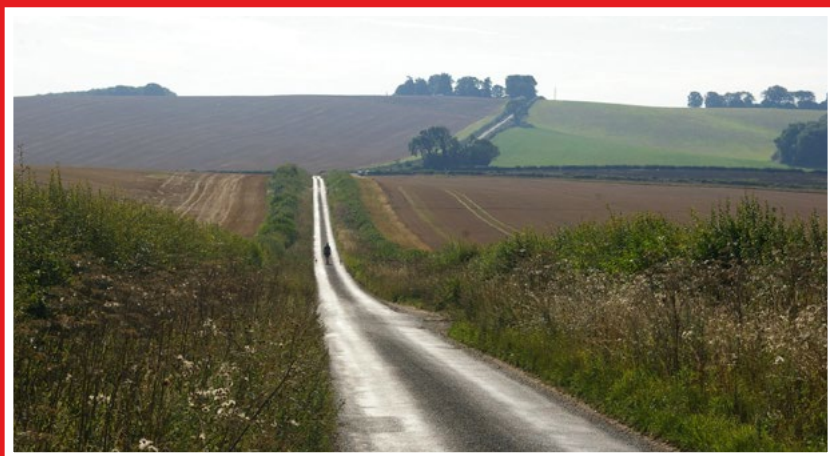




THE '69 HILL' CYCLE CHALLENGE



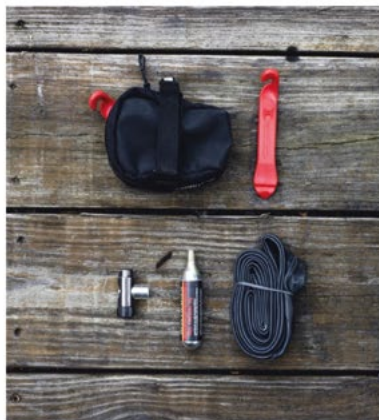
Compiled by John Laker.
Brought to you by Saddle Safari.

Do you know how to repair a puncture?

We offer a very simple **FREE** one hour lesson on the 1st Saturday of each month to teach you!.



OPEN TO ALL



Starting at 10AM with coffee to finish.

The following pages show 69 hills on maps of Marlow and surrounding areas. The difficulty of climbing these hills on a bike, without dismounting, is graded between 1 and 10, with 10 being the most difficult (see page 31). This is a very subjective view!

To discover and climb each of these hills took me a few years; however most fit cyclists should be able to cycle up all of them relatively quickly.

All the hills are numbered and have an appropriate description. Should readers wish to tick off each hill climbed, there is a box next to each description, along with a space to enter the date that this was achieved.

There is a composite map on page 7 showing all 69 hills. In addition, there are maps of areas east, west, north and north-west of Marlow, as well as one covering central Marlow.

Although all the hills are numbered, some do appear on more than one map.

It is estimated that climbing up all these 69 hills would equate to climbing well over 3000 metres.

Saddle Safari will be donating a £50 voucher to the first cyclist who can prove that they have successfully climbed all of the 69 hills.

However, this booklet is intended to prompt cyclists to see some of the best landscapes in the UK, whilst undertaking some fairly strenuous exercise. It's more about enjoyment, so, 'Have Fun!'



This booklet was written by John Laker. John is on his Trek bike, below, wearing his MIPS Cycle Helmet, both bought from Saddle Safari. John has, so far, ridden well over 9,000 miles on his bike.



John is not a MAMAL (Middle Aged Man in Lycra), he is a SCITAS (Senior Citizen in Trousers and Socks).

In case anyone thinks that an 18 year old climbed all these hills in one go with ease, John climbed all these hills in one when he was over 70 years old! You're never too old!



