



Windsor to Bath

with

Bainton Bikes





This week-long trip takes you from Windsor to Bath. Travelling westward across southern England, you'll cycle from Berkshire, through Oxfordshire and Wiltshire to Somerset.

If you love history and heritage, this trip is for you. It includes some of England's most renowned heritage sites: Windsor Castle, Salisbury Cathedral, White Horse Hill, and two UNESCO World Heritage Sites: Stonehenge and Avebury, and Bath city centre.

You'll see a range of English towns and historic sites steeped in tradition, from the royal town of Windsor, to the vast open countryside of the Ridgeway, to rural heritage sites.

Day 1

Windsor to Henley-on-Thames



No trip to Windsor is complete without a visit to Windsor Castle, the official residences of the King and the oldest and largest occupied castle in the world. Entrance includes St George's Chapel, founded in 1475 by Edward IV. The Chapel is a masterpiece of English Perpendicular Gothic architecture, with soaring stone vaults, stained-glass windows, and one of the finest fan-vaulted ceilings in the country.

The Chapel remains an active place of worship, home to the College of St George and the spiritual centre of the Order of the Garter, England's oldest order of chivalry. It has been the site of many royal weddings, and is the final resting place of monarchs from Henry VIII to Queen Elizabeth II.

Today's route takes you to Henley-on-Thames - a pretty town, with elegant Georgian buildings and plenty of restaurants, cafes and independent shops. Nestled in the Chilterns Area of Outstanding Natural Beauty (AONB), Henley blends countryside with culture - the perfect place for tonight's stop.

→ Explore the royal town of Windsor, and visit Windsor Castle

→ Walk Windsor's streets and see its famous buildings, including Eton College

→ Stop at Hambledon Lock

→ Relax with a drink at a riverside pub in Henley-on-Thames

Day 2

Henley-on-Thames to Wantage

Today you will cycle through the Chilterns AONB. Known for its chalk hills and wide, sweeping views, the area is also famous for its beech woodland. It is home to chalk streams, wildflower meadows and some important animal species.

You'll also cycle along the Ridgeway, often referred to as Britain's oldest road. Used for over five thousand years by travellers, traders and herdsmen, the Ridgeway passes through Oxfordshire as it winds across the chalk hills of the Chilterns and North Wessex Downs. Any hills will be worth it for the panoramic views!



Greys Court



Lin's Veg Shed (organic farm shop)



Whitchurch-on-Thames
Alpaca Farm

Day 3

Wantage to Marlborough



As you continue through the Chilterns, you'll reach White Horse Hill, Dragon Hill and Wayland Smithy.

The Uffington White Horse is a prehistoric hill figure cut into the chalk hillside. It is about 110 meters long and dates back to the Late Bronze Age or early Iron Age (around 3,000 years ago). At the foot of White Horse Hill is a small natural chalk mound, known as Dragon Hill. Local legend says this is the site where St George slew the dragon...but today it is a popular photo spot and picnic site, with views of the White Horse above.

A short walk from here is Wayland Smithy, a Neolithic long barrow and chambered tomb. It dates back to around 3600–2900 BC, making it over 5,000 years old.



[Explore White Horse Hill, Dragon Hill and Wayland Smithy](#)



[Discover Ashdown Manor](#)



[Stop at Littlecote Roman Villa](#)

Day 4

Marlborough to Amesbury



Discover the history of prehistoric ceremonial monuments



Visit the village of Lockeridge and Piggledene, a chalk valley



Find out about the phenomenon of crop circles by visiting the Crop Circle Exhibition Centre



Today you will cycle past the Avebury Stones - one of the largest and most impressive Neolithic stone circles in Europe. Built around 2850–2200 BCE, they predate Stonehenge. The Avebury henge encloses a massive circular ditch and bank, roughly 330 metres in diameter. Inside this henge are three large stone circles, with some individual stones reaching up to 6.4 metres high. Unlike Stonehenge, you can walk freely among the stones.

You will also pass West Kennet Long Barrow, one of the largest and most impressive Neolithic chambered tombs in Britain. Built around 3650 BCE, it served as a communal burial site and measures around 100 metres long and 20 metres wide, with a large mound of earth and flint covering the stone chambers. The site is closely associated with the Avebury stone circles and Silbury Hill, forming a network of ceremonial monuments in the region.

Day 5

Amesbury to Salisbury



Continuing your journey into prehistoric monuments, today you pass Stonehenge. The site consists of massive standing stones, some over 7 metres in height, arranged in a circular and horseshoe layout. There are both sarsen stones (local sandstone) and bluestones (from Wales, over 150 miles away). Stonehenge was likely a ceremonial, religious and burial site, aligned with the solstices - and remains one of the world's most iconic monuments. Today's route is a shorter distance to allow you time to enjoy a visit.



Visit Stonehenge



Stop at the Old Sarum, an ancient settlement and hill fort



Relax in Salisbury

Your destination is Salisbury, a beautiful historic town, known for its medieval architecture. It grew around Salisbury Cathedral, which remains the heart of the city, and has been a settlement since Saxon times.

Day 6

Salisbury to Frome



Before leaving Salisbury, we recommend a visit to Salisbury Cathedral. A stunning building, it has the tallest spire in the UK (123 metres) and houses one of the four surviving original copies of the Magna Carta (1215). It's famous for its Gothic architecture, including stone vaulted ceilings and cloisters.

