

1. Start down The High, SO at tfl and past tower, onto Magdalen Bridge bear L thro large rdbt ("The Plain"), SO at first tfl (ignore bike path). Soon half-L at tfl (trees and stone wall on right), along Marston Road to L and R at adjacent rdbts, 60m elev, 680 metres to (care!) fork R to cross Oxford ring road on bridge, imm R SP ELSFIELD Continue up past ELSFIELD church, speed humps, large bends to right and left R at T (SP Stanton St John) onto B4027, 1 mile, L SP HORTON-CUM-STUDLEY at staggered Xrds.

(6.0 miles)

2. past TV mast (Beckley) at 129m, 64m of descent down Woodperry Hill to HORTON-CUM-STUDLEY: Follow sharp 90deg right, up Horton Hill, then L at T SP BOARSTALL, into Buckinghamshire, over M40, through BOARSTALL to R at T onto B4011 (SP Brill); 350 metres to...

L (SP Brill), Continue to Touchbridge Cottage, Follow 90deg left and climb SO at Xrds (summit 153m elev), descend to second Xrds.

SO (SP Wotton), more descent, over rly to

L at T SP ASHENDON, then 0.67 mile to

Follow 90deg right and past old rly stn (used to be a bridge over road).

(16.2 miles)

3. Climb from 70m to 156m elev, 1-in-7 mid-way, up into ASHENDON

L at T SP WESTCOTT after summit, fast downhill to 85m, WESTCOTT

R at T onto A41 (SP Aylesbury), (past motorbike showrooms), 0.63 mile to...

L SP QUANTON, and Buckinghamshire Railway Centre

cross Great Central Railway (disused main line, preserved station visible)

R at T in QUANTON, SP WHITCHURCH, 1.2 miles to

L at Xrds SP PITCHCOTT, ascend Pitchcott Hill, thro PITCHCOTT to 158m elev

In WHITCHURCH, L at mini-rdbt (SP Buckingham) onto A413 uphill.

(27.1 miles)

4. After blind summit, road descends sharply: prepare early for next (care!)

R onto minor road SP DUNTON, through DUNTON and LITTLECOTE

L at T (after climb) in STEWKLEY, 750 metres to...

R SP SOULBURY onto B4032 at triangular junction; 2.1 miles to SOULBURY

L at T SP GREAT BRICKHILL, large downhill over bypass & rly bridges

L/R across A4146 at Xrds, cross Grand Union Canal, and river Ouzel at 72m elev.

(35.5 miles)

5. Climb Partridge Hill, into GREAT BRICKHILL; after access roads on left

R SP LITTLE BRICKHILL (really SO on left bend at Old Red Lion pub)

Ascend Pound Hill, to 161m elev, drop 45m down and climb back up, to

R at T in LITTLE BRICKHILL, SP WOBURN, 250 metres, L at rdbt

cross A5 on bridge, Follow to right, into Bedfordshire during forest

L at T SP WOBURN, 0.78 mile, arrive at Xrds in WOBURN

SO (L/R) across A4012, into Park Street; church, cattle grids

climb in WOBURN PARK up to 141m summit (half-way point)

curves L over 3rd cattle grid (care!) on descent, Continue.

(45.0 miles)

6. Cross bridge over M1, Follow sharp zig-zag thro STEPPINGLEY to SO at Xrds. Underneath rly, then R (2nd exit) at rdbt. 160 metres to Arrive at "One-o-One" rdbt.

[Water and Shop: R (3rd exit) from One-o-One, next R into Shell petrol station.
Water tap {temporarily not working!} at ankle-height on white wall facing road.
Shell Select Shop (pasty, choccy); window only (door locked) from 23hrs.
Flitwick railway station is 1 mile up this road.]

L at One-o-One rdbt, SO over 2 mini-rdbts and up into AMPHILL

[Pub and Fish & Chips on right: "The Old Sun" inn, with F & C next door]

Arrive at double-mini-rdbt

[Waitrose: go L at second mini-rdbt and stop on right after 120 metres]

R and R thro the mini-rdbts.

[Toilets (Mon-Sat 08-17h, Sun 10-16h): L imm after zebra crossing, just ahead up one-way road]

[Cottage Bakery shop on L opposite Post Office]

(48.3 miles)

7. Keep L at rdbt on climb, over 2nd crest, then 600 metres to (Look!)

2nd L in MAULDEN, road-name The Brache, (SP Haynes, Scenic Route).

1.8 miles to L at T in HAYNES WEST END (downhill approach), Follow right to L at T onto A6, 110 metres, R (SP Scenic Route), into HAYNES CHURCH END 100m elev, Continue, descent under trees, pretty, STANDALONE WARREN

small climb to R at T SP OLD WARDEN (Scenic Route), soon

SO across A600, Continue 650 metres and Follow L, trees on right

Follow left under (marvellous skew rly) bridge, past old stn (private house).

(56.1 miles)

8. Follow 90deg right into OLD WARDEN, SO SP ICKWELL. Leave OLD WARDEN;

800 metres to L (care, tightens!) SP ICKWELL, descends;

2.54 miles through ICKWELL, NORTHILL, THORNCOTE GREEN, to

R at T (SP U. Caldecote), 200 metres to

L opposite Brook End House (SP "Unsuitable for Heavy Goods Vehicles").

0.54 mile to R (no SP) into The Green.

After 440 metres, Follow 90deg left into Orchard Road, to

R at T (care!) onto A1 (SP London), imm filter L into New Road.

Continue past SANDY station, 23m elev, up to

[Budgens: L at T, 540 metres on left down High Street]

R at T onto B1042, cross big rly on bridge, imm L SP EVERTON.

(62.9 miles)

9. Climb, Follow right under trees, Follow right in EVERTON, 660 metres to

L SP GAMLINGAY, cross from Bedfordshire into Cambridgeshire before

Follow through Xrds on right bend at GAMLINGAY THE HEATH

SO at Xrds in GAMLINGAY, Follow past church and up onto ridge, down into

(70.4 miles)

10. Sharp R at T (care!) onto B1046 SP LONGSTOWE, 79m elev, pass water-tower

Follow R in LONGSTOWE, to SO (R/L) across A1198.

Continue on B1046 thro TOFT, over Greenwich Meridian, COMBERTON, BARTON, to

(80.8 miles)

11. L at T onto A603 SP CAMBRIDGE

SO at rdbt, over M11 and down to SO (fast!, 2nd exit) at large rdbt

Continue into CAMBRIDGE; could use bike path on LHS until boundary

Follow 90deg left at tfl, grass on right, SO at rdbt

R at tfl into Silver Street, past rising bollards, then

L on 90deg right bend, into Trumpington Street, 10m elev;

Continue along King's Parade to Stop at Great St Mary's Church on right.

(83.9 miles)