START Aldbury village green (GR 965125)

1.1 Leave Aldbury village green on Toms Hill Road. In 50m, bear left on stony track. Ignore all turns and cross tracks and continue steeply uphill. Track joins from the right. Continue up hill to reach open area with Bridgewater Monument to the left. Pass café/shop on the right and follow roadway round to main drive. Ahead down drive and in 300m, at green footpath sign on right, *turn right*. Concrete track quickly changes to broad rutted track and follow in same direction for 1000m, ignoring all cross-tracks and passing field on left. Reach a driveway with house on left and ahead to road (GR 974118).

1.2 **CROSS ROAD WITH EXTREME CARE** and continue ahead for 500m. Pass waymark post with white arrow and in 10m *turn left* at waymark post. In 100m, at waymark post *turn right*. Ignore tracks from right and left and continue ahead to emerge onto open common. *Bear right* keeping woods on right. In 200m re-enter woods at waymark post showing Ashridge Estate Boundary Trail (AEBT) and in 60m, where track bears right, continue ahead for 50m. At waymark post, turn right onto wide track to reach small car park at top of Norcott Hill, large brick wall opposite (GR 969105).

1.3 Turn left onto lane and descend on lane for 500m then *turn right* at first junction, blue "TP" sign in hedge. In 150m follow lane as it turns left. In 200m, immed before bridge over railway, *turn right* onto Public Bridleway and follow onto enclosed path, keeping railway on left. Path turns right away from railway and in 90m, *turn left* between hedge and fence. In 80m, *turn left* thro hedge and cross field to cross footbridge over railway. Cross second field and emerge onto lane. *Turn right* and follow lane over canal bridge to reach main road at BMW dealers.

Cow Roast 6 km, 4 miles (GR 960103)

1.4 **CROSS BUSY ROAD WITH EXTREME CARE** towards Cow Roast pub and *turn right* on pavement opposite. In 20m *turn left* onto track (footpath sign "Tinkers Lodge ½"). Follow track for 800m to reach road. *Turn left* and pass under road bridge. Immediately *turn right* between metal barriers onto concrete track (footpath sign "Hemp Lane ½").

1.5 In 120m, just after path becomes enclosed, *turn left* thro kissing gate and cross field on path. Thro second kissing gate and ahead with bank and fence on right. Thro small metal gate, still with fence on right to reach edge of woods and thro kissing gate. In 40m at fork, take right fork (FP sign "Church") and in 200m thro kissing gate and ahead with hedge on right. Thro next kissig gate now with hedge on left. At top of field, ahead thro kissing gate and cross field to enclosed path and emerge onto road **TAKE CARE TO CROSS ROAD** and turn left to reach checkpoint in car park next to village shop

1.6 CHECKPOINT – WIGGINTON 8.5km 5.5 miles

1.7 From checkpoint turn left and follow road to cross roads and ahead to The Twist. In 500m, at fingerpost ("The Ridgeway Footpath"), turn right through small metal gate. Descend on path through 2 kissing gates and cross bridge over A41 road. Path bends to right then left to descend to road. Turn right on pavement and in 50m turn left to cross FAST ROAD via central island. Turn right on pavement and immed bear left through gap beside large metal gate. Follow enclosed path for 700m and through gap beside metal gate to reach road. Turn left on road to reach t-junction. BEWARE TRAFFIC TURNING INTO ROAD

1.8 Turn right on pavement and follow road to Tring Station. Cross railway on road bridge (pavement on left hand side). Immediately after car park entrance, turn right thro kissing gate. Follow path round field keeping hedge on the left. At cross track at corner of field, turn right (FP sign Aldbury Common 1). Cross horse gallops track and in a further 80m, just before waymark post, turn left

thro kissing gate. Ahead to kissing gate and thro to emerge on road. Continue ahead passing the Valliant Trooper on the right to reach Aldbury village green

1.9 **CONGRATULATIONS!** – you have completed the Tring Boundary Trail, Loop 1, 13 km, 8 miles.