



# Neithrop Health Walk

Explore leafy pathways, have fun in Princess Diana park and don't forget to take a seat to enjoy the views on the lovely Pink Diamond Trail.

**Distance** 3 kilometers / 1.9 miles

**Duration** 1 hour



Great views



Picnic spot



Hilly & steep



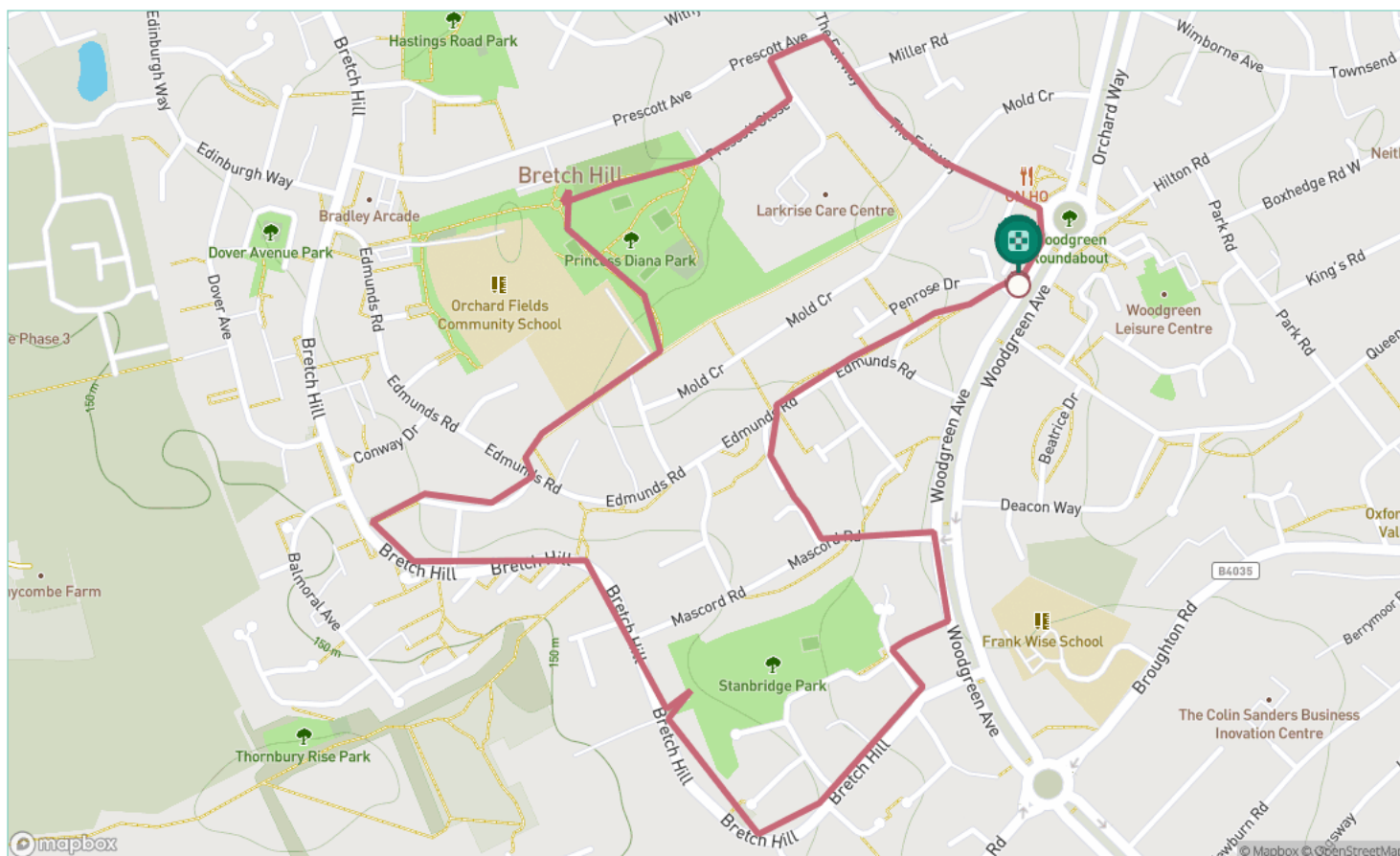
Dog friendly



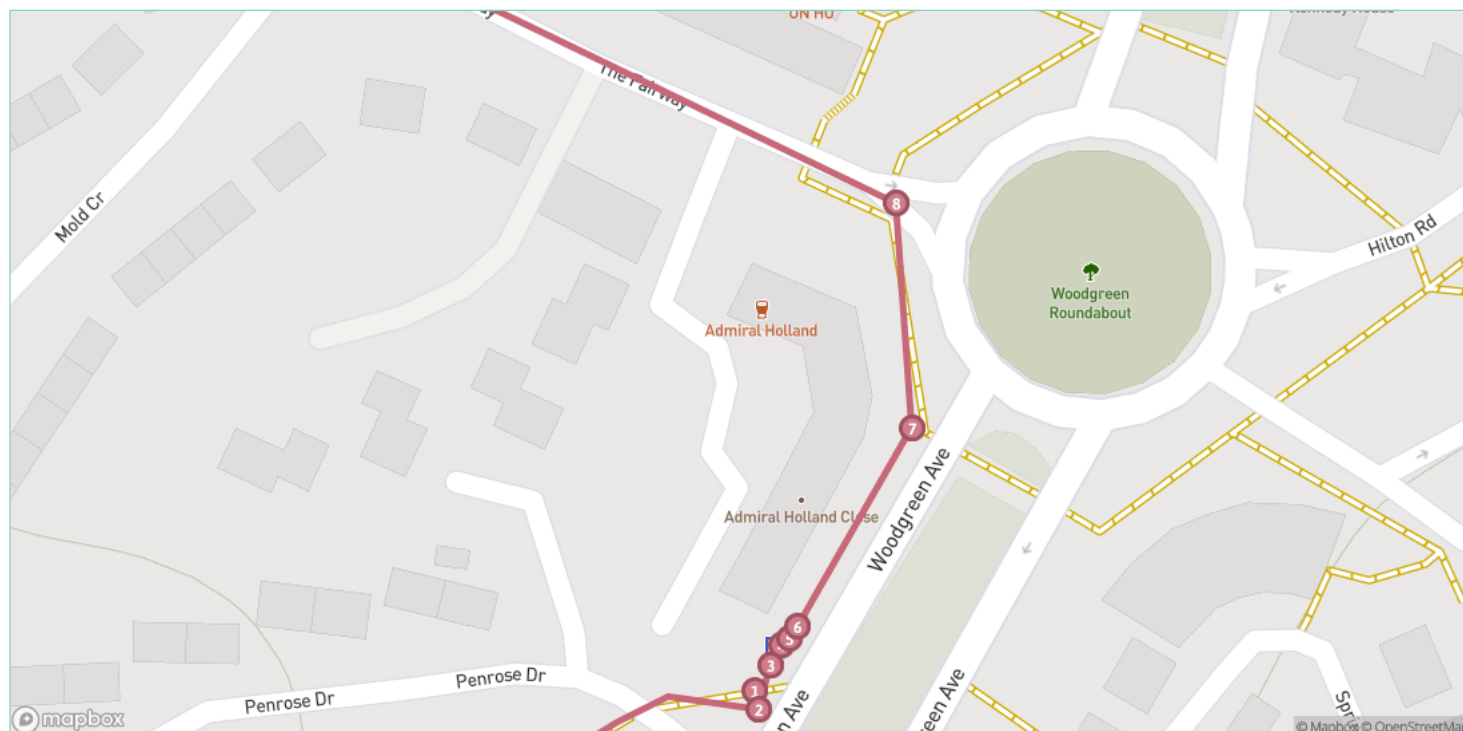
Child friendly



Botanics



Disclaimer: Directions are provided as guidance only. Weather, construction, closures or other factors may affect routes. Please take care when crossing roads and avoid private land. Always follow local signage and use common sense. Created by Go Jauntly Ltd © 2023. Last Updated: 27 October 2023.



**Step 1:** This walk was created in partnership with Cherwell District Council. Enjoy over 30 walks across North Oxfordshire and experience the sights and sounds of nature as you go.

**Step 2:** Welcome to Neithrop. Our walk starts at Woodgreen Ave and Penrose Dr. It's a circular route, so if you start elsewhere, that's ok too.

**Step 3:** Today, we'll be following the Neithrop Health Trail. We'll be looking out for the pink diamonds on the ground and the signs overhead. They will guide you around the circuit.

