

# Aston Rowant Walk

Walks likely to be suitable for people with impaired mobility and users of wheelchairs, mobility scooters and pushchairs



Aston Rowant National Nature Reserve is an area of woodland and downland on top of the Chilterns escarpment. There are fantastic views and a good chance to see Red Kites. There is car parking.

## Path Information

Most of the nature reserve is very hilly with narrow grass paths. There are two routes with a wide firm surface. The short 100m path from the car park to the viewpoint is steep. The longer, flatter, 750m path through beech woods finishes at the gate (one way opening) where it enters the downland in order to protect rare plants. To progress to the viewpoint involves a grassy and uneven path, which is likely to prove difficult for users of wheelchairs and mobility vehicles. The main car park has large loose stone surfacing. The map shows the two routes with information about surfacing and slopes to help you to decide if they are suitable for you.

## Visitor Information

- Open at all times.
- Nearest public/disabled toilets in Chinnor (3 miles away).
- Nearest refreshments in Chinnor, Stokenchurch or Christmas Common.
- Dogs are welcome but must be kept under control.
- The Reserve is managed by English Nature. Call 01844 351833 for more information about the Reserve or to report any problems. [www.english-nature.gov.uk](http://www.english-nature.gov.uk)
- On the other side of the M40, Cowleaze Wood and Chilterns Sculpture Trail has paths suitable for mobility vehicles and pushchairs. Call 01420 520212 for details.

This leaflet is one of a series of walks in the Chilterns area suitable for people who are less mobile. [www.chilternsaonb.org/accesswalks/](http://www.chilternsaonb.org/accesswalks/) to download other walks or call 01844 271300.

## How to get there





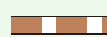
The car park is at the end of the minor road, which leads off the road between the A40 and Christmas Common. The reserve is signposted from the A40 and Christmas Common Road.










## Path surfaces




-  Tarmac road, can be used but beware of vehicles
-  Hard path bumpy in places with some loose stones up to 30 mm

-  Challenging. Natural grass path. Not firm and very uneven

## Key to symbols

-  direction of slope
-  max gradient of slope
-  length of slope

-  Car park
-  Parking for blue badge holders only

-  Gate (accessible)
-  Seating
-  Viewpoint