

CP	Map Ref	Location	Approx k/m done	Approx k/m to go	Guide to next CP
Start	SP 897007 HP16 0BN	Misbourne School	0/0	40	From start go via High Street SP 895 011 , right in to Church Street and then right over bridge to Gt Missenden Church SP 900 010 . Follow foot path to SP 914 008 turn right on to Hyde lane to SP 914 007 (do not under any circumstances turn left and follow Hyde lane to CP1A) follow track and path via SP 918 007 to) SP 918 012 (please note, path runs along the edge of the woods not through the woods as per some maps) turn left and follow pavement to end of Hyde lane, Please take great care crossing this busy road(should be Endurance team members assisting with crossing).
1A	SP 917 012	Hyde End (unmanned)	3.2	36.8	The checkpoint is unmanned but there is a “team tracker” to scan your own walker card attached to gate/fence after you cross the road. Follow FP to SP 914 017 turn right along track SP 915 018 then FP to SP 915 019 , take the right hand path to SP 923 020 then via road (care required on road) to SP 923 022 , then FP to SP 924 024 then to CP1 (do not approach CP 1 via the road!)
1	SP 922024 HP5 2SX	Herbert’s Hole	5.7	34.3	From CP1 follow BW to SP 944 020 turn right up RD then follow FP to CP2. Care crossing RD at SP 949 019 , only a minor RD but can be busy.
2	SP 955016 HP5 1HX	Chesham Bowls Club	9.5	30.5	Cross at Zebra crossing SP 958 014 . turn right and walk along pavement along A416 (Red Lion Street), turn left up Punchbowl lane SP 960 013 , turn right follow path running parallel to railway to unmanned CP 2A at SP 968 009 .
2A	SP 968009	Chesmount Rise (unmanned)	11	29	The checkpoint is unmanned but there is a “team tracker” to scan your walker card located on a field gate on left at the start of the path . Follow footpath via SP 975 016, SP 982 017 , follow the track (not marked as FP on map) through woods to residential road at SP 987 019 to cp 3 under no circumstances should the road via Botley be used
3	SP 990019 HP5 1UY	Ley Hill	14	26	Go via BW to grid SP 993 022 , then BW to SP 994 030, SP 995 032 PLEASE TAKE CARE by very busy road that you have to cross. BW To unmanned CP3A
3A	SP 996032	The Border (unmanned)	15	25	The checkpoint is unmanned but there is a “team tracker” to scan your walker card attached to gate/fence after you cross road at the start of the bridleway. BW to SP 986 039 , FP to SP 981 039, SP 974 035 then by FP to CP4.

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4	SP 970039 HP5 3PF	Nashleigh Ashley Green Rd. A416	19	21	Cross over RD follow FP to Little Pressmore Fm. Care crossing busy rd at SP 964 042 . Follow BW & FP to SP 945 059 . Cross over Hawridge Lane (track) to SP 941 064 , SP 942 065 , SP 943 067 cross the road with care and use footpath parallel to the road in woods (not marked on map) to CP5
5	SP 941068 HP5 2UQ	Hawridge	23	17	By FP to SP 943 069 , then RD to SP 943 070 and take track off to your left past Tring Grange Fm. SP 941 075 . At end of track/FP cross the road. Unmanned CP5A SP 939 082
5A	SP 939082 HP23 6JQ	Cholesbury Road (unmanned)	25	15	The checkpoint is unmanned but there is a “team tracker” to scan your walker card attached to gate/fence as you cross road to enter the wood. Crossing road into wood and kick left on to FP. Follow FP, BW & RD to Hastoe CP6. At SP 935 083 , the end of the wood, head left following path (crossing Kiln Road) to SP 930 080 and turn right on to BW and follow. At Hastoe go left up Gadmore Lane to CP6. Hastoe,
6	SP 914092 HP23 6LS	Hastoe	28	12	Follow BW to ‘Bottom Road’. As FP joins the RD, go left, note radio mast on your left, and follow up RD a few yards to SP 905 085 Now take Ridgeway FP to SP 901 081 , then FP through woods (keeping to left FP when you hit a split in the path at approx. SP 898 079) to CP7.
7	SP 898074 HP23 6LH	Hale Lane	31	9	Take this main FP/BW for a short distance looking for FP sign on left at approx. SP 896 071 & head left passing house/farm on left and follow FP to SP 899 057 , past old Swan PH to SP 904 054 , then FP to CP8 via SP 902 047
8	SP 905043 HP16 9JH	Lee Common Scout HQ	34	6	Leave HQ turn right and follow road and then FP to SP 906 041 , follow path on right down the hill, through the gate at SP 906 039 . Follow BW to SP 912 035 , then FB and road to SP 910 032 , then follow FP via SP 910 031 , SP 911 030 , SP 910 027 , SP 910 025 to SP 907 020 Bury farm. Turn left along the road and take FP to SP 906 018 . Turn Right and follow pavement along Frith hill to SP 900 013 . At sharp corner take the track on right , then right again and FB down steep hill to underpass of B485/A413. Walk along Church Street to Gt Missenden High street at SP 895 011 and then on to home via pavement.

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Home	SP 897007 HP16 0BN	Misbourne School	40	0	WELL DONE. You have done almost a marathon in less than 14 hrs with kit over rough terrain.
<p>Course notes, tips & ideas</p> <ul style="list-style-type: none"> ➤ Use Google Earth & Street View and "Grid Reference Finder" when plotting the course, but remember the use of GPS navigation is not permitted except in an emergency ➤ There is still some road walking but where possible it has been reduced. However, there are a number of paths that break out onto roads and in some cases with poor visibility left & right, Note these locations. ➤ Beware Rabbits!! There are a number of locations on the route that have a healthy rabbit population and they don't mind where they dig burrows or in particular bolt holes which are often away from the main warren and all too frequently close to bridleways and footpaths. These bolt holes are often 'camouflaged' (cunning devils these rabbits!) and hard to see in daylight let alone the dark...stay alert to their possible presence, typically close to hedges and fences ➤ Many of the bridleways see heavy use from horses and 'mountain bikes' and it is common to come across them in daylight hours, the bikes are a particular hazard especially if coming from behind as you may not hear them. Depending on weather conditions these two users can leave sections badly rutted; creating very boggy areas or hard, sharp, cratered sections adapt and twisting the ankle of the unwary. Been there, done that, not good! ➤ Increase your visibility to road users or people searching for you. In addition to torches and the Hi-Vis jackets try a small 'cycle' lights attached to your rucksack, or try sticking some reflective tape to prominent areas of your rucksack to increase the probability of being seen at night. small but numerous strips on key bits like the end of straps, shoulder strap etc.. It's very effective and needs no batteries. One possible reflective tape supplier. http://www.glow.co.uk/reflective-tape.html 					