

## WALK 1

### 'BATTLEFIELD WALK' CULWORTH/EDGCOTE

This historical walk crosses over Danes Moor, the site of one of the main battlefields from the Wars of The Roses. The Battle of Edgcote was fought in July 1469 between loyalists and rebels. The walk also passes through the remains of the medieval village of Trafford.

**Distance:** 8 miles

**Time:** 4 hrs

**OS Map:** Explorer 206

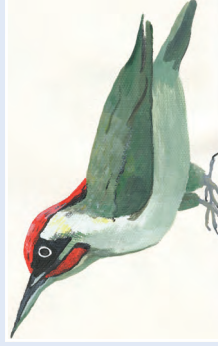
**Start:** The Red Lion, Culworth

**Grid Ref:** 454200E 247100N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	Yes
Benches/Seating	No
Picnic Areas	No
Traffic Free	Mostly

**1** Park at The Red Lion in Culworth, head right and turn right before church into Banbury Lane. After 20 metres turn right onto bridleway. Continue straight (passing under railway bridge) for two kilometres.

**2** Zigzag around edge of hedge and continue on bridleway.



**Green woodpecker**

**4pts**

**3** Over brook and veer right past wooden bridge, cross Danes Moor uphill past Old Spinney on your left past farm buildings and branch right past large green barn.

**4** Past Douglas's Barn, keeping hedge to your right, cross gallop and pass Hill Barn.

**5** (Option to continue to stile and admire views before retracing steps to 5) Turn right and head downhill, fork right at next field past edge of spinney and continue to cottages. Turn right onto road and continue straight passing Edgcote House on your right.

**6** Follow sign to Mill House, crossing River Cherwell over old stone bridge and turning right and then right again over stile. Cross further stiles following river to your right until reaching road.

**7** (Option to head down road, over bridge to view Information Panel. Retrace steps to 7) Cross road and head across field towards bungalow, through gate, past pond on right to Trafford House.

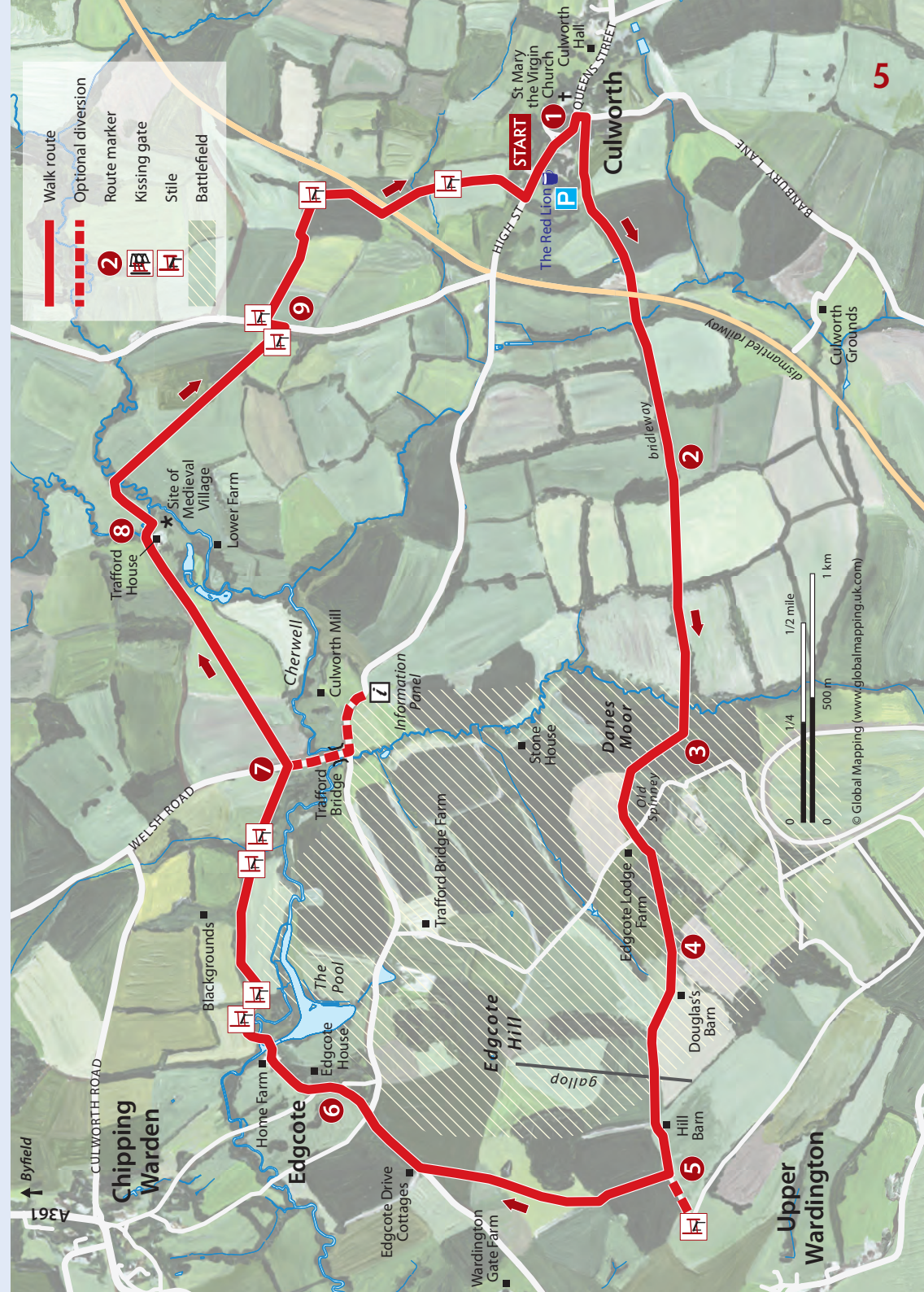
**8** Past house and go through gate round back of house passing remains of a medieval village. Cross wooden bridge and head right before turning right and crossing another wooden bridge. Head up hill in southwest direction for approx 1 km until reaching road.

**9** Admire views before crossing stile, turning left for 100 metres and then right over stile and follow path, down to old railway bridge where you turn right (do not cross bridge). Follow tracks downhill, through gate and uphill back to Culworth crossing one final stile. At road, turn left and Red Lion is on your right.