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**Purchased an adult helmet from
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We believe it is **vital** that you have the
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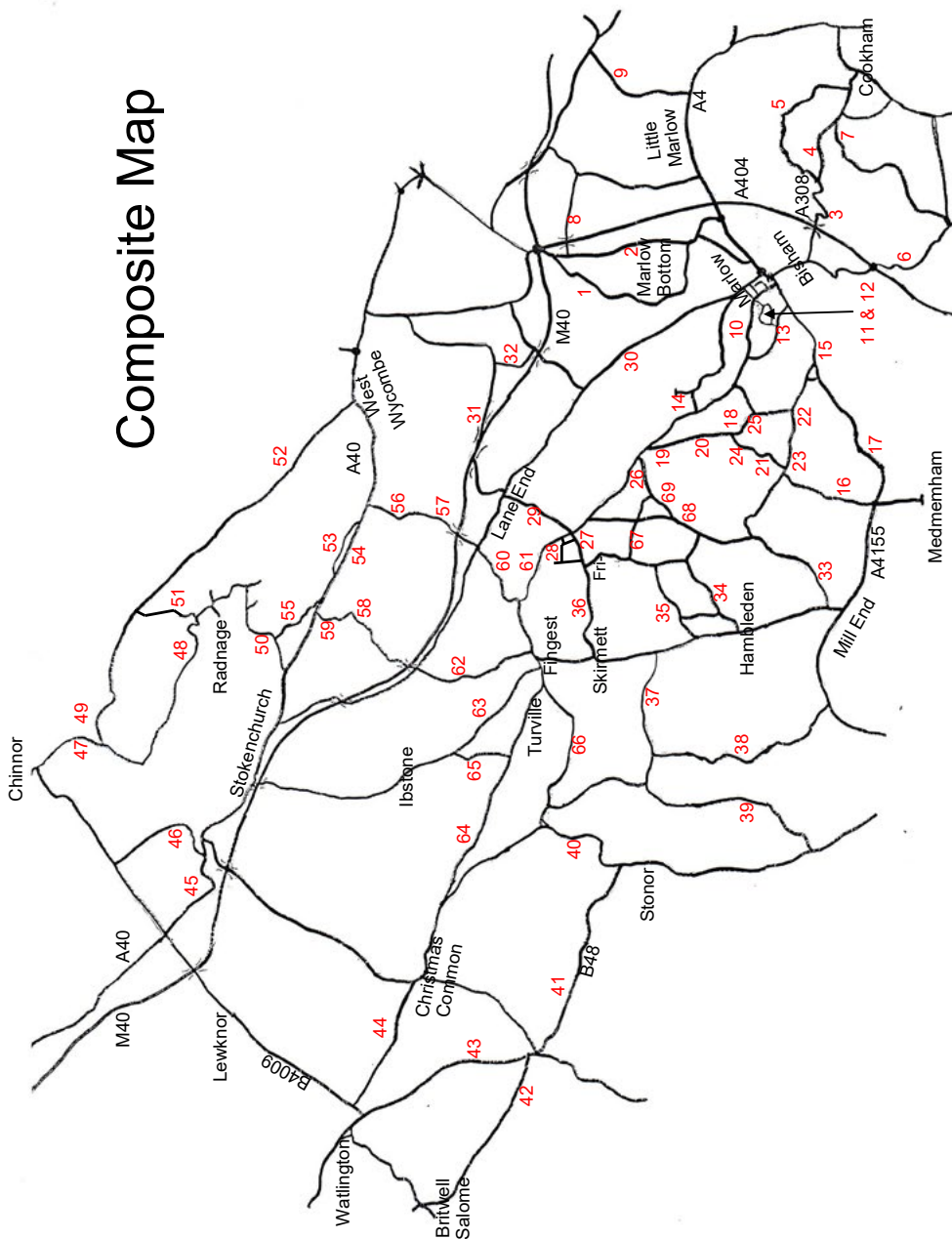
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Composite Map



Cleaning and lubricating your bike

1. Make sure that you NEVER jet wash your bike. Hosepipes or buckets of water are much better options

2. Spray your bike with 'Finish Line Super Bike Wash' spray. Leave this on for 2-5 minutes



3. Use the 'Finish Line Brush Set' to gently agitate any grime and dirt.



4. Wash the bike down with water from a bucket or hosepipe

5. If you have any stubborn oil/grime on your gears, you will need a stronger degreaser. The 'Citrus' degreaser which is a great option for most bikes, but if you have disc brakes or extremely heavy oil residue, then the 'Speed Degreaser' is the ultimate option.



6. Use the brushes again to agitate any dirt off and wash off as necessary. To properly clean your chain, use a 'Chain Cleaner/Bath'. The bath is filled with degreaser, and the chain runs through the various brushes, ensuring all the chain links are spotless.



7. Once you have cleaned your bike, spray with TF2 which is a light water dispersant with Teflon. **NB – do not spray onto the brakes**



8. For the chain use an oil (see below) rather than TF2 spray

Your options are:

Dry Lubricant

Designed for summer use, this oil is a lighter weight option which picks up less dirt than wet lubricant.



Wet Lubricant

Designed for use in winter, this heavier weight lubrication is able to withstand poor weather, and is better for very long distances.



Ceramic Lubricant

The ultimate lubrication choice for your bike, this must be only applied to a very clean chain.



To the east of Marlow, mostly in Berkshire, are a selection of hills, some with spectacular views - see map on page 11.

- 1). Take a left turn off the Wycombe Road to Marlow Bottom. This is a long road, but after it turns sharp right there is immediately a short, steep climb (15%), followed by a much longer climb, which is still testing.

☐/....

Hill 1



- 2). The Wycombe Road is a busy road and I do not recommend cycling up this hill for fun. However, it is a long, but a relatively easy climb.
☐/....
- 3). Crossing Marlow bridge into Berkshire and turning left into Quarrywood Road leads one to a climb that looks steeper than it is. This road takes one to Cookham. ☐/....
- 4). Cycling from Cookham towards hill 3). this hill is a longish, but not too hard, climb. ☐/....
- 5). Heading west on Lower Road, just west of Cookham Railway Station, take a small turning on the right, called Grange Road. One then gradually climbs Winter Hill. This is another relatively easy climb, but the views from the top are exceptional! ☐/....

- 6). Cycling from Bisham, one can cross the A404 (carefully) and climb up this moderate Maidenhead bound hill (A308). ☐/....
- 7). Again cycling west from Cookham, to Cookham Rise, on Lower Road, then onto Dean Lane, turn left towards Cookham Dean. This is a longish climb, but not too difficult. ☐/....
- 8). Leaving Marlow on the A4155 towards Bourne End, cross the A404 (via the cycle path). The second turning on the left is Winchbottom Lane. This longish road eventually turns left at a T junction and climbs up a moderate hill to meet the Wycombe Road. ☐/....

