

GRAND UNION: TRING STATION TO RICKMANSWORTH

TRIP TYPE: SOLO CYCLE

OBJECTIVE: CYCLE FROM ALDBURY TO THE GRAND UNION, AND DOWN TO RICKMANSWORTH. CYCLE BACK TO WATFORD JUNCTION AND TAKE THE TRAIN BACK TO TRING ST.

DISTANCE: 24 MILES CYCLING

TIME: 3 HRS 20m, 17.7 MPH, PLUS TRAIN JOURNEY (21 MINS)

NICHOLSON: GUIDE 1, PP 51-56

COSTS: FREE PARKING AT ALDBURY, £9.50 SINGLE
WATFORD JUNCTION TO TRING



DIFFICULTY: MODERATE

OVERVIEW: AS USUAL ON THE GRAND UNION THE TOWPATH IS POOR IN RURAL PARTS, AND BETTER IN BUILT UP AREAS. SOME COMPACTED EARTH SECTIONS ARE NARROW, PUDDLED, WITH BRAMBLES AND NETTLES IN SEASON. THE RIDE IS MIXED RURAL AND SUBURBAN, WITH A SECTION ALONG THE RIVER GADE. THE TOWPATH CHANGES SIDES FREQUENTLY BUT THE CHANGEOVER IS ALWAYS EASY TO SPOT. THERE ARE PLENTY OF CANALSIDE PUBS IN TOWNS.

1. ALDBURY TO RICKMANSWORTH (19 MILES)

Park your car in the lovely village of Aldbury, close to the village pond and Greyhound Inn. Cycle the mile and a bit to Tring Station.

Rising Sun Lock,
Berkhamsted

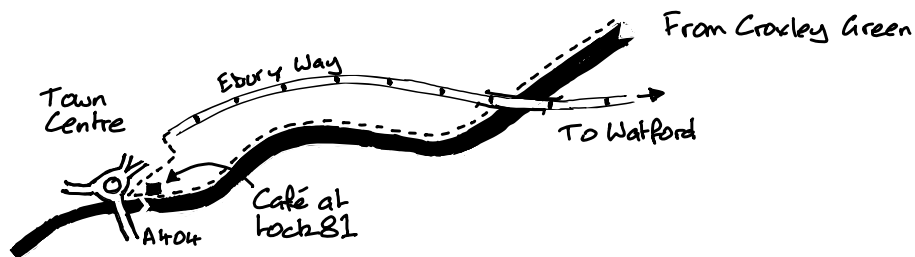


Just past the station on the right is a stepped slope down to the canal. Turn sharp left and head south.

The towpath is poor in rural parts for the first 10 miles, but better as it passes through Berkhamsted, Hemel Hempstead and Kings Langley. Approaching Watford there are many house boats parked up along both sides of the canal. Take care of trailing ropes, boaters, sofas and general tat strewn along the towpath. The towpath continues to be tricky in places, with the occasional hole in the bank to look out for.

Once in Rickmansworth continue to The Café at Lock 81. Locks friendly enough, but doesn't welcome cyclists, and takes cash only, so I gave it a miss

2. RICKMANSWORTH TO WATFORD JUNCTION (4.6 M)



Just past the café cross the footbridge (River Chess), double back onto the signposted Ebury Way, the old railway line to Watford. This good quality wide path leads you all the way to Vicarage Lane, home of Watford FC. You can cycle past the ground, then through the shopping centre to Watford Junction station.

3. WATFORD JUNCTION TO ALDBURY (1M CYCLING)

There are 3 trains an hour from Watford Junction to Tring Station, the journey taking 15 minutes, then it is a mile back uphill to the village of Aldbury, and a celebratory pint of Badger (best one I've had) in the Greyhound Inn. There is another pub called the Valliant Trooper, which appears to have closed during covid, and there is a local campaign to get it reopened.

