Exit station at Saunderton (bottom right). From station exit, turn right into Slough Lane. Follow this road for 300 yards, then, where the road bends sharp left, take the marked footpath leading up the hill. From then on it's all footpaths as far as Chinnor nature reserve.

Turn right at Lodge Hill, then left to join the Ridgeway. Shortly before Chinnor Hill, the Ridgeway joins another long-distance hiking trail, the Icknield Way. Follow down, almost to Chinnor, then follow signs for Chinnor Hill.

At the top of Chinnor Hill, join Hilltop Lane. Turn left at the end of the lane. Follow Chinnor road for about 150 metres, then take footpath on the left. After 400 metres, the path rejoins the road. Turn right onto the road for about 100 metres, then left over a stile / gate to join footpath that will take you to Radnage. In the village of Radnage, you will meet the Chiltern Way. Turn left onto this, down past Radnage church, and follow on the Chiltern way as far as Bledlow Ridge.

Turn right when you meet the road at Bledlow Ridge. This is the Chinnor road that you were on a few miles back. Follow the road through Bledlow Ridge for about 800 metres (pavement available); then left into Haw lane, which you then follow until you meet the track on which you first set out. Return to the station.

A slightly longer alternative return route from Bledlow ridge, with less road, is indicated in paler pink.