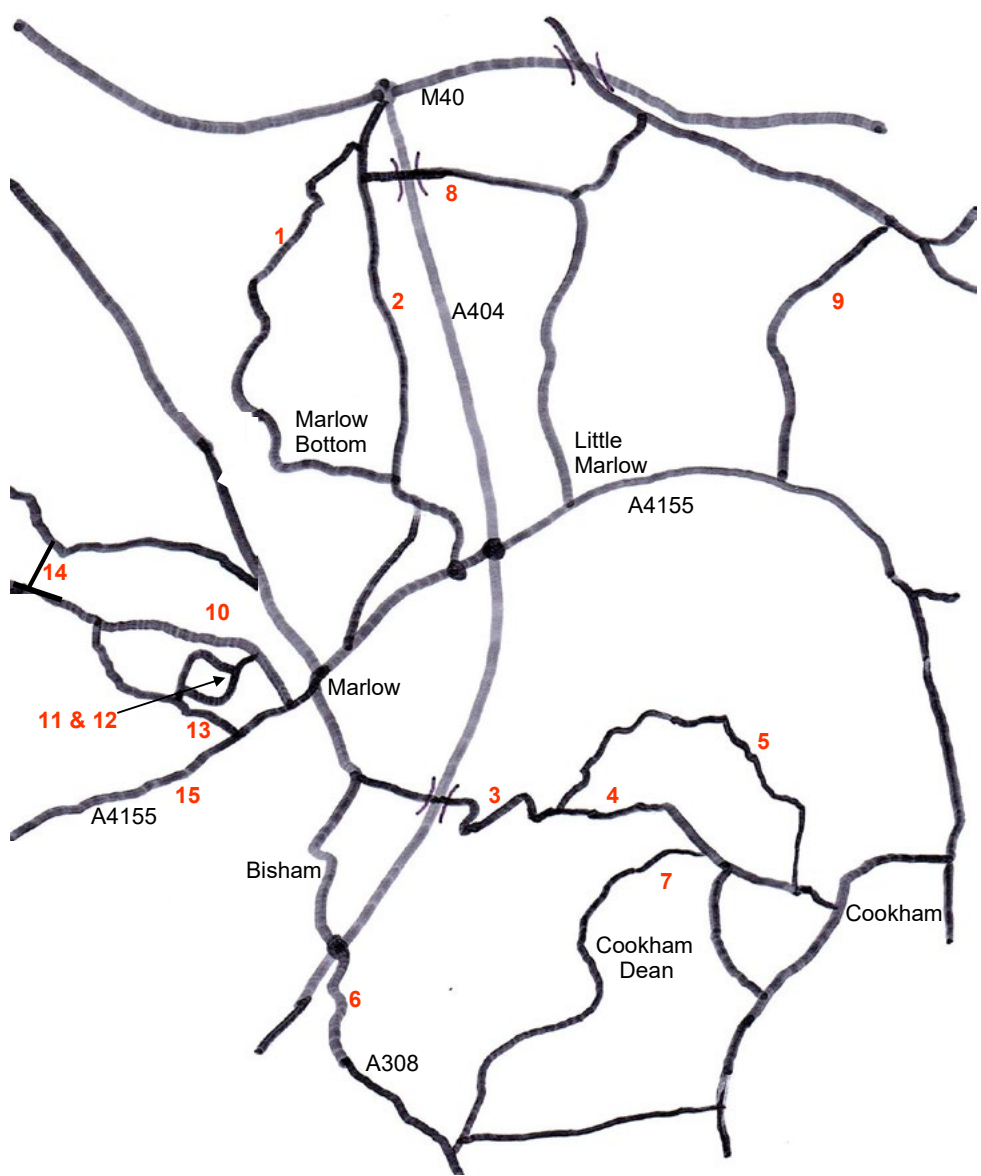
Hill 8



- 9). If one continues past Winchbottom Lane and through Little Marlow on the A4155, the second left turn, at a mini-roundabout, is Sheepbridge Lane. Another longish climb, but not too hard, taking one to Flackwell Heath. ☐/....

Note; I have not included the A404 dual carriageway going north towards Handy Cross above, as I don't wish anyone to die!

East of Marlow





As Marlow is situated in the Thames Valley, there are a good number of hills, close to the Town - see map on page 19.

- 10). Leaving Marlow town centre on the Henley Road (A4155), towards Henley, the first right turn is Oxford Road. This leads into Chalkpit Lane; a long but leisurely climb leading to the Frieth Road. This is another busy road.

☐/....

- 11). If one turns first left along Oxford Road, one enters Barnards Hill. Taking the second left turn, Barnards Hill initially has a dip before ascending again steeply (8%) to join Terrington Hill (see hill 12).). ☐/....

Hill 11



- 12). If, instead of taking the left turn on Barnards Hill, one continues straight on, one climbs Terrington Hill. A stiff climb leading to Spinfield Lane.

☐/....

- 13). Cycling from Marlow towards Henley on the Henley Road (A4155), two turn-ings along, on the right, is Spinfield Lane. A longish hard climb leading to Bo-vingdon Green and the Frieth Road. ☐/....
- 14). Leaving Marlow on the Lane End Road, the third turning on the left goes to Munday Dean (a cul-de-sac). however after about 2 kms there is a bridle path on the left. This is a steep climb, on rutted concrete, which joins the Freith Road. This is dangerous when wet, especially when descending it.
☐/....