**Roe deer**

**8pts**





## WALK 2

### BODDINGTON & NATURE RESERVES TO OXFORD CANAL

There are nature reserves on either side of the reservoir to enjoy. The Carpenters Arms in Lower Boddington offers traditional fayre and there is a nice stretch along the Oxford Canal towpath.

**Distance:** 8 miles

**Time:** 4 hrs 30 mins

**OS Map:** Explorer 206

**Start:** Car park, Boddington Reservoir

**Grid Ref:** 449920E 253200N

Pushchairs/Prams	Around lake
Young Children	Around lake
Wheelchairs	Around lake
Dog Walking Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Mostly

**1** From car park, back to road, turn left over bridge to smaller car park, go through gate onto bridleway, round edge of field to far corner, follow path to road.

**2** Cross road, through gate, follow path to farm, left through gate, downhill to road, keeping to

pavement for 100 metres before turning left onto bridleway which you follow to road.

**3** At this point have the option to continue straight across road along footpath for a shorter route, or turn right along road and turn left opposite The Carpenters Arms.

**4** After 300 metres turn right into field and follow edge of field to stile on far side, continue across field to stile in fence on right, through trees and left over second stile.

**5** Cross stile and wooden bridge, continue to stile at dismantled railway, straight on to stile and wooden bridge and head towards canal, veering to the left towards brick wall at lock.

**6** Climb over wall using pile of bricks and turn left along tow path. Continue to road bridge, turn left after bridge onto road and immediately right onto bridleway named Macmillan Way.



Canal boat

1pt

6



Common lizard

8pts

**7** Over wooden bridge and turn right, continue to the left of copse, up steep hill and take in view at top before continuing to road.

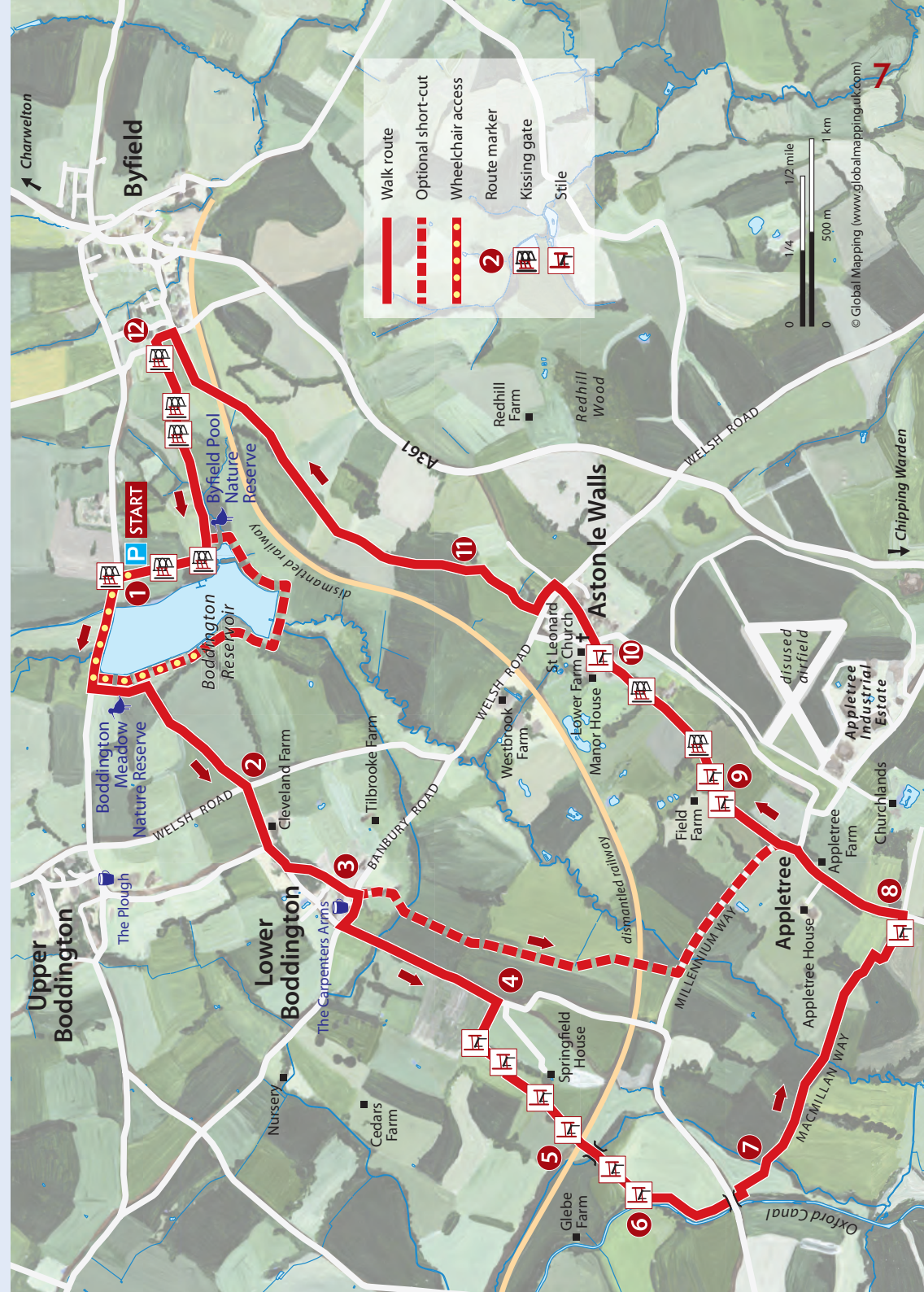
**8** At road, cross stile and turn left, follow road to Appletree, continue on bridleway to gate.

**9** Cross stile on right and follow footpath over stile, through kissing gates, farmyard to Aston le Walls.

**10** Continue past church on left to main road, turn left and then right through gate onto bridleway aiming for double hedge

**11** Traditional bridleway continues between hedges, crosses over field and then follows well defined route to road where you turn left for 100 metres.

**12** Through kissing gate on left, following footpath for ¾ mile, past Byfield Pool Nature Reserve on left and back to Boddington Reservoir, turn right and follow path to car park.





## WALK 3

### CHIPPING WARDEN CIRCULAR

You have the choice of two pubs to start from, The Griffin Inn, which includes the Village Shop, and The Rose & Crown or park in the village.

