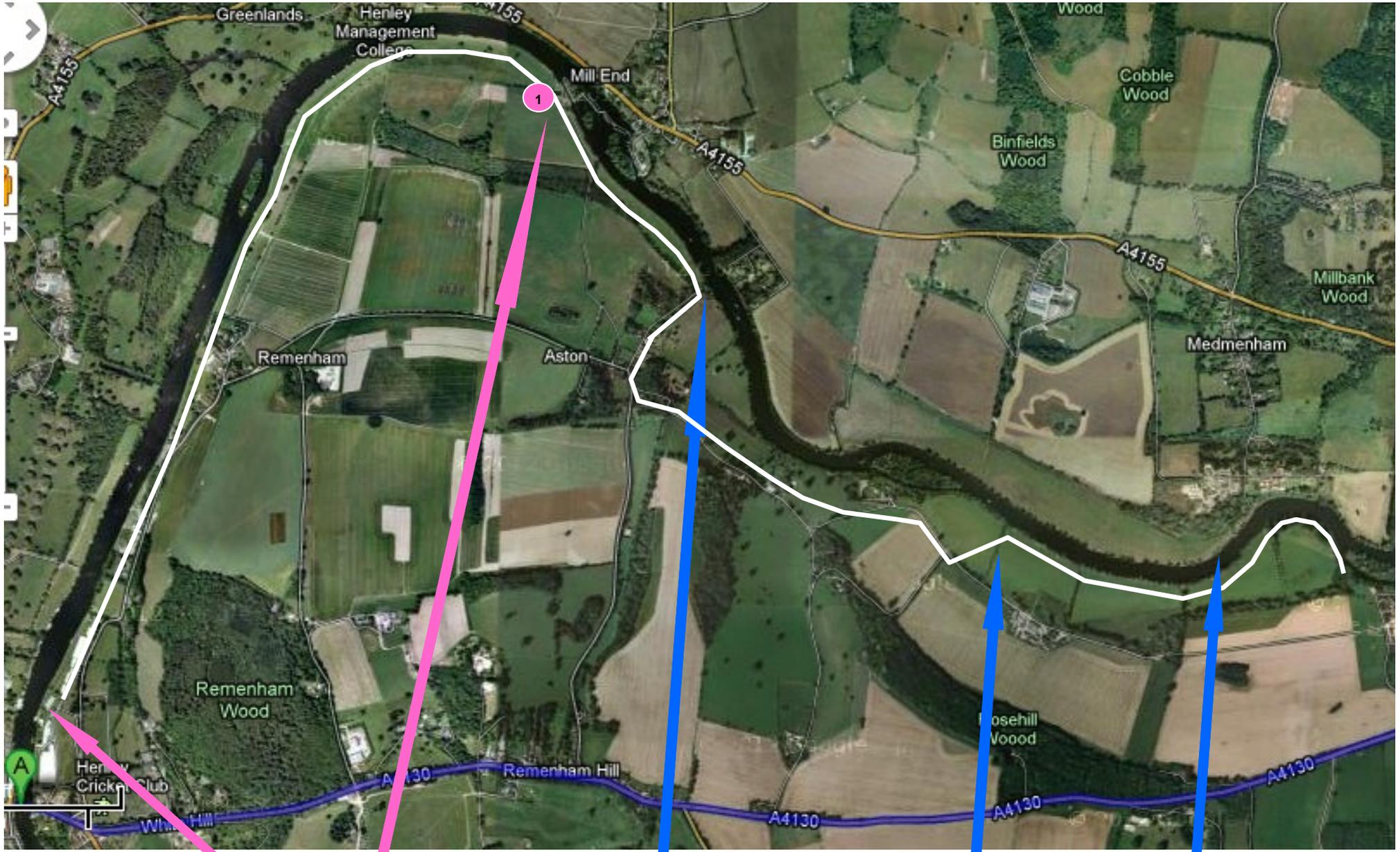


Walking/Cycling Route for the Thames Marathon



Section 1 - Henley to Hambleden Lock

Follow the river path from outside the Leander Club until you get to Hambleden Lock - the first swimmer exit & food stop.

Section 2 - Hambleden Lock to Hurley Lock

Continue to follow the river path from Hambleden Lock until you get to Ferry Lane. At that point you will need to leave the river for a short distance & follow the road up past the Flowerpot pub (on your right) until you see a left hand turning up a short hill, signed the Thames Path. Follow that road through a gate & along the path. You will see the river down on your left. Follow the Thames Path signs through a deer park & then back down to the river, as indicated above.



Section 2 (cont) - Hambleden Lock to Hurley Lock

Continue to follow the river path from Medmenham towards Hurley. The yellow line above shows an alternative route up a grass path, which may be better than taking the riverside path, which is very rutted & badly cut up (especially if you are riding a bike). You will then go past Frog Mill on your right, then continue along the river path until you cross over the river via a footbridge & shortly after arrive at Hurley Lock and food stop.

Section 3 - Hurley Lock to Temple Lock

Once you have passed Hurley Lock on your right, follow the path until you cross over the river again, on to the Berkshire bank. Continue to follow the river path until you cross on to the opposite bank on a large footbridge, where you will see Temple Lock ahead of you. This is the location of the next food stop.

Section 4 - Temple Lock to Marlow

Leaving Temple Lock continue to follow the river path, passing Bisham Abbey on your right & from there on to Marlow and Higginson Park is on your left. This is where the swimmers exit.