Hill 14



- 15). Riding a couple of kms out of Marlow, on the A4155 Henley Road, one reach-es Sentry Hill. A testing, but relatively heavily trafficked, hill. ☐/....
- 16). Continuing along the Henley Road one reaches the crossroads at the village of Medmenham. Turn right here at Bockmer Lane. This longish hill is fairly testing. At the T junction at the top, turn left to go to Mill End, or turn right to descend hills 21)., or 23). ☐/....
- 17). Cycling from Medmenham towards Marlow, on the A4155, adjacent to Danes-field House Hotel, is a long hill, but the incline is fairly moderate. ☐/....

- 18). Taking the Frieth Road out of Marlow, pass Bovingdon Green, and take the next turning on the left, which leads you to eight climbs around Marlow Common. At the first T junction continue straight on down hill 25). to reach this stiff climb. ☐/....
- 19). At the top of 18). continue straight on down hill 20). This is an easy slope taking one back to the Frieth Road, but there is a short, sharp incline at the end of it. ☐/....
- 20). If one cycles down hill 19)., one reaches this climb, which is relatively short, but sharp. ☐/....
- 21). At the top of 20). turn right and descend hill 24). before climbing another moderate hill. ☐/....
- 22). At the top of 21). turn left and descend hill 23). before climbing again. This hill takes a bit more effort. ☐/....
- 23). On the Frieth Road, pass Bovingdon Green and again take the next left turn, this time, at the first T junction, turn left passing the First World War Training trenches on your right; turn right after about a km, then descend hill 22). and climb up the other side. This is a tough climb. ☐/....

Hill 23



24). After climbing hill 23). The next turning on the right takes one down hill 21). and up the other side. This is another tough climb. ☐/....

Hill 24



25). At the top of hill 24). Turn right to descend hill 18). and climb up the other side. This is a moderate climb. ☐/....

Note; One can complete two 6km circuits in this area. Circuit one consists of hills 18)., 21). and 22). and circuit two consists of hills 23)., 24). and 25). Circuit two is slightly more strenuous than circuit one.

26). The Frieth Road has three hills, which are either short, or of a lowish incline. However the second left turn after the Marlow Common turn off is Chisbridge Lane. This a moderate climb, leading to Hambleden, or Mill End. ☐/....

- 27). Cycling towards Frieth on the Frieth Road, one reaches the Frieth crossroads, one can turn left up a challenging hill, which runs through the village of Frieth leading to Hambleden. ☐/....

Hill 27



- 28). An alternative to this climb is to cycle straight across at the Frieth crossroads and take the first left turn at the Prince Albert pub. Turn right at the first T junction and climb up a hill of similar severity to hill 27). Turn left at the next T junction to arrive at the top of Freith Hill. ☐/....
- 29). Heading towards Frieth on the Frieth Road, one can turn right at the Frieth crossroads, travelling towards Lane End. There are a series of relatively small hills, which are not too taxing. ☐/....
- 30). Taking Dean Street and then the Lane End Road out of Marlow, there are four hills on this road. None are particularly difficult, but this is a heavily trafficked road. ☐/....
- 31). From Sands, in High Wycombe, take the Lane End Road and then Park Lane, towards Lane End. This road has two hills. The first is longish, but relatively gentle, the second is short, but steepish. ☐/....
- 32). If one descends hill 31)., at the bottom, turn right into Horns Lane. This gentle climb takes one up to Cressex Road. ☐/....

Note: A good circuit on a Sunday morning is from Marlow to Winchbottom Lane, Handy Cross (via the cycle path), Horns Lane, Lane End, Frieth crossroads and then back to Marlow.

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Local Bike Clubs



MarlowRiders.org.uk



Highwycombecc.co.uk



Beaconsfieldcyclingclub.co.uk

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maidenheadcc.org.uk



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**we are
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Southbuckscycling.org.uk

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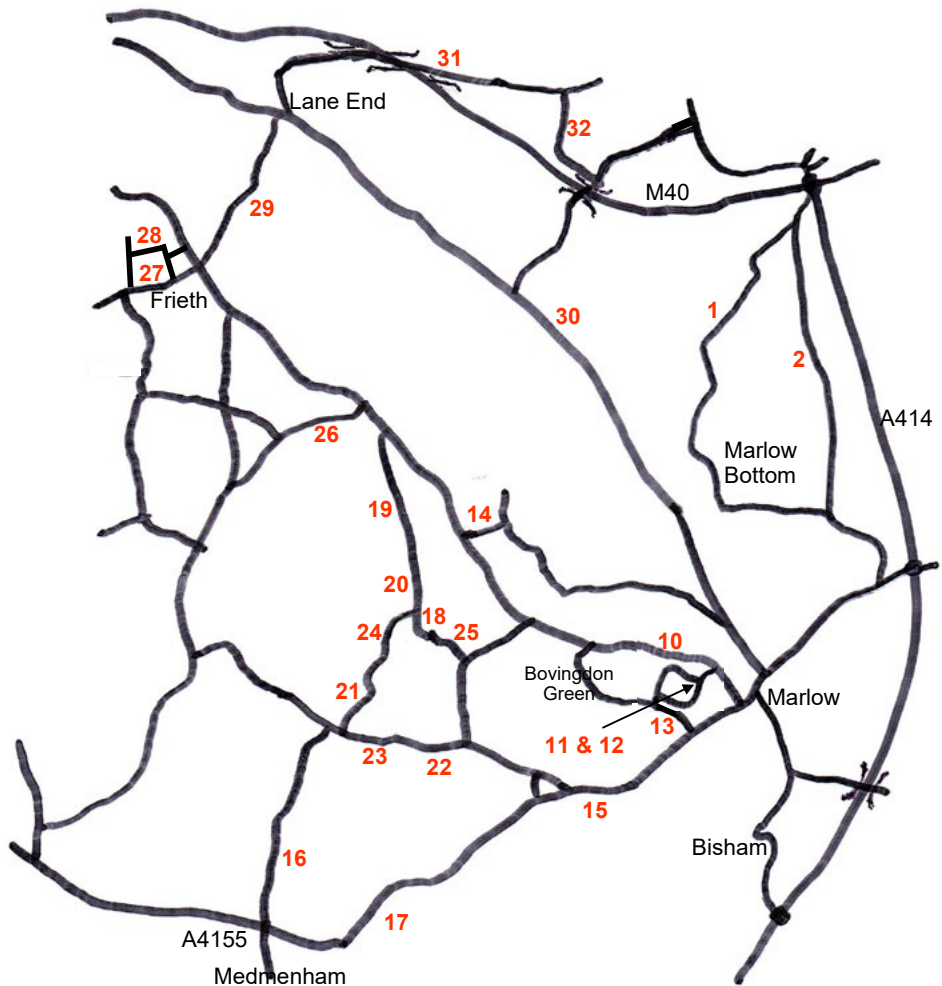
juniors as well