**Distance:** 5 miles

**Time:** 2 hrs 30 mins

**OS Map:** Explorer 206

**Start:** Chipping Warden centre

**Grid Ref:** 450000E 248890N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking-Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Mostly

**1** Take Culworth Rd out of the village, ignore first footpath and after 800m take footpath on left over stile, across field, up to road.

**2** Cross road, up steep hill, continue on footpath and turn left onto road keeping wood to right.

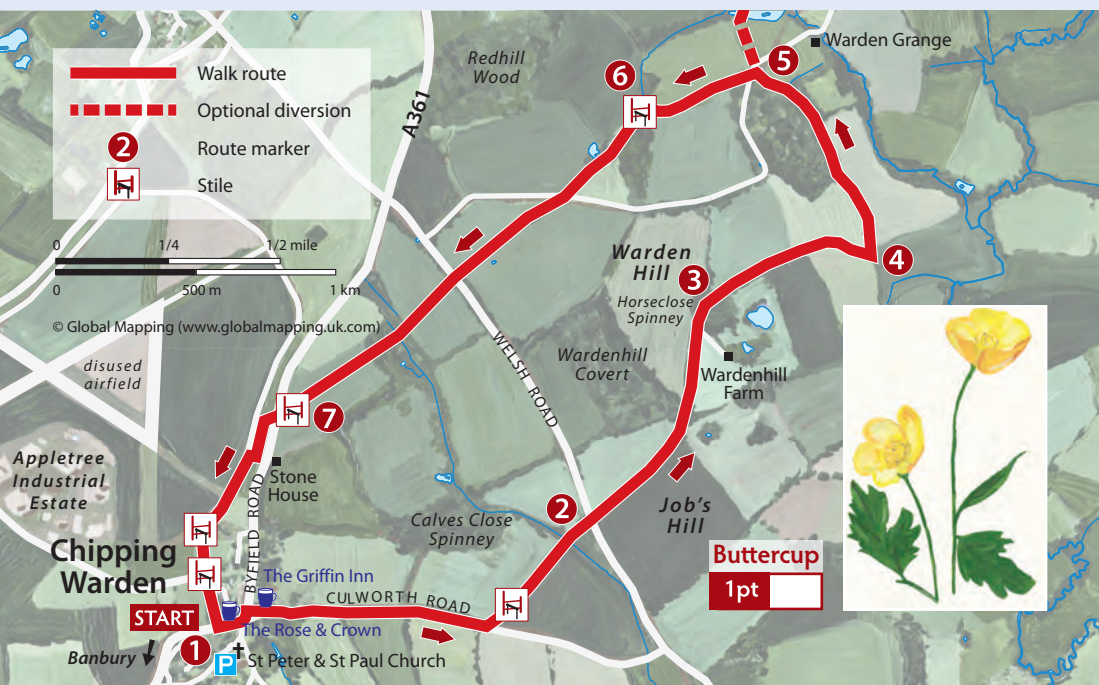
**3** Veer right onto bridleway and follow down hill to junction with bridleways.

**4** Turn left keeping hedge to right and continue to wood, entering through gate.

**5** Emerge from wood through gate. Option to cross road and follow bridleway down to ponds for stop or, cross road to the left and follow footpath into field. Footpath continues in neighbouring field through gap in hedge.

**6** Cross stile and wooden bridge back into first field and continue alongside new hedge and copse. Cross road and pass through young woodland.

**7** At A road, climb stile, cross road, turn left and walk on verge. Go right into airfield and then left onto wide track. After 300 metres left down narrow footpath that leads back to Chipping Warden.



## WALK 4

### SULGRAVE / WESTON

Starting from The Star Inn or Manor in Sulgrave you have the choice of a gentle hour's stroll to Weston and call in to The Crown before retracing your steps or follow a circular route with views to the south. The walk between Sulgrave and Weston is traffic free.

**Distance:** 5 miles  
**Time:** 2 hrs  
**OS Map:** Explorer 207  
**Start:** Sulgrave centre  
**Grid Ref:** 456000E 245610N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking-Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Yes - first part

**1** Head out of Sulgrave with the Manor on your right and when the road goes left

continue straight on along bridleway. Cross field, pass through tunnel and continue keeping hedge to your right. **9**

**2** Footpath heads diagonally across field to gap in hedge, over wooden planks and continue across fields to top of hill.

**3** Cross wooden bridge with gate at each end and follow footpath into Weston.

**4** Turn right for The Crown or turn left up hill passing allotments on left and out of village. Cross series of stiles, pass to left of small pond and follow footpath to road.

**5** Turn left and follow road looking for footpath sign to left 100 metres before old rail bridge.

**6** Path veers right across field after 100 metres, cross stile at old railway embankment, go left around pond and continue on footpath on far side, follow across field to road which takes you back to start.





## WALK 5

### EYDON / WOODFORD HALSE NATURE RESERVE

This walk has some awkward bits with poorly marked paths to the south of the Nature Reserve but this is balanced with some wonderful wildflower meadows and picturesque views, along with a visit to Woodford Halse Nature Reserve.

Distance: 4¼ miles

Time: 2 hrs 30 mins

OS Map: Explorer 206

Start: The Royal Oak, Eydon

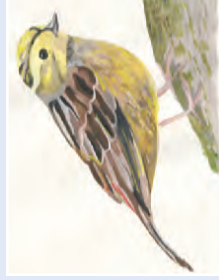
Grid Ref: 454200E 250300N

**1** Turn right out of the pub car park and then right down Blacksmiths Lane, cross the road to the red post box. You need to turn left and follow the road out of the village but worth going down Dockers Lane to a series of 3 wildflower meadows. Retrace steps. Road passes dismantled rail bridge to bridleway on left which you take.

**2** Bridleway bears left at disused railway, continue straight crossing road, eventually path turns left into trees crossing old rail bridge, after 50 metres enter Nature Reserve over stile on right. Follow path to kissing gate.

**3** Option to cross road and continue in reserve. Otherwise, footpath continues to the left which you follow until joining up with Jurassic Way through West Farnon.

**4** After 200 metres turn left onto Bridleway down to concrete bridge and up steep hill. Follow well marked path to road and turn back and turn back to Eydon.



Yellowhammer

5pts

## WALK 6 CANONS ASHBY / MORETON PINKNEY

Start in the car park in Canons Ashby or continue down the hill and park in the road by the footpath sign. You will be rewarded with stunning views and silence, apart from birds singing!

