

## 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 down-  
loaded from the website  
at [www.sustrans.org.uk](http://www.sustrans.org.uk)

**OS maps:** Explorer181  
or Landranger 165

**Tourist information:**  
Thame TIC - 01844  
212834

**Information on the  
Ridgeway:**  
[www.nationaltrails.gov.uk](http://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.