summitmtb.co.uk

Juniors as well

Marlow Central



The area west of Marlow is a challenge for most cyclists - see map on page 22. The Hambleden Valley has eight roads exiting it. All are long, or hard, or both, except one (the road to the Frieth crossroads).

- 33). Heading towards Henley on the A4155, at Mill End, turn right into Skirmett Road. The first turning on the right leads to Rotten Row and then to Frieth Road. This is a long and steepish hill. ☐/....
- 34). Continuing along Skirmett Road, the second turn (excluding cul-de-sacs) on the right takes one into Hambleden. Continue through the village and climb Pheasant Hill. Again this is long and fairly steep. ☐/....
- 35). The third turn on the right (excluding cul-de-sacs) in Skirmett Road is Colstrove Lane. This three hill climb starts with a short 12% incline, the third makes it possibly the most challenging climb around Marlow! The road sign at the top says 20%! ☐/....
- 36). Just as you enter Skirmett, the fourth turn on the right (excluding cul-de-sacs), along Skirmett Road, is Shogmoor Lane. Another long and very stiff climb (but it has a seat at the top - see photo below). ☐/....

Hill 36



- 37). Continuing north along Skirmett Lane, the first turn off, on the left, is Dudley Lane. This long and very challenging hill goes past the Luxter's Vineyard. Half way up there is an incline of 11%. ☐/....

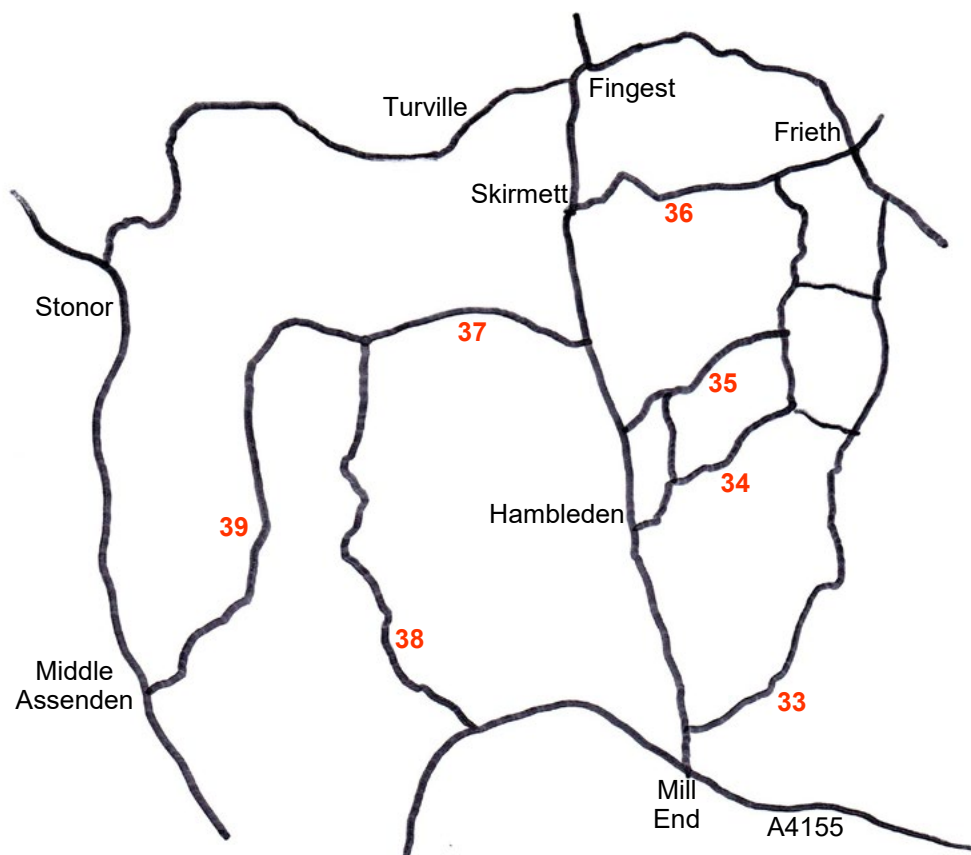
Hill 37



- 38). If one passes Mill End on the A4155, going towards Henley, the next turning on the right is Benhams Lane. This takes one through Fawley and then to the top of hill 37). ☐/....
- 39). On the B480 Stonor Road, at Middle Assendon, there is a turning in an easterly direction to Fawley Bottom Lane, this long climb takes one through some beautiful countryside to the top of hill 37). Again there is an incline of 11% on a bend half way up this climb. ☐/....