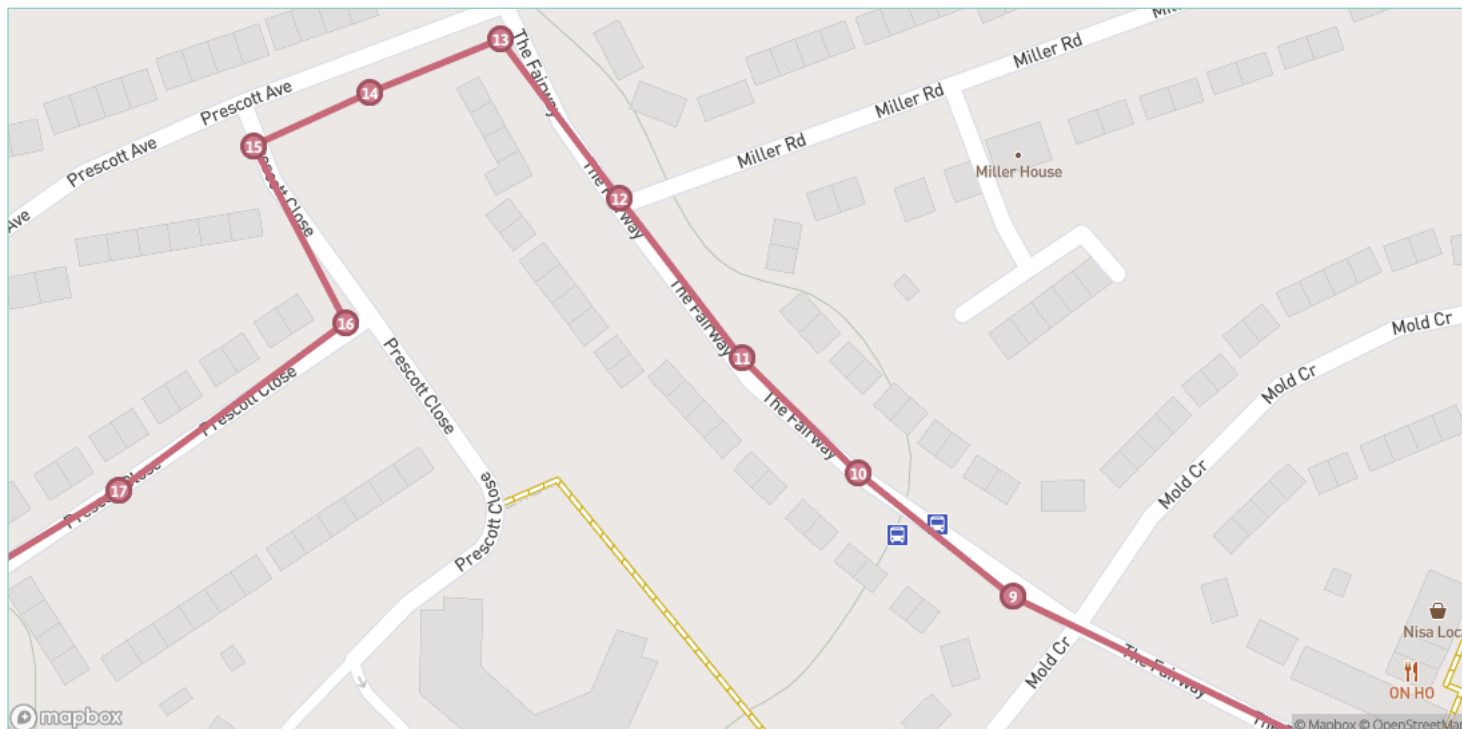
**Step 4:** There are three health walks around Banbury. They are designed to be accessible and easy to follow. On each trail, you'll find: pavement games and activities, benches and picnic spots, green spaces, shops and community facilities.

**Step 5:** We hope you can explore your local area with friends or family, get active outside for healthy body and mind, discover new paths you've never walked before, and enjoy nature on your doorstep!

**Step 6:** Right, off we go! Can you find where we are on the map? Can you see where we're going today? When you're ready, let's head off. Follow the pavement along Woodgreen Ave, with the road to your right.

**Step 7:** Veer left to follow the pavement around the roundabout.

**Step 8:** Have you spotted the pink markings on the ground? These will help you stay on track.



**Step 9:** Stay straight on the pavement as it goes up the hill. It hasn't already been a km, but these makings will let us know how far we've gone!

