

Cuddington / Upper Winchendon

Circular Walk

Directions

- The complete circular walk is 4.5 miles long and takes about 2 hours. The walk can be started toward the north end at Upper Winchendon or at the south end at Cuddington Village.
- From Cuddington, a Public footpath leads north by the church, signposted Circular Walk. At the Old Mill in Nether Winchendon, continue northwards across the field signposted as 'Circular Route'. Alternatively, take a right turn at the Old Mill for a short cut, signposted as Thame Valley Walk. Continue across the fields, towards Upper Winchendon. Walk through the farm and cross the main road and head north-eastwards to the Church of St. Mary Magdalene.
- Retrace your steps to the field after the farm. Instead of going back through the gate, take the left path along the field-edge and keep walking southwards following the footpath signs. Before crossing the River Thame, the Thame Valley Walk route intersects where you will rejoin the circular route if you had taken the short cut. Cross the river by the bridge and turn left along the fence line. Follow the footpath and turn right continue along the field edge.
- At the junction with the bridleway, continue straight and follow the path to the right. At junction, turn right on to the main road. Continue for 200 metres and take a right into the footpath towards to Cuddington Village.

Features of Interest

- 1 Cuddington Village is a picture postcard country settlement with narrow lanes, little greens and attractive buildings, many of which are listed.



St. Nicholas's Church, built of honey coloured local limestone was restored in 1857 by George Edmund Street, the architect responsible for the law courts in London.

- 2 The Old Mill on the River Thame was mentioned in the Domesday Book at which time it was recorded as being worth '20 shillings and 80 eels'. Originally a flour mill, it ended its working life milling paper.
- 3 Ridge and furrow ploughing was a feature of the mediaeval system of strip cultivation in open fields. Peasants farmed narrow strips of land with each strip now being represented on the ground by a noticeable furrow and a spoil heap forming the ridge. Evidence of this method of farming can be found at various points along the walk.
- 4 Strip Lynchets are an application of the ridge and furrow system to steeper ground where more easily worked land was in short supply. Ploughing along the contour helped retain the soil and lessen erosion.
- 5 Upper Winchendon village has a dramatic location

on a high limestone ridge. The church of St. Mary Magdalene although dating in part from the mid-twelfth century, has undergone several later additions and reconstructions. To the north of the village, a house known as The Wilderness is all that remains of the ancient manor house.

- 6 Outlines of mediaeval fish ponds can be seen about 200 yards east of the bridge over the River Thame. Fish was an important food source at the time, particularly during the winter and at Lent. A complicated pattern of sluices and channels was used to separate different species of fish.



Follow the Countryside Code:

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

Further Information:

Rights of Way & Access, County Hall, Aylesbury, HP20 1UY
Telephone: 01296 382171

Email: row@buckscc.gov.uk

or visit our website at www.buckscc.gov.uk/rights_of_way



Cuddington / Upper Winchendon Circular Route

--- Riding Route
- - - Footpath
— Promoted Route
- · - Alternative



0 0.15 0.3 km



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