Distance: 5½ miles

Time: 3 hrs

OS Map: Explorer 206

Start: Canons Ashby

Grid Ref: 457300E 250400N

**1** Follow edge of field alongside fishing lake. This section not clear but thereafter very easy!

**2** Turn right just after old stile and then sharp left with ditch to right. Head to left at pond then choose the left fork at line of oak trees.

**3** Turn left onto quiet road and follow all the way to Crockwell Farm where you bear left and down to road which you cross and continue to old railway bridge.

**4** Turn left after stream and follow well marked footpath towards Moreton Pinkney crossing stiles with wooden bridges. As you approach village go through farm gate on right, bear left round trees and cross stile, up hill towards house.

**5** Cross stile through arch in hedge and turn left at stile junction. Path traverses three fields, briefly join road through kissing gate, crossing route of old railway and through another kissing gate and follow path across field back to start.



Oak leaves

1pt





## WALK 5

### EYDON / WOODFORD HALSE NATURE RESERVE

This walk has some awkward bits with poorly marked paths to the south of the Nature Reserve but this is balanced with some wonderful wildflower meadows and picturesque views, along with a visit to Woodford Halse Nature Reserve.

**Distance:** 4¼ miles

**Time:** 2 hrs 30 mins

**OS Map:** Explorer 206

**Start:** The Royal Oak, Eydon

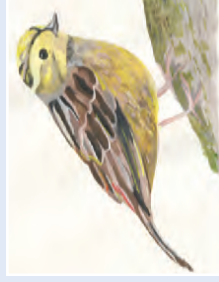
**Grid Ref:** 454200E 250300N

**1** Turn right out of the pub car park and then right down Blacksmiths Lane, cross the road to the red post box. You need to turn left and follow the road out of the village but worth going down Dockers Lane to a series of 3 wildflower meadows. Retrace steps. Road passes dismantled rail bridge to bridleway on left which you take.

**2** Bridleway bears left at disused railway, continue straight crossing road, eventually path turns left into trees crossing old rail bridge, after 50 metres enter Nature Reserve over stile on right. Follow path to kissing gate.

**3** Option to cross road and continue in reserve. Otherwise, footpath continues to the left which you follow until joining up with Jurassic Way through West Farndon.

**4** After 200 metres turn left onto Bridleway down to concrete bridge and up steep hill. Follow well marked path to road and turn back and turn back to Eydon.



**Yellowhammer**

**5pts**

## WALK 6

### CANONS ASHBY / MORETON PINKNEY

Start in the car park in Canons Ashby or continue down the hill and park in the road by the footpath sign. You will be rewarded with stunning views and silence, apart from birds singing!

**Distance:** 5½ miles

**Time:** 3 hrs

**OS Map:** Explorer 206

**Start:** Canons Ashby

**Grid Ref:** 457300E 250400N

**1** Follow edge of field alongside fishing lake. This section not clear but thereafter very easy!

**2** Turn right just after old stile and then sharp left with ditch to right. Head to left at pond then choose the left fork at line of oak trees.

**3** Turn left onto quiet road and follow all the way to Crockwell Farm where you bear left and down to road which you cross and continue to old railway bridge.

**4** Turn left after stream and follow well marked footpath towards Moreton Pinkney crossing stiles with wooden bridges. As you approach village go through farm gate on right, bear left round trees and cross stile, up hill towards house.

**5** Cross stile through arch in hedge and turn left at stile junction. Path traverses three fields, briefly join road through kissing gate, crossing route of old railway and through another kissing gate and follow path across field back to start.



**Oak leaves**

**1pt**



Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking-Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Mostly



**Fox**

**4pts**



## WALK 7

### MIDDLETON CHENEY / CHACOMBE / THORPE MANDEVILLE

Starting from Middleton Cheney Library, The Dolphin Inn is close by and you pass the New Inn as you re-enter the village. Butler's Pantry offers breakfast light lunches and teas. There are also excellent pubs in Chacombe and Thorpe Mandeville. There are options to shorten the route but you will miss out on some splendid views.

<b>Distance:</b> 10 miles	
<b>Time:</b> 5 hrs 30 mins	
<b>OS Map:</b> Explorer 206	
<b>Start:</b> Middleton Cheney Centre	
<b>Grid Ref:</b> 449910E 241710N	
Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	Yes
Benches/Seating	Yes
Picnic Areas	No
Traffic Free	No

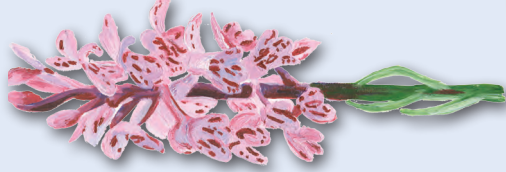
1 Turn right at the war memorial, and look for narrow footpath on left, turn left at

end and head for footpath directly ahead and cross stile. Footpath continues straight, over second stile and track to brideway.

2 Turn right into brideway (part of Jurassic Way) and continue straight for ½ mile, veer to right of woodland to kissing gate which takes you through trees.

3 Follow Jurassic Way signs into Chacombe village, pass The George and Dragon on your left, path goes through gate on left by dog waste bin. Head for double posted power line, down to wooden bridge and continue over second bridge to dismantled railway passing through tunnel and over stile. The Jurassic Way continues until you reach Upper Wardington.

4 Should you wish to save a steep climb, take the first footpath, otherwise continue into



Common  
spotted orchid

7pts

the village and follow footpath to right by village green. Go through kissing gate and head up hill aiming for brick plinth with ancient tree behind it. Makes a good spot to sit and admire view.

5 Continue to top of hill, climb stile and turn right. After 100 yards path moves to right of hedge. Continue to dismantled railway cutting, path goes down and then up other side.

6 At top, head into trees over series of stiles emerging over final stile to left of open area. Path continues diagonally across fields to track.

7 Option to continue into Thorpe Mandeville to visit Three Conies Pub. Climb stile and turn right onto track which is part of the Millennium Way so follow their signs for just over 1 mile.

8 After crossing B4525 pass farm on your left to where track opens out. Choose short-cut back or continue on main track to Thenford.

9 As you leave village turn right onto footpath, cross stream and follow footpath back to Middleton Cheney, right at main road and return to start.





## WALK 8

### MIDDLETON CHENEY / GREAT PURSTON

Starting from The New Inn, you pass The Dolphin Inn as you re-enter the village. Butler's Pantry offers breakfast, light lunches and teas. This walk visits the pretty hamlet of Great Purston and you'll probably see Alpacas!