Note: The three other exits from the Skirmett Road are to be found in the 'North' section on page 28.

West of Marlow



The Chiltern roads north-west of Marlow again give the cyclist some magnificent views - see map on page 25.

- 40). Cycling north, on the B480, one passes through Stonor. Half a km further on, one can turn right onto Balham's Lane. This longish moderate hill, takes you to Turville Heath. Turn right to descend Hill 66). ☐/....
- 41). Again cycling north, passing through Stonor, then Pishill, on the B480, one climbs a longish hill of moderate steepness. ☐/....
- 42). At the junction at the top of hill 41). there are two hills here, close together. Turn right and then first left and you will be at the top of Britwell Hill Road. To ascend this hill, take the B4009 Benson Road out of Watlington and Britwell Hill is signposted on the left. ☐/....

Hill 42 (down)



Hill 42 (up)



- 43). To reach the same junction from the Watlington direction, take the B481 from Watlington, leading to Howe Hill. Again this a steep and tough hill. ☐/....

Note: The B481 carries a fair amount of relatively heavy traffic.

- 44). Also starting at Watlington, one can exit east of the Town along Hill Road. Sometimes one can see the triangular design cut into the chalk on the right side of the hill. This a long climb, but not too testing. ☐/....

Hill 44

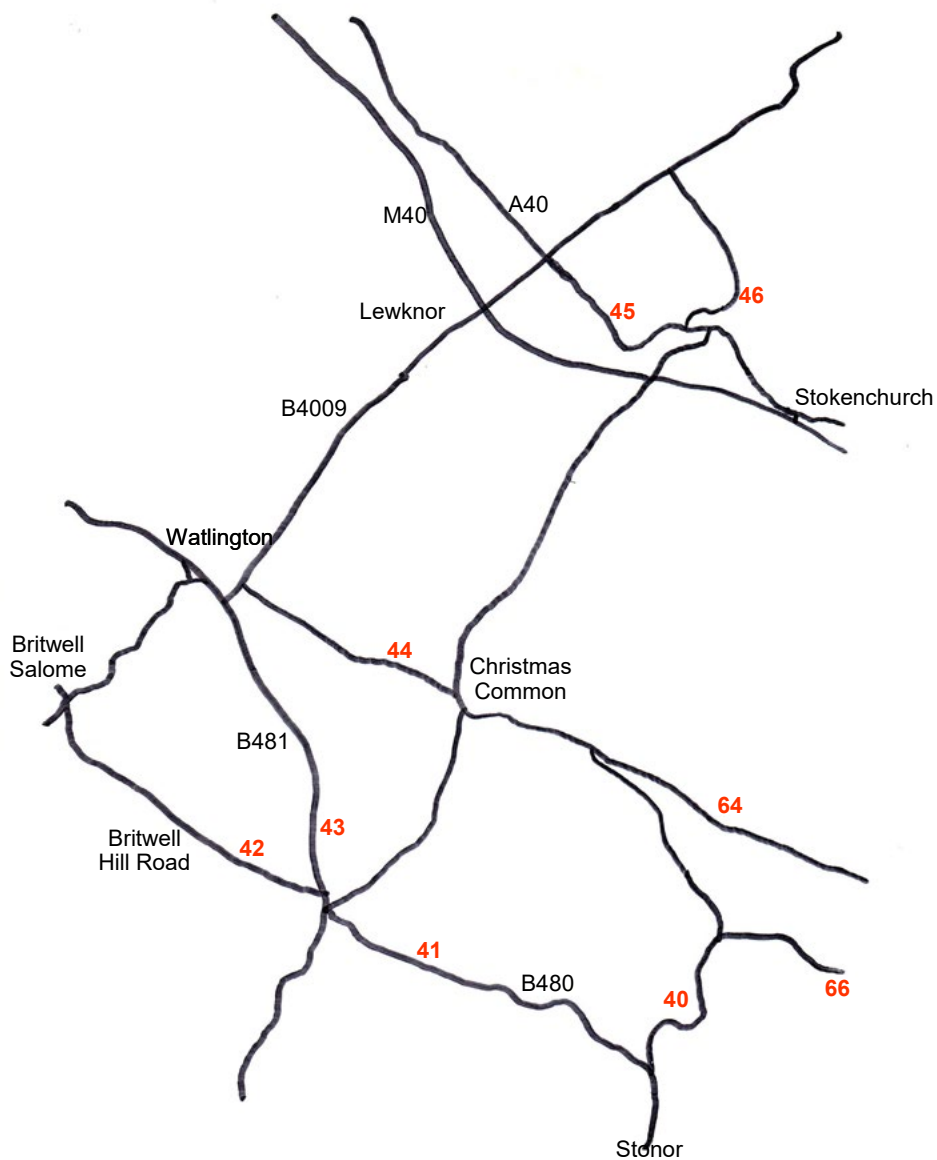


- 45). On the B4009, travelling from Watlington towards Chinnor, are another two hills. The first on your right, is Aston Hill, on the A40. This is a long, but relatively easy climb, taking one into Stokenchurch. ☐/....

