

Frieth hilly 10K

Here are directions from a number of approaches:

- **From Marlow/M4:**

Come off the M4 at junction 8/9 and take the dual carriageway towards Henley and Marlow. After a couple of miles you'll come to a roundabout where Bisham and Marlow are signposted left - take this exit. You'll enter Marlow over the bridge. Continue up the high street and turn left at the monument roundabout. Take the first right into Oxford Road (by Platt's garage) and continue on this road for about 4 miles. You'll eventually come to a cross roads and Frieth is the left turn. You'll come into Frieth, up the hill (passing the Yew Tree on your right hand side and then the church and school on your left hand side) and will need to drive almost through the village before taking a right turn into Innings Road where you'll see the car park on the right hand side approximately 200m along.

- **From Henley-on-Thames:**

Take the Marlow Road out of Henley and continue on this road (passing the Henley Rugby Club on your left, then after a few miles the Henley Management College on your right hand side) for approximately 3 miles. You need to take the left hand turning into Mill End that is signposted to Skirmett and Hambleden. Follow the signs into Hambleden and through the village towards Frieth and Lane End. It's a fairly winding road that you need to stay on for approximately 3 miles before you come into Frieth. As you come into Frieth you'll come to a sharp right hand bend and just beyond this a left turn into Innings Road where you'll find the car park about 200m along on the right hand side.

- **From High Wycombe/M40:**

Come off the M40 at junction 4. You'll need to take the exit that is signposted to Aylesbury. Continue over one mini roundabout and at the second one, take the left turn. Go straight over the next two mini roundabouts (you'll see Asda and then signs for John Lewis at these points). At the T-junction take a left towards Lane End. Follow the road for about a mile (you'll pass a garden centre on the right) and you'll reach another T-junction. Again turn towards Lane End, this time it's a right turn. Follow the road into Lane End, pass the Grouse & Ale and duck pond on the right and just after the chemist on your left take the left turn to Frieth (signposted). After a mile you'll come into Frieth, continue up the hill (passing the Yew Tree on your right hand side and then the church and school on your left hand side) and then drive almost through the village before taking a right turn into Innings Road where you'll see the car park on the right hand side approximately 200m along.