**Distance:** 5½ miles

**Time:** 2 hrs 30 mins

**OS Map:** Explorer 206

**Start:** The New Inn, Middleton Cheney

**Grid Ref:** 450680E 241610N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking-Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Almost



**1** Head right from the Pub to the A422 Bypass. This is the only time you need to cross a major road, so take care. Cross stile once over road and follow well marked footpath into valley.



English  
bluebell

2pts

**2** Cross series of stiles (be aware some poorly maintained) eventually coming to dismantled railway. There is no entry into Farthinghoe Nature Reserve which is to your left. Continue down the hill to stile.

**3** Over stile to wildlife pond on your left. Continue over wooden bridge, cross meadow to stile then up hill to Great Purston. Over cattle grid, pass to left of house and turn right onto tarred bridleway through hamlet. You'll pass two wind turbines to your right.

**4** When tarred road turns right towards Little Purston, veer to left through double set of gates and continue along bridleway. Keep to edge of field follow round to gap in hedge.

**5** Keep to right and down to stile in corner. Footpath on other side follows field edge but can be difficult to pass through with crops in field. Option marked on map follows well marked route.

**6** Re-cross stream over newer wooden bridge and continue over dismantled railway, footpath bears to left and then continues to the left of a single wind turbine.

**7** Footpath turns right to loop around Middleton Lodge Farm, cross series of stiles until reaching bypass where you turn left to bridge which you cross back into Middleton Cheney. Turn right at The Dolphin Inn and follow road back to the start.



## WALK 9

### HELMDON / ASTWELL CASTLE

Starting from The Bell Inn, you'll get plenty of exercise climbing numerous stiles but you'll be rewarded with lovely views from the track on the second part of the walk plus a visit to the historic Astwell Castle.

**Distance:** 4 miles  
**Time:** 2 hrs 30 mins  
**OS Map:** Explorer 207  
**Start:** The Bell Inn, Helmdon  
**Grid Ref:** 458810E 243590N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking-Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Yes

**1** From pub, go right then right again onto footpath, through gate, then kissing gate following path across field.

**2** Turn left and cross wooden bridge

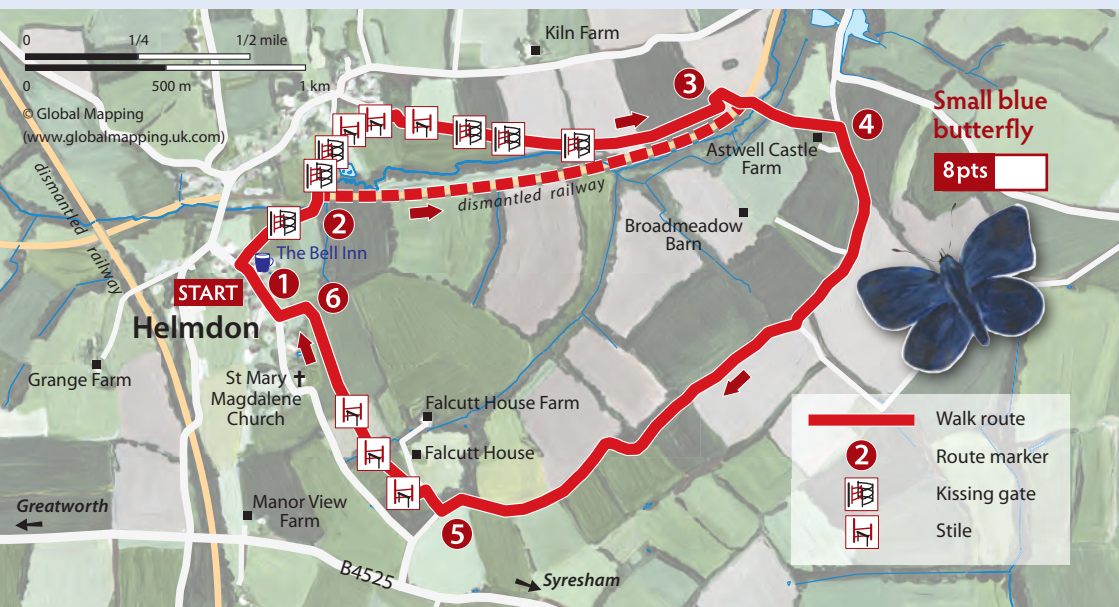
(option to follow permissive footpath on right along course of dismantled railway line) follow path looking for kissing gate on right. Head for second kissing gate and keep house to your left, look for hidden gate in corner. Path runs at end of gardens across series of stiles, then follows valley through kissing gates until meeting up with dismantled railway.

**3** Turn left and cross ditch over wooden bridge and head for wide bridge over to right with farm gates at each end. Head to the left of Astwell Castle crossing earthworks marking old mill race. Cross fields next to castle to track.

**4** Turn right onto track (good views to right) and follow until you get to Falcutt House.

**5** Turn right with pond to your right, follow track until you reach series of topiary. Turn left into trees where footpath sign is hiding. Path then crosses fields over series of stiles (you can branch off to visit church if you wish).

**6** Path slopes down with open space to your left and gate by houses. Through gate and at road turn right back to pub.





WALK 10  
MARSTON ST LAWRENCE /  
GREATWORTH / FARTHINGHOE

Although this walk starts from The Marston Inn you have the choice of starting from two other pubs along the route or the tea gardens at Limes Farm. Highlights include wonderful views from Greatworth and the dismantled railway cutting north of Farthinghoe filled with wildflowers.

Distance: 6 miles

Time: 3 hrs

OS Map: Explorer 191 & 206

Start: The Marston Inn, Marston St Lawrence

Grid Ref: 453720E 242621N

Pushchairs/Prams	No
Young Children	Yes
Wheelchairs	No
Dog Walking Bins provided	No
Benches/Seating	Yes
Picnic Areas	Yes
Traffic Free	No

1 Head right out of pub car park and take small road on left, at end veer right over grass to kissing gate, follow path to second kissing gate and then follow track alongside wooden fence. Path continues over series of stiles.

2 Cross minor road and continue across field, over stile and up hill, following track



Skylark 5pts

around contour to edge of Greatworth. Go through gate on right along narrow path beside copper beech hedge.