Leaving Salisbury, you'll cycle through the Cranborne Chase National Landscape, renowned for its diverse natural landscape. In the afternoon, you'll ride through the Longleat Estate with its stately home and safari park, it provides a unique view and experience – remember to stay this side of the fence.

Frome grew as a wool and cloth-making town in the Middle Ages and later became a hub for printing and engineering industries. Today it is known for its creative community, independent shops, galleries and artisan markets. Located near the Mendip Hills AONB, it's surrounded by rolling hills.



[Visit Salisbury Cathedral](#)



[Longleat Safari Park](#)



[Explore Frome's medieval streets and enjoy some local culinary delights](#)

Day 7

Frome to Bath



The final day of your trip takes you to Bath. Along the way, you'll cycle through the picturesque county of Somerset, before following the canal path from Bradford-upon-Avon to Bath.

Bath's city centre is a UNESCO World Heritage Site, so it is brimming with history. At its heart are the world-famous Roman Baths — a remarkably well-preserved bathing and temple complex built nearly 2,000 years ago, now brought to life in an excellent museum.

From there, you can stroll to Bath Abbey, admire the Royal Crescent, and cross the beautiful Pulteney Bridge. Bath is also the only place in the UK where you can still bathe in naturally warm, mineral-rich thermal waters - a tradition that continues to this day.



Farleigh Hungerford Castle



Westwood Manor



Bradford-upon-Avon



Bath

Route Overview

8 nights, 7 days cycling,
self-guided

This route takes you on a journey from the vibrant, royal town of Windsor, along the banks of River Thames, to wide open countryside as you discover neolithic history in some of England's most renowned heritage sites.

You'll avoid busy main roads, instead sticking to countryside routes.

The route is designed to be enjoyed at a relaxed pace, with time to stop and enjoy points of interest along the way.

Touring, gravel or electric bikes are suitable for this cycling holiday.

Day 1

Distance: 25 miles/40km
Elevation: 810ft/246m
Difficulty: Easy

Day 2

Distance: 32 miles/51km
Elevation: 2071ft/631m
Difficulty: Easy to medium

Day 3

Distance: 30 miles/48km
Elevation: 2190ft/667m
Difficulty: Medium

Day 4

Distance: 35 miles/56km
Elevation: 1370ft/417m
Difficulty: Easy

Day 5

Distance: 17 miles/27km
Elevation: 626ft/190m
Difficulty: Very easy

Day 6

Distance: 31 miles/49km
Elevation: 1508ft/459m
Difficulty: Easy to medium

Day 7

Distance: 21 miles/33km
Elevation: 706ft/215m
Difficulty: Very easy

Key Information

Your safety and comfort is our priority. Our fleet of high quality bikes, and our dedicated workshop ensure all bikes are fully serviced.

We take time and care to fit your bikes to you personally, and are always on-hand to help with any queries or adjustments.

Touring bikes are available as standard for this trip. Electric bikes are also available*.

*supplement price for electric bike.

BIKES & EQUIPMENT:

Our standard bikes are lightweight aluminium touring bikes fitted with hydraulic disc brakes, short travel suspension, phone holders, water bottle cages, mudguards, rear rack and lights.

We also provide the following equipment as standard: Ortlieb pannier bags, Altura rack pack (containing basic tool kit with pump, inner tubes etc), and power banks.

ROUTE, ACCOMMODATION & PLANNING:

- Fully serviced bikes
- High standard hotel accommodation - always ensuite and including breakfast
- Safe, secure luggage transfers
- Route and travel guide within dedicated GPS App
- Welcome pack delivered to your hotel with detailed travel information for your route including points of interest, restaurants, cafes etc
- Meet & greet - in-person welcome meeting to fit you to your bikes and ensure you are all set to start your holiday



Booking Information

We would be delighted to welcome you on this cycling trip.

For further information or to book your trip, please email us at holidays@baintonbikes.com. Please include the following information:

- Preferred dates for your trip
- The number of guests, and how you will be allocated across rooms (single, double, twin)
- Your heights - so we can reserve the best bike for you
- Your choice of touring or electric bike

As a small, independent company, we provide a bespoke service and do our very best to accommodate any preferences our guests have - so please don't hesitate to let us know of any requirements before you book.

BEST TIMES TO VISIT:

All of our holiday routes and self-guided tours have built, tried and tested by our team. While the area is beautiful all year round, the following information might help you decide when is best for your trip:

MARCH - MAY

During spring, the days are getting longer (it is light until around 8pm when British Summer Time begins at the end of March). Spring flowers will be in bloom and temperatures range from an average high of around 12°C (March and April) to around 20°C in May. Weather can be changeable - bring layers and waterproofs.

JUNE - AUGUST

British summer time brings long, warm days (average highs around mid-20s°C). The countryside will be green and summer flowers will be in bloom. Expect blue skies and sunshine - but also be prepared for showers and cooler spells or cooler mornings/evenings.

SEPTEMBER - OCTOBER

While September can still be summery, mornings and evenings are cooler and the light fades sooner (7pm by the end of the month). Autumn in the Cotswolds is beautiful with leaves changing from green to golden shades of yellows and reds. Bring waterproofs and layers.

