Exit Chorleywood station on the north side, turn right onto Station Approach, and make for Chorleywood Common. Follow up the hill on the left side of the common, then through the woods to reach the A404. Cross the A404 and enter the grounds of Chorleywood House, through the gateway. Follow the way markers down to the Chess valley. At the foot of the hill, turn left onto the Chess valley footpath. Follow this trail for about a mile, until you meet the clearly marked Chiltern Way. Turn left onto the Chiltern way, and now follow the Chiltern Way markers back to Chorleywood. You enter Chorleywood along Farm Lane. Keep following the Chiltern Way until it reaches Shire Lane. At the junction, turn left (the Chiltern Way goes right), and follow Shire Lane back to the railway station. Walking is best if you take the Shire Lane service road, which runs parallel to Shire Lane, the other side of a thick hedge and row of trees.

A slightly longer alternative return route, with more walking in the Chess valley, and return via Chenies, is indicated in paler pink.