3 Turn right at Post Office, past The Inn on your left and follow road out of village. At national speed limit sign turn left over stile and follow footpath diagonally across series of fields and stiles.

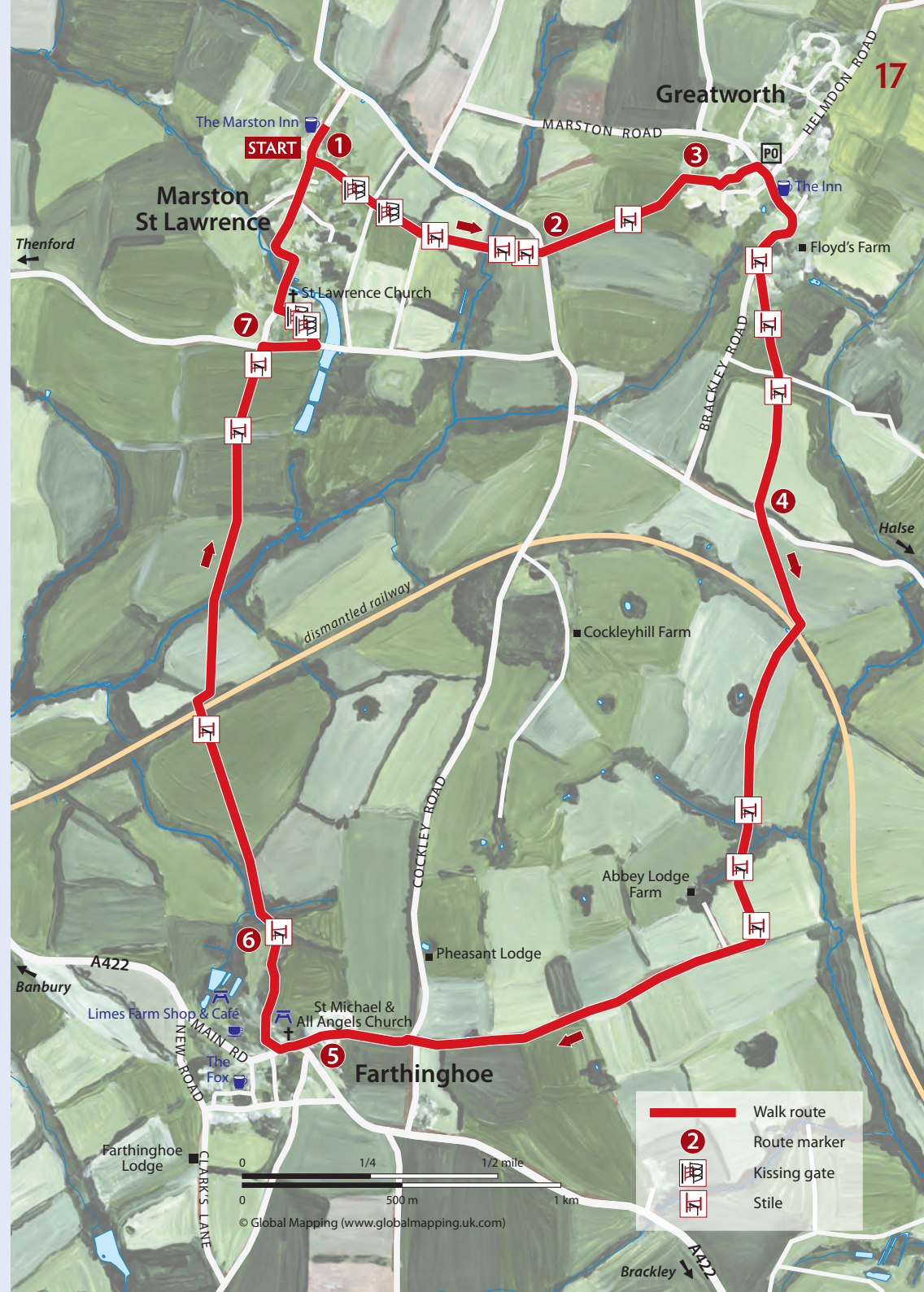
Teasel 2pts

4 Cross minor road, through trees marking dismantled railway and continue on path to stile with wooden bridge then two more stiles, turning right onto bridgeway which you follow into Farthinghoe. Turn right at school going past church. The Fox is across the main road and a short walk into the village.

5 Take first right just after church, follow road to gate on right (or continue on main track into Limes Farm), pass through two gates and head down hill following line of electricity poles. Look for stile in corner of field.

6 Cross stile, up to double set of gates and look for transmitter tower in distance. This is your marker as footpath indistinct. At shallow railway cutting, cross stile and into cutting, full of wildflowers in summer. On other side head off to right through trees and use church tower at Marston as a marker. Continue straight until crossing stile onto road.

7 Turn right and head to small bridge for views of lake. Go back to kissing gate on right and cross to church, through second kissing gate and turn left through churchyard, turn right onto road and follow back to pub.





## WALK 11

### KING'S SUTTON CIRCULAR

When you finish your walk there are three pubs to chose from and if you get time, visit the stunning church with its striking spire. To start the walk follow the signs for Banbury which will lead you to Banbury Lane. For the most part walking is easy taking in wildflower meadows alongside the River Cherwell but take great care crossing the railway and the final section which is along a road.

**Distance:** 5 miles

**Time:** 2 hrs

**OS Map:** Explorer 191

**Start:** King's Sutton Centre

**Grid Ref:** 449891E 236250N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	No

**1** Once on Banbury Lane look for footpath on left just past Cunnings Garage, go through kissing gate and head diagonally across field, cross series of stiles to wildflower meadow.



4pts

Great stitchwort

**2** Aim to the right of the signal, crossing wooden bridge over stream; the path bears right alongside railway until you come to a stile on the left. TAKE GREAT CARE crossing the railway. Cross stile into meadow with River Cherwell close, follow path to Twyford Bridge over stile onto road.

**3** Turn right, cross road past Cherwell Valley Business Park and take concrete bridleway past sign Sutton Lodge Farm. This bridleway continues straight for over a mile, the first part concrete until it turns off to the farm at which point you continue straight on. Eventually you reach a gravel drive; pass Keeper's Cottage on your right up to road.

**4** Cross road and follow concrete footpath signposted to Great Purston and Upper Astrop. After 500 metres you have the option



Marbled white butterfly

2pts

Oxtail daisy

4pts

**18** to follow the footpath to Purston and join Walk 8. Continue towards Astrop Hill Farm which you pass on your left until reaching bridleway on right just before copse.

