- 15 The Harrow pub**  
West Ilsley, RG20 7AR
- 16 The Rose and Crown pub**  
Chilton, OX11 0RZ
- 16 The George and Dragon pub**  
Upton, OX11 9JJ
- 17 Crown and Horns pub**  
East Ilsley, RG20 7LH

- 17 The Swan pub**  
East Ilsley, RG20 7LF
- 18 The Bell pub**  
Aldworth, RG8 9SE
- 18 The Four Points pub**  
Aldworth, RG8 9RL
- 19 South Stoke shop**  
South Stoke, RG8
- 19 The Perch and Pike pub**  
South Stoke, RG8 0JS
- 20 Blue Tin farmshop**  
Ipsden, OX10 6QU
- 20 King William IV pub**  
Ipsden, OX10 6AD
- 21 Nuffield church cream teas**  
Nuffield, RG9 5SN
- 22 Maker Space café**  
Nuffield, RG9 5SJ
- 23 Ewelme village store**  
Ewelme, OX10 6HP
- 23 The Shepherd's Hut pub**  
Ewelme, OX10 6HQ

- 24 Fox and Hounds pub**  
Christmas Common, OX49 5HL
- 25 The Leathern Bottle pub**  
Lewknor, OX49 5TW
- 25 The Lambert Arms hotel**  
Lewknor, OX49 5SQ
- 26 Lions of Bledlow pub**  
Bledlow, HP27 9PE
- 27 Red Lion Whiteleaf pub**  
Whiteleaf, HP27 0LL
- 28 The Plough at Cadsden pub**  
Cadsden, HP27 0NB
- 29 Buckmoorend Farmshop**  
Butler's Cross, HP17 0UT
- 30 The Cock and Rabbit pub**  
The Lee, HP16 9LZ
- 31 Wendover Woods café**  
Wendover, HP22 5NF
- 32 Wigginton village shop/café**  
Wigginton, HP23 6HH
- 33 The Greyhound Wigginton pub**  
Wigginton, HP23 6EH

- 34 Grand Junction Arms pub**  
Bulbourne, HP23 5QE
- 34 Red Lion pub**  
Marsworth, HP23 4LU
- 34 Angler's Retreat pub**  
Marsworth, HP23 4LJ
- 34 Water's Edge restaurant**  
Marsworth, HP23 4LJ
- 35 The Greyhound Inn Aldbury**  
HP23 5RT
- 36 Ashridge café**  
Ringshall, HP4 1LX





# THE RIDGEWAY

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Free visitor information is available  
from the Ridgeway Officer



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[www.nationaltrail.co.uk/ridgeway](http://www.nationaltrail.co.uk/ridgeway)

Find us on social media



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