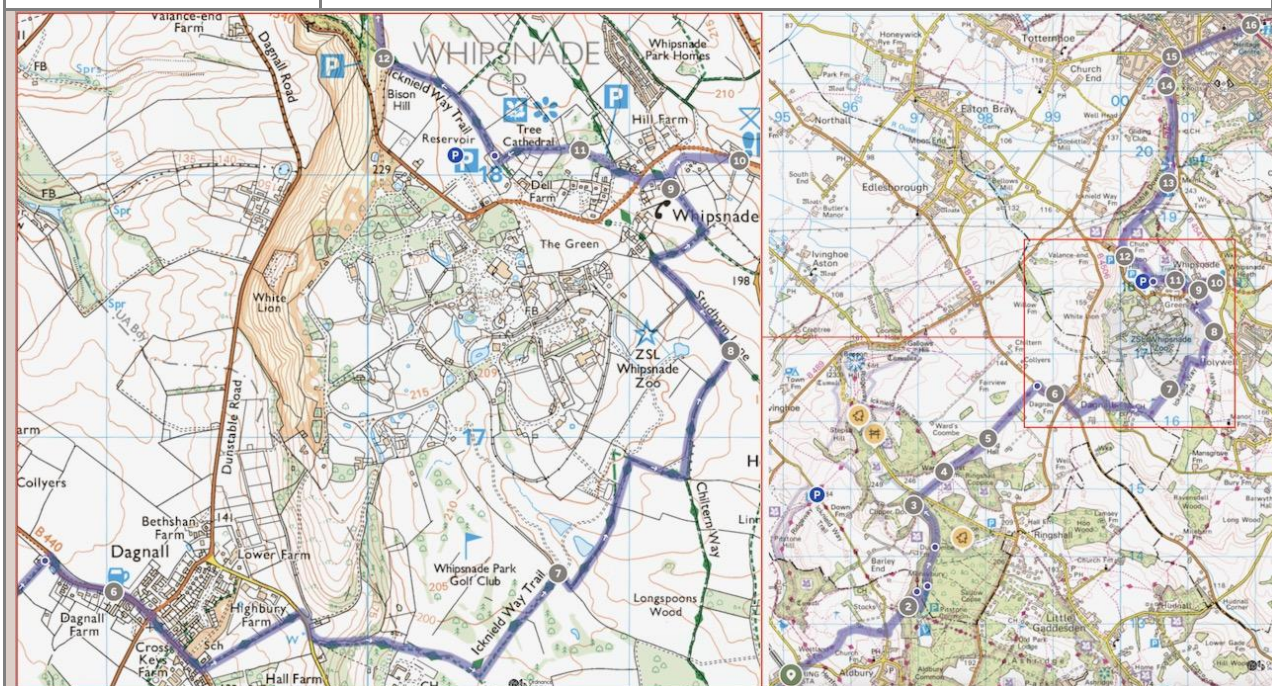


## ISLINGTON U3A LONGER WALKS GROUP

Walk title	Tring to Dunstable (Icknield Way)	Walk no. 567
Area	The Chilterns (Herts/Bucks)	Type Linear
Date	Wednesday 6th May 2026	
Distance	11.75 miles	
Timing	5 hours walking plus refreshment and lunch breaks means we should be at Luton station around 16:30.	
Meeting up & travel	<p>Meet at Euston Station by 9:30am for the 9:39am to Tring (final destination Milton Keynes), arrives 10:21am. Off peak day single Harrow &amp; Wealdstone &gt; Tring £5.25.* Meet at the back of the concourse near the top of the ramp to platforms 11 and 12.</p> <p>Return: Frequent free* buses (Z from stop P1) from Dunstable main cross roads to Luton station via the express Busway, then frequent Thameslink trains to St Pancras. Book off-peak day single Luton &gt; Elstree and Borehamwood £4.35,* about 35 minutes.</p> <p>*with Freedom/Over 60s pass and Senior railcard. Not valid on EMR trains from Luton.</p>	
Route	<p>This walk mainly follows the westernmost part of the Icknield Way Path along the chalk scarp of the Chilterns.</p> <p>From Tring station (yes, again!) take the Hertfordshire Way then ahead following the track to cross the road N of Aldbury. Climb steeply to the Bridgewater Monument (2). Follow the scarp round to Duncombe Terrace then (3) north to cross the road to the farm track to and through Ward's Hurst Farm (4). Continue ahead now joining the Icknield Way Path to the B440. Go right, through Dagnall (6 - Red Lion pub), then left on the footpath after the school. Go right a short distance then take the narrow steep footpath. Turn left across the golf course (not well marked, just keep going in a straight line). At the hedge (7) find the footpath next to the Zoo's high wire fence. Follow along this fence, turning left into Studham Lane (8). Take a sharp right along a hedge line, then left towards Whipnade church. Go through the churchyard (9). Cross the village green and take the lane beside houses to the NT Tree Cathedral (11). The trail veers off left, dropping down, then right along the backs of houses before emerging onto Dunstable Downs (12). Walk north along the scarp edge, past the Gateway Centre to Five Knolls round barrows (14). Just past there take the steep track down with a fence on the right to the roundabout on the B489 (15) now leaving the Path.</p>	

	Continue east on the suburban road to the junction with the High Street.
Lunch	Pub: Old Hunting Lodge at Whipsnade (10) ( <a href="#">menu</a> ) (8 miles, around 2pm) or picnic in the delightful Tree Cathedral.
Dropping out	Buses (ZOO) from Whipsnade to Luton: 1:11pm, 2:41; or taxi from pub
Suitability	Suitable for any reasonably fit regular walker. There are two short steep rises and one steep drop, otherwise mostly rolling hills or level. No mud when I did the recce. Comfortable waterproof walking shoes/ boots. Waterproof jacket. Check weather forecast for temperature and likelihood of rain. Wear, or carry, an extra layer.  Members should advise the Walk Leader of their 'ICE '(in case of emergency) phone number if they have any health concerns.
Facilities	At Euston and on the trains. NONE at Tring station. At the pub (8 miles), Chilterns Gateway Centre (10 miles) and Luton station.
Walk source	<a href="#">Icknield Way Path</a> and <a href="#">Leader's recce</a>
Maps	OS Explorer 181 Chiltern Hills North/193 Luton & Stevenage. <a href="#">Link to route and gpx file on OSmaps</a> and see below.
Leader & contact details	Keith Mason Mobile 079 199 25231 Email <a href="mailto:keithuk@gmail.com">keithuk@gmail.com</a>



Interesting facts

The [Ickniel Way Path](#) is a modern national trail 110 miles long from Ivinghoe Beacon to Norfolk, emulating part of the ancient [Ickniel Way](#) that continued west to Avebury. It served as a major route before, during and after the Roman period and was one of the "Four Highways" of medieval England.

[Ashridge](#) was a former priory where Henry VIII kept his children. Later the Egerton family took the estate. The house (now a business school) was rebuilt in the 19th century and the estate land was given to the NT in 1921. The monument is dedicated to Francis Egerton, 3rd Duke of Bridgewater (1736–1803), "the father of inland navigation".