Note: The A40 carries a fair amount of relatively heavy traffic.

- 46). The next turning on the B4009, on the right, cycling towards Chinnor, is Kingston Hill. Again this is longish hill, but steeper than hill 45). on the A40. It eventually joins the A40. A left turn takes you towards Stokenchurch. ☐/....

North-West of Marlow



The Chiltern roads north of Marlow provide spectacular views of the plain below - see map on page 30.

- 47). If one takes the B4009 to Chinnor, there are another two hills. Turn right to reach Chinnor Hill. This is another very long, but relatively easy climb, taking one to either Bledlow Ridge, or to Radnage, then Stokenchurch.
☐/....
- 48). To reach the second hill on this road, one needs to cycle straight up Chinnor Hill, on towards Radnage, along Sprigs Holly Lane, until one reaches a T junction. Turn right into Town End Road. Turn first right, still on Town End Road, and then turn left and first right into Bower's Lane and then right into City Road. The hill on City Road is relatively easy. This road joins the A40 east of Stokenchurch. ☐/....
- 49). As an alternative to hill 48)., one can bear left nearing the top of Chinnor Hill and attempt the remaining climb in the direction of Bledlow Ridge and then West Wycombe. ☐/....
- 50). On the A40, east of Stokenchurch, take the City Road on your left. At the first T junction, turn left into Bower's Lane, then left and first right into Town End Road and then left and first right. The first turning on the left is Sprigs Holly Lane. This steepish hill leads to some excellent views and takes one into Chinnor. ☐/....
- 51). Instead of turning left into Sprigs Holly Lane [see hill 50).], carry straight on along Cherry Lane into Radnage Lane. This steepish hill concludes at a T junction on Chinnor Road. This road links Bledlow Ridge to Chinnor. ☐/....
- 52). Cycling west on the west side of West Wycombe, one can turn right on the Chorley Road, which passes the 'Hellfire Caves'. This road leads one to Loxboro Hill and then to the road to Chinnor (Chinnor Road). Loxboro is a longish and steepish hill. ☐/....

- 53). On the A40 between Piddington and Studley Green are another two hills. The first turning on the right is Dashwood Hill, the old A40 route. This is a long daunting climb, which rejoins the new A40. ☐ .././....

Hill 53



- 54). The new A40, which runs parallel to Dashwood Hill, is much less daunting. This road leads one into Stokenchurch. ☐ .././....
- 55). A little further along the A40 on the right is Water End Road. This leads to a moderate hill, which joins up with City Road [see hill 50).]. ☐ .././....
- 56). Cycling west on the A40 from West Wycombe, just past Piddington, there is a left turn. This is Chipps Hill. It is long and steep at the top. ☐ .././....

Note: The A40 carries a fair amount of relatively heavy traffic.

- 57). Having reached the top of Chipps Hill one can continue along Bolter End Road. There is then a relatively easy climb joining up at the Lane End to Stokenchurch Road. ☐ .././....
- 58). Cycling from Studley Green, towards Stokenchurch on the A40, take a turning on the left to Horsleys Green (Bigmore Lane). After descending hill 59)., the Lane leads you to a short, but relatively tough climb. ☐ .././....

- 59). Cycling in the opposite direction to hill 58)., towards Horsleys Green, one encounters a short, but relatively tough climb. ☐/....
- 60). At the top of Fingest Lane in the Hambleden Valley are five climbs relatively close together. The first hill is on the continuation of Fingest Lane taking one towards Bolter End. This hill has short steep start (10%) and is a long and relatively stiff ascent. ☐/....
- 61). If one turns right at the top of Fingest Lane, one eventually reaches the Frieth crossroads. There are three gentle hills on this route. It is by far the easiest route out of the Hambleden Valley. ☐/....
- 62). Cycling north, on Fingest Lane, one reaches the village of Fingest. One can turn left at St Bartholomew's Norman Church into Chequers Lane. This is another steep and long climb along a narrow lane. At the top one reaches the Lane End Road. Turn right and immediate left to cycle down and up hills 58). and 59). ☐/....
- 63). Cycling north on Fingest Lane, one reaches a left turn to Turville, take this turn and after 100 metres, or so, turn first right on the Oxford Road towards Ibstone. This is a steep (10%) and long climb eventually taking you into Stokenchurch. There are amazing views of the Hambleden Valley. ☐/....