**Step 10:** We really hope you can get to know the local area on your walk today. What sorts of memorable sights, sounds, and smells will you discover?

**Step 11:** For a few stretches, this route is shared with the Blue Hexagon Trail, another local health walk. Perhaps you'd like to try it out later?

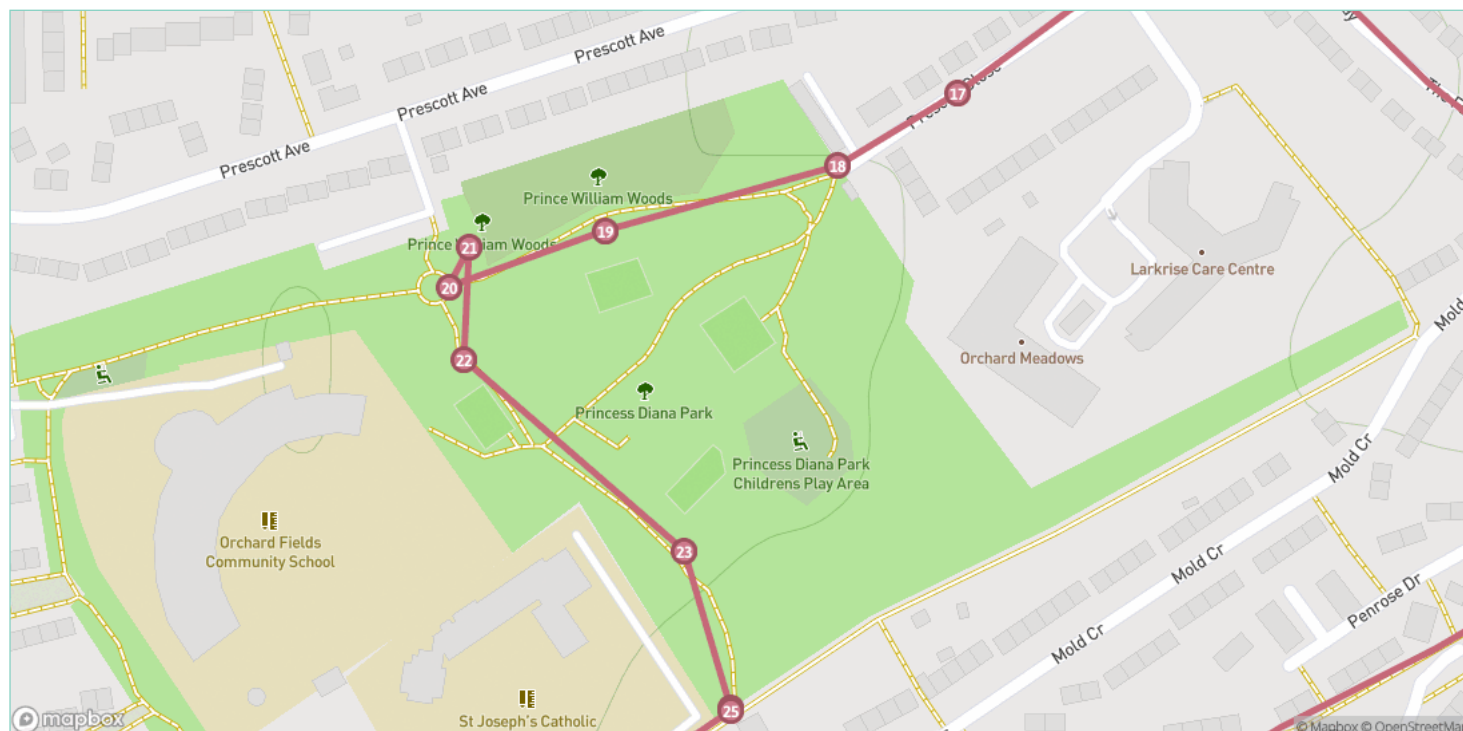
**Step 12:** To your right, looking down Miller Road, you might catch a glimpse of the surrounding areas. Banbury is a town of many hills.

