ICKNIELD WAY - RIDGEWAY LINK

Distance: 7.5 miles (12km)
Start: Chilterns Gateway Centre, Dunstable Downs, LU6 2GY
Finish: Ivinghoe Beacon, nr LU6 2EG
Terrain: Paths, trail
Toughness: Moderate
Ascent: 194 metres
Navigation: Easy (waymarked)
Good for: Families
Route info: wildrunning.net/45

An enjoyable, spectacular run through the Chilterns countryside. Fromthe start, follow circular 'Ridgeway Link' waymarkers along the upgraded path of the Icknield Way, wonderfully runnable in the dry and wonderfully muddy the rest of the year. It passes Whipsnade Zoo and Whipsnade Tree Cathedral which, with Ashridge Estate, offer great opportunities for exploring with the family, too. The final climb up Ivinghoe Beacon is rewarded with spectacular views across the Vale of Aylesbury; a wonderful place to watch the sun set. Car parks at both ends of the trail, and buses from Ivinghoe and Whipsnade.

Miles	Km	Directions
0.0	0.0	From Gateway Centre follow Icknield Way and Ridgeway Link waymarkers **south west** along Dunstable Downs
1.7	2.8	Cross road in Whipsnade and continue following waymarked path **south**
2.7	4.4	Turn **right** at path junction, continuing to follow Icknield Way **south west** to Dagnall
4.3	6.9	Turn **left** along road and then **right** at roundabout, continuing along road
4.7	7.6	Turn **left** and head **south west** along waymarked trail to reach Ward's Hurst Farm
6.0	9.6	At Ward's Hurst Farm turn **right** at track junction, following Icknield Way
7.1	11.4	Join Ridgeway trail at track junction and head **north** to Ivinghoe Beacon