**5** Turn right onto bridleway and head down hill towards Upper Astrop with King's Sutton church spire in distance.

**6** At top, head into trees over series of stiles. Ignore track as it bends to the right and look for gate in corner ahead of you, go through gate and pass house on your right, through second gate and enter farmyard passing barns on your left. Follow track until you reach road where you turn left and head back to King's Sutton. Take care on this section, the road is relatively quiet but verges are narrow.



19



## WALK 12 CHARLTON

Apart from the first 100 metres this walk is totally traffic free and takes in the iron age Rainsborough Camp dating from 6BC.

**Distance:** 4 miles

**Time:** 2 hrs

**OS Map:** Explorer 191

**Start:** The Rose & Crown, Charlton

**Grid Ref:** 452760E 235820N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Mostly

**1** From The Rose & Crown, head right, over river then right onto bridlway. Through second gate then diagonally across field to gate, following bridlway into next field where Rainsborough Camp is on your left.

**2** The bridlway cuts across field to next gate but worth detour to visit remains. Continue along bridlway, through gap in hedge on

right, then downhill to Walton Grounds.

**3** Turn right along track, through trees, cross wooden bridge next to ford, continue on footpath round to four cottages on your right, taking bridlway at far end.

**4** Bridlway forks right uphill cutting through small copse and across field to footpath when you turn right. Continue to top of hill.

**5** Pass through line of trees and start gentle descent, path turns left into adjoining field then bears left heading back towards Charlton.

**6** Gate on left leads to Stonepits if you want the option of a further ¾ mile walk. Otherwise continue to two stiles next to pub..

## WALK 13 CROUGHTON

The highlight is the 'traditional' bridlway along the northern part of this walk. On a summer's evening you'll feel transported back in time.

**Distance:** 5 miles

**Time:** 2 hrs 30 mins

**OS Map:** Explorer 191

**Start:** The Blackbird Inn, Croughton

**Grid Ref:** 454360E 233551N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	No

**1** From The Blackbird Inn, head towards the school and turn left into Wheelers Rise. After 20 metres right onto footpath which loops round back of school. Head in a straight line through kissing gates, crossing the Brackley Road and over a couple of fields, cross brook by wooden planks, over stile and continue to bridlway.

**2** Turn left onto bridlway heading towards single wind turbine, re-cross Brackley Road and continue to Charlton Road where you turn left. Please keep to grass verge.

**3** Look out for start of bridlway on left opposite small copse. Bridlway is well marked with blue posts, continue to minor road where you turn left and follow until footpath on left.

**4** Option of two footpaths back to Croughton, one to the left, takes you back to Wheelers Rise



**Brown hare**  
6pts

**Yellow wagtail**  
4pts



## WALK 12 CHARLTON

Apart from the first 100 metres this walk is totally traffic free and takes in the iron age Rainsborough Camp dating from 6BC.

**Distance:** 4 miles

**Time:** 2 hrs

**OS Map:** Explorer 191

**Start:** The Rose & Crown, Charlton

**Grid Ref:** 452760E 235820N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	Mostly

**1** From The Rose & Crown, head right, over river then right onto bridlway. Through second gate then diagonally across field to gate, following bridlway into next field where Rainsborough Camp is on your left.

**2** The bridlway cuts across field to next gate but worth detour to visit remains. Continue along bridlway, through gap in hedge on

right, then downhill to Walton Grounds.

**3** Turn right along track, through trees, cross wooden bridge next to ford, continue on footpath round to four cottages on your right, taking bridlway at far end.

**4** Bridlway forks right uphill cutting through small copse and across field to footpath when you turn right. Continue to top of hill.

**5** Pass through line of trees and start gentle descent, path turns left into adjoining field then bears left heading back towards Charlton.

**6** Gate on left leads to Stonepits if you want the option of a further ¾ mile walk. Otherwise continue to two stiles next to pub..

## WALK 13 CROUGHTON

The highlight is the 'traditional' bridlway along the northern part of this walk. On a summer's evening you'll feel transported back in time.

**Distance:** 5 miles

**Time:** 2 hrs 30 mins

**OS Map:** Explorer 191

**Start:** The Blackbird Inn, Croughton

**Grid Ref:** 454360E 233551N

Pushchairs/Prams	No
Young Children	No
Wheelchairs	No
Dog Walking Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	No

**1** From The Blackbird Inn, head towards the school and turn left into Wheelers Rise. After 20 metres right onto footpath which loops round back of school. Head in a straight line through kissing gates, crossing the Brackley Road and over a couple of fields, cross brook by wooden planks, over stile and continue to bridlway.

**2** Turn left onto bridlway heading towards single wind turbine, re-cross Brackley Road and continue to Charlton Road where you turn left. Please keep to grass verge.

**3** Look out for start of bridlway on left opposite small copse. Bridlway is well marked with blue posts, continue to minor road where you turn left and follow until footpath on left.

**4** Option of two footpaths back to Croughton, one to the left, takes you back to Wheelers Rise





## WALK 14

### AYNHO & OXFORD CANAL

Starting from The Cartwright Hotel in Aynho this is an easy walk, partly on quiet tracks with the option of a 3½ mile detour along the Oxford Canal Towpath to the Great Western Arms at Aynho Wharf. A lot of this walk is along quiet tared roads, concreted tracks and the towpath which will allow pushchairs and probably wheelchairs. Be aware of traffic around Aynho.

**Distance:** 3½ miles (7 incl canal walk)

**Time:** 2 hrs 30 mins

**OS Map:** Explorer 191

**Start:** Cartwright Hotel, Aynho

**Grid Ref:** 451480E 233230N

Pushchairs/Prams	Partly
Young Children	No
Wheelchairs	Partly
Dog Walking-Bins provided	No
Benches/Seating	No
Picnic Areas	No
Traffic Free	No

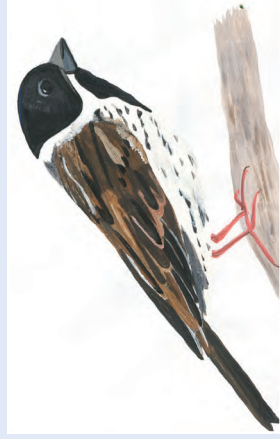
**1** With the hotel behind you, head left along the main road and as you near the end of the village look for a footpath on the right in a gap in the wall.



