Exit Tring station to the northeast up the road towards Aldbury. After 300 yards follow way markers for the Ridgeway. Follow these via Pitstone Hill and Steps Hill to Ivinghoe Beacon. Continue to Gallows Hill, then circle back to join the Icknield Way. At the point where the Icknield way turns left, carry straight on almost to Ringshall, then right on to one of the forest trails that will lead you to Pitstone Common and the Bridgewater monument (National Trust gift shop / café). From there, follow trail down to Aldbury, and back to Tring station.

Ashridge estate woods are criss-crossed by trails and tracks, so the circuit in pink on the map can be easily lengthened or shortened.