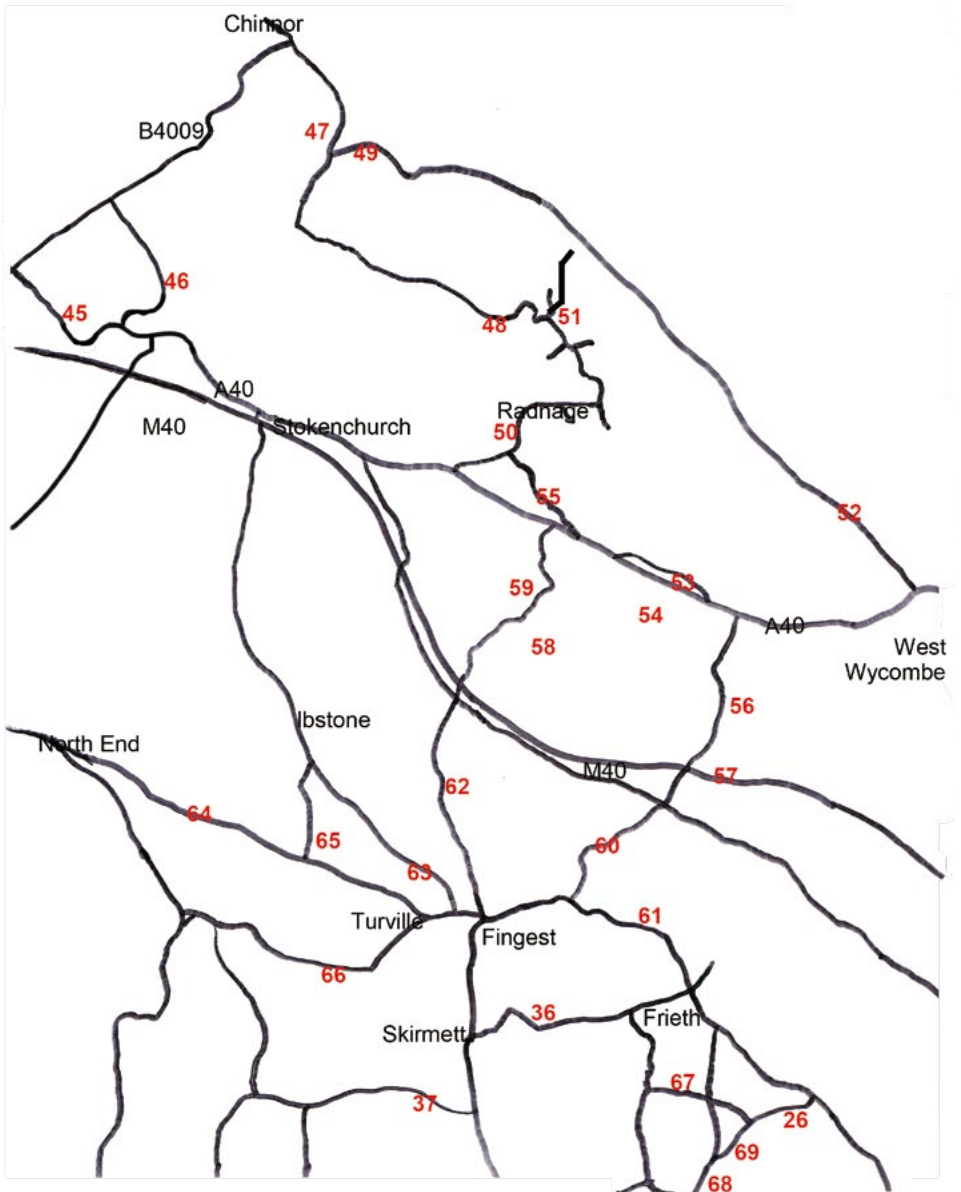
Hill 63



Note: Both Skirmett Road and Fingest Lane carry a fair amount of traffic.

- 64). If one cycles through Turville village (where the 'vicar of Dibley' was filmed) one eventually reaches the Hollow Way. This narrow lane is a long tough climb arriving at North End. ☐/....
- 65). Half way along the road leading to the Hollow Way is a turning on the right, Ashfield Barn Road, This is a very challenging narrow road with the delightful Ibstone Church at the summit. Turn right at the top to join the Oxford Road. ☐/....
- 66). Taking the turning off Fingest Lane towards Turville, prior to entering Turville village, there is a turn on the left called Dolesden Lane. After a couple of kms this turns into a long and strenuous climb, especially in mid-summer, again it arrives at North End. This is one of the few hills one can descend at speed (if traffic free). ☐/....
- 67). After climbing Hill 26). (Chisbridge Lane), the first turning on the right leads one to a T junction at Parmoor. This is an easy climb, but is often flooded in winter. ☐/....
- 68). After climbing hill 26)., if one carries straight on, one descends hill 69). before reaching hill 68). This is a short sharpish climb. This road takes you to the Fingest Road, near Mill End. ☐/....
- 69). Riding from Mill End to Chisbridge Lane, one descends hill 68). Before reaching a fairly easy climb. There are good views of the valley below. ☐/....

North of Marlow



The hills, mentioned previously, are listed below. The scores out of 10 indicate the severity of each climb. This is a very subjective list and readers may not agree with my scores

1).	8	24).	8	47).	8
2).	5	25).	6	48).	6
3).	7	26).	5	49).	8
4).	5	27).	7	50).	8
5).	5	28).	7	51).	8
6).	7	29).	4	52).	8
7).	7	30).	4, 4, 6 & 4	53).	8
8).	7	31).	4 & 6	54).	6
9).	6	32).	6	55).	7
10).	5	33).	8	56).	8
11).	7	34).	7	57).	5
12).	7	35).	10	58).	7
13).	8	36).	9	59).	8
14).	9	37).	9	60).	8
15).	7	38).	7	61).	3, 4 & 3
16).	8	39).	8	62).	8
17).	6	40).	6	63).	8
18).	7	41).	6	64).	8
19).	4	42).	9	65).	9
20).	7	43).	9	66).	8
21).	6	44).	7	67).	4
22).	8	45).	5	68).	5
23).	8	46).	8	69).	5

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