

Endurance 40 Route 2022 v1.0 40km 14 Hours

Check Point	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	40/25	Good Luck. Enjoy! From start go via High street, right in to Church street and left along footpath (FP) SP 897 012 next to school. Take care crossing road at SP 895 015 , follow FP to SP 895 017 , then use underpass to go under A413. Follow footpath via SP 895 022 , (please note you cross the HS2 route. Path open Nov 2021 but possible diversions planned according to HS2 web site)to SP 901 027 then take care on short road section to CP 1A SP 902 026
1A	SP 902026	Potter Row (unmanned)	2.9	37.1	The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence after you cross the road. Take FP via SP 903 030 , SP 911 027 . Follow left path to SP912 028 cross road with care and follow path opposite (looks like someone's drive- Bull Cottage) to CP 1 SP921 027
1	SP 921027	Herbert's Hole	5.5	34.5	From CP1 follow FP to SP 921 024 then left along road to SP 922 024 then follow BW. At 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 956015 HP5 1HX	Chesham, St Mary's Guide HQ	9.5	31.5	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	Chessmount Rise (unmanned)	11	29	The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip on a field gate on left at the start of the path our own walker card. Follow footpath via SP 975 016 , SP 982 017 , follow the track through woods (not marked at FP on map) to residential road at SP 987 019 to cp 3 under no circumstances should the road via Botley be used
3	SP990019	Ley Hill	14	26	Go via BrW to grid SP 993 022 , then BrW to SP 994 030 , SP996 032 . PLEASE TAKE CARE, VERY BUSY ROEAD YOU HAVE TO CROSS. BrW To unmanned CP3A
3A	SP 996032	The Border (unmanned)	15	25	The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence after you cross road at the start of the bridleway. BrW 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	18	22	Cross over RD follow FP to Little Pressmore Fm. Care crossing busy rd at SP 964 042 . Follow Byway (ByW) & 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 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 tag and/or punch to clip your own 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, ByW & 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 ByW and follow. At Hastoe hook left up Gadmore Lane to CP6. Hastoe,
6	SP 914092 HP23 6LS	Hastoe	28	12	Follow BrW to 'Bottom Road'. As FP hits 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 track to SP 904 038 , then left via SP 905 037 , SP 903 033 , SP 902 030 to (was CP1A) turn right Follow road (take care) for 25 M then path at SP 901 027 , (please note you cross the HS2 route. Path open Nov 2021 but possible diversions planned according to HS2 web site) and then FP to SP 895 017 , use underpass to cross under A413. Follow path to SP 897 011 (take care crossing road), then by road to finish SP 897 007

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Finish	SP 897007 HP16 0BN	Misbourne school	40	0/0	WELL DONE. You have done nearly a marathons in less than 14 hrs with kit over rough terrain
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Course notes, tips & ideas

- 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!
- Here's an idea to 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. Don't have to be big sections of tape, small but numerous strips on key bits like the end of straps, shoulder strap etc. is just as good if not better. The fact that some parts of the pack with the tape on will move only serves to catch the eye. It's very effective and needs no batteries. One possible reflective tape supplier. <http://www.glow.co.uk/reflective-tape.html>