

# THE RIDGEWAY NATIONAL TRAIL



### Legend

- Trail for Walkers
- Trail for Walkers, Cyclists & Horses
- Off-Road Cycle Routes
- Train Station
- Tube Station

- 5 miles (Approximate)
- Key Attractions
- Pub, café or shop
- Water Tap
- Parking
- Coach Stop

For more details please see: [www.nationaltrail.co.uk/ridgeway](http://www.nationaltrail.co.uk/ridgeway)





### 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 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.

### 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 to 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.



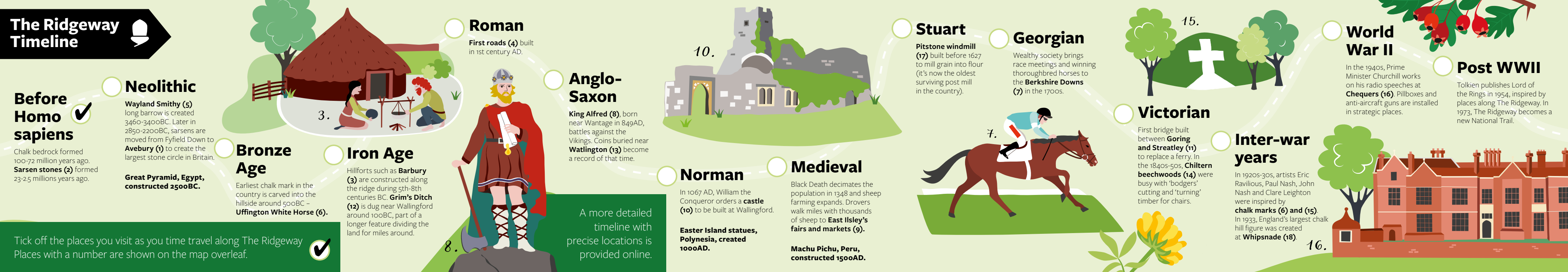
## The Ridgeway National Trail

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.



### 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.

### 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).

4	The Who’d A Thought It pub Lockeridge, SN8 4EL	11	Childrey Stores Childrey, OX12 8UE	17	The Swan pub East Ilsley, RG20 7LF	24	Fox and Hounds pub Christmas Common, OX49 5HL	34	Grand Junction Arms pub Bulbourne, HP23 5QE
5	Three Trees café/shop Chiseldon, SN4 0HT	11	The Greyhound Inn Letcombe Regis, OX12 9JL	18	The Bell pub Aldworth, RG8 9SE	25	The Leathern Bottle pub Lewknor, OX49 5TW	34	Red Lion pub Marsworth, HP23 4LU
6	The Crown pub Aldbourne, SN8 2DU	12	Court Hill Centre café Letcombe Regis, OX12 9NE	18	The Four Points pub Aldworth, RG8 9RL	25	The Lambert Arms hotel Lewknor, OX49 5SQ	34	Angler’s Retreat pub Marsworth, HP23 4LJ
6	The Blue Bear pub Aldbourne, SN8 2EN	13	The Boar’s Head pub Ardington, OX12 8QA	19	South Stoke shop South Stoke, RG8	26	Lions of Bledlow pub Bledlow, HP27 9PE	34	Water’s Edge restaurant Marsworth, HP23 4LJ
7	The Village Inn Liddington, SN4 0HE	13	The Grocer Chef café/shop Ardington OX12 8PS	19	The Perch and Pike pub South Stoke, RG8 0JS	27	Red Lion Whiteleaf pub Whiteleaf, HP27 0LL	35	The Greyhound Inn Aldbury HP23 5RT
8	Rose and Crown pub Ashbury, SN6 8NA	14	Hendred Stores shop East Hendred, OX12 8JY	20	Blue Tin farmshop Ipsden, OX10 6QU	28	The Plough at Cadsden pub Cadsden, HP27 0NB	36	Ashridge café Ringshall, HP4 1LX
8	Ashbury tea room/shop Ashbury, SN6 8DB	14	Eyston Arms pub East Hendred, OX12 8JY	20	King William IV pub Ipsden, OX10 6AD	29	Buckmoorend Farmshop Butler’s Cross, HP17 0UT		
9	White Horse Inn Woolstone, SN7 7QL	15	The Harrow pub West Ilsley, RG20 7AR	21	Nuffield church cream teas Nuffield, RG9 5SN	30	The Cock and Rabbit pub The Lee, HP16 9LZ		
9	Mobile catering van Woolstone, SN7 7QJ	16	The Rose and Crown pub Chilton, OX11 0RZ	22	Maker Space café Nuffield, RG9 5SJ	31	Wendover Woods café Wendover, HP23 5NF		
10	The Blowing Stone pub Kingston Lisle OX12 9QL	16	The George and Dragon pub Upton, OX11 9JJ	23	Ewelme village store Ewelme, OX10 6HP	32	Wigginton village shop/café Wigginton, HP23 6HH		
10	The Star Inn Sparsholt, OX12 9PL	17	Crown and Horns pub East Ilsley, RG20 7LH	23	The Shepherd’s Hut pub Ewelme, OX10 6HQ	33	The Greyhound Wigginton pub Wigginton, HP23 6EH		

## THE RIDGEWAY NATIONAL TRAIL

Free visitor information is available from the Ridgeway Officer

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www.nationaltrail.co.uk/ridgeway

Find us on social media

Read reviews, post your reviews

The Ridgeway National Trail

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