

The Route

Where: Princes Risborough to Thame

National Route Number: 57

Distance: 5 miles traffic-free

Terrain: Level route on disused railway

Getting there: 2 miles signed on road from Princes Risborough to Horsenden

Public transport: railway station at Princes Risborough

Bike hire: Bolton's Bikes in Princes Risborough - 01844 345949

Maps: leaflet available from local TICs, or from Sustrans on 0845 113 0065 - can be downloaded from the website at www.sustrans.org.uk

OS maps: Explorer181 or Landranger 165

Tourist information: Thame TIC - 01844 212834

Information on the Ridgeway: www.nationaltrails.gov.uk

Towns to search for on Sustrans website mapping: The Ford, Thame

The Phoenix Trail



The Phoenix Trail passes through the countryside on the border between Oxfordshire and Buckinghamshire. The trail is rich in wildlife and is particularly good for Red Kites, birds of prey that thrive in the area. The route is punctuated by artworks, some of which reflect the route's railway heritage.

The terrain is largely flat, but the Chilterns make an impressive backdrop to the ride towards Princes Risborough. As well as providing a useful transport link between two neighbouring towns, the route is ideal for a there-and-back-again ride for families with young

children, or anyone who wants to be out on their bike in the countryside without tackling hills or long distances.

The trail intersects with some enticing-looking lanes, and the whole area invites more exploration. The attractive market towns of Princes Risborough and Thame are both worth a potter, so leave plenty of time for your ride.

For the more energetic, the Ridgeway (a national walking trail and Britain's oldest road) is nearby, and an eight-mile section west of Chinnor is open to cyclists.