**Dog wood violet**

**4pts**

**2** Step over the old stone stile and head down the footpath, flanked on both sides by a stone wall, passing through a short tunnel and over a stile onto open fields with views across Aynho Park. The footpath continues in a straight line over a series of stiles and kissing gates, passing a pumping station to your right until you arrive in the pretty village of Souldern.



**Reed bunting**

**6pts**

**Red damselfly**

**2pts**

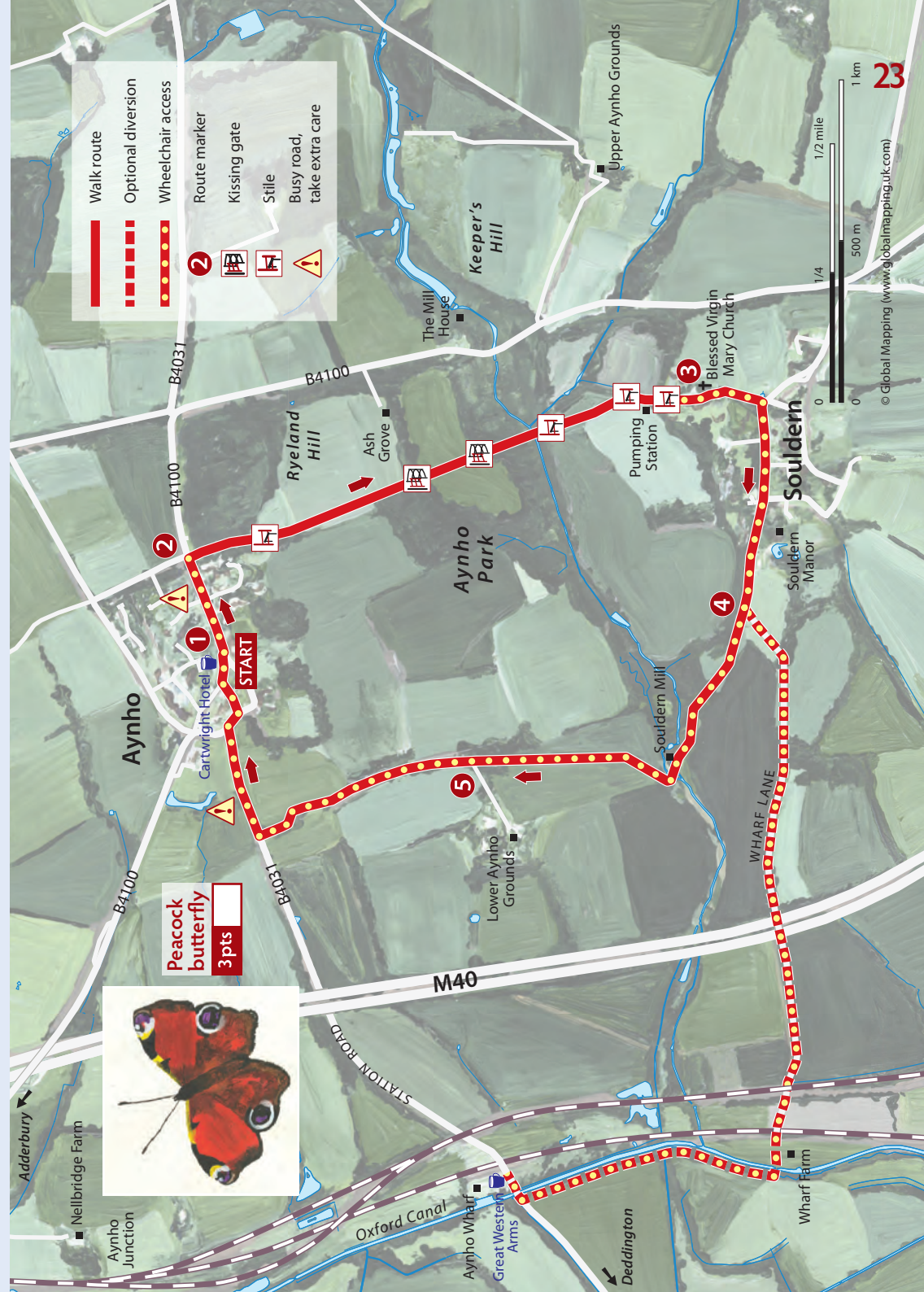
**4** At this point you have the option to follow the road which leads to Wharf Farm where you cross canal bridge and go through gate on right onto tow path which you follow to Aynho Wharf and the Great Western Arms. After refreshment retrace your steps. Continue down the track to the pretty Souldern Mill, stay on track past mill, cross river and follow track up hill.

**5** Track meets with tared road which leads back to main road where you turn right, keeping to grass verge up steep hill to junction. At junction turn right and head back to start.



**Peacock butterfly**

**3pts**



**3** Climb final stile to right of gate and pass church on your left, follow road to junction and turn right with pond on your left. Follow road through village until junction where road veers left and track goes straight on.





## WALK 15

## LIMES FARM, FARTHINGHOE

A popular farm shop in Farthinghoe offering teas and light lunches.

Distance: 3 miles

Time: 1 hour

OS Map: Explorer 191 & 206

**Start:** Limes Farm, Farthinghoe

Grid Ref: 458183E 236520N

Pushchairs/Prams	Farm only
Young Children	Farm only
Wheelchairs	Farm only
Dog Walking-Bins provided	No
Benches/Seating	Yes
Picnic Areas	Yes
Traffic Free	Yes

All walks in this guide are based on official footpaths or bridleways. The publishers accept no responsibility for any loss, injury or inconvenience sustained by anyone using this guide.

## Walking Tips

Warm up before setting off with a few stretches.

Wear suitable footwear.

Wear layers to keep a comfortable temperature.  
Carry a water bottle.

## GLOBAL MAPPING

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South  
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There are gentle walks around the farm to picnic areas and two small lakes. Alternatively, a tougher walk (wear appropriate footwear) takes in part of Walk 10 as far as **B** where you turn sharp left and follow footpath in southwest direction for 1km. Turn left onto bridleway and follow it back towards Farthinghoe almost as far as the main road. Go through gate on left and downhill to allotment. Pass through trees on right, round lakes and back to start. There is an option of a short-cut back on reaching the railway cutting at **A**.

