

ESTATE WALK






1. From the Fitness Reception, follow the road left around to the main drive. Walk all the way up the main drive towards the front gates, just before the gates at the end of the drive you will see a turning into the woods on your left. A sign on the tree pointing in 'Estate Walk';
2. Walk through the woods following the track, ignoring any other turnings, the track will bare left, eventually bringing you out into a field;
3. Turn right from the exit of the woods and walk across the field, heading towards a kissing gate to the right hand side of the fence;
4. Go through the kissing gate and walk straight ahead, stick to the very perimeter of the field, turning left, you are now walking towards another kissing gate. Go through this gate and walk straight ahead. This field often has herds of cows, do not be afraid they are friendly!;
5. Walk straight across the field, you will see Champneys building on your left and fields on your right;
6. At the end of the field you will reach the final kissing gate, go through this gate and you will be on the Champneys back drive;
7. Turn right and walk all the way along the back drive;
8. Just before the back entrance gates there is a parting in the trees on your right, walk through the parting in the trees. The path to follow is relatively obvious, walk around the perimeter of the field until it brings you back onto the back drive;
9. Walk straight across into the area of woodland. Follow the path again around the perimeter of the trees. As you approach the end of the path you will see a house straight ahead of you;
10. Turn right onto their drive and then right again onto the back drive. Walk straight down the back drive and you will return to the Fitness Reception.

CARDIAC HILL

1. Follow the road front of Fitness Reception around to the left towards the front drive;
2. At the end of the drive through the main gates, turn right onto the Chesham Road;
3. Follow the road along and take a first turning on the right, Crawleys Lane;
4. Stay on this road downhill, ignoring any other turnings
5. At the bottom of the hill you will see the A41, in front of you. Take the right turning prior to the A41 Bridge;
6. You are now on Rossway Lane. Continue up the hill;
7. At the top of the hill, the road will flatten for a short while. You will approach a crossroad;
8. At the crossroad turn right into Tinkers Lane, and up a short slope. Pass the nursery on your right;
9. Continue up the lane until you see a kissing gate on your left, which takes you back into Champneys grounds;
10. Follow the grass path across the field; turn right onto the back drive and walk up towards Fitness Reception.

TRING & SURROUNDINGS

MAP KEY

	Rossway Farm
	Cardiac Hill
	Road
	Bridge
	Champneys Starting Point

Please note maps are not to scale

ROSSWAY FARM

1. Follow the back drive all the way to the rear of Champneys (back gates);
2. At the end of the drive through the back gates, turn right onto the road;
3. Follow the road to the end and turn right at Rossway Farm;
4. Follow the road and take the first right into Lodge Farm (posted Public Byway 1);
5. Where the path curves to the left, turn right into a field then immediately left (posted Chesham Road 1/2);
6. Follow perimeter of the field until you reach a gate on your left in the corner of the field;
7. Go through the gate into the field. Look ahead for a metal gate on the opposite side of the field;
8. Go through the gate onto a mobile home site path – keep following the path to the right;
9. Keep going through the stile straight across the field to the next stile opposite and continue through;
10. Follow the dirt track and through the metal gate into a field, turn right to the kissing gate;
11. Go through the kissing gate, keep left with the Mansion house in sight;
12. Look to the left-hand corner of the field for another kissing gate and go through;
13. Follow the path straight ahead, the Mansion House should be on your right;
14. Go to the main drive;
15. Turn right on the main drive and follow the road back to the Fitness reception.