**Step 13:** Turn left at Prescott Ave, noting the pink markings guiding you along.

**Step 14:** You might pass a blossoming cherry tree on your way. Look out for anything interesting or different!

**Step 15:** At the first street, cross to the other side, then turn left.

**Step 16:** Turn again at the first street, this time to the right.



**Step 17:** When we walked, we spotted these plants (loggerheads) blossoming along the pavement.

**Step 24:** At the bottom, walk past the metal posts and turn right.

**Step 18:** Head straight on for the gate. Walk around it to the left, then veer right.

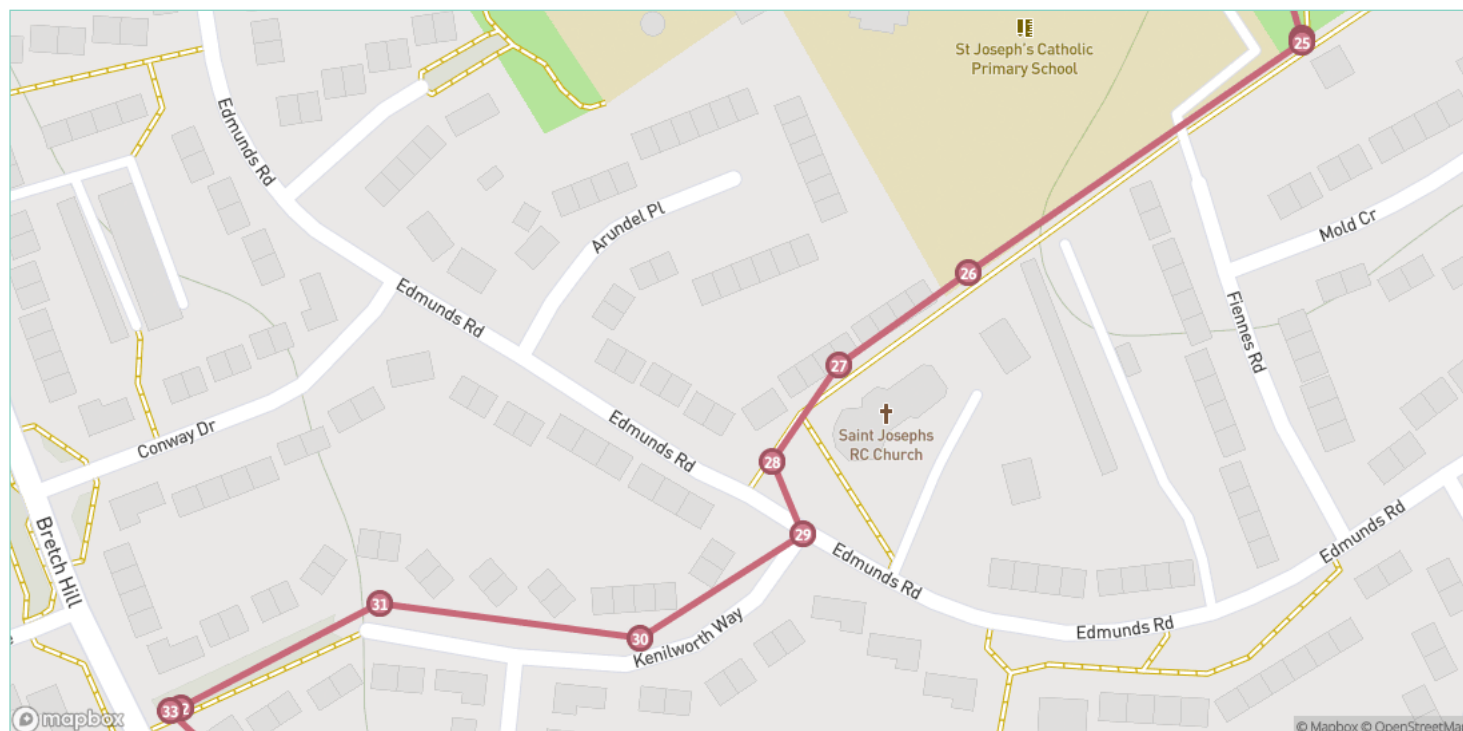
**Step 19:** You'll see another set of pavement play areas here as you continue on.

**Step 20:** At this lovely little path roundabout, we'll be taking the exit to the left.

**Step 21:** If you'd like, you can check out the gorgeous Prince William's Wood on your right before continuing on.

**Step 22:** When you're ready, the route heads to the left and along the colourful play markings.

**Step 23:** Don't miss the lovely park views as they open up to your left and right. It's a bit of a downhill incline, but the path is paved.



**Step 25:** You might see what looks to be a hawthorn bush on your right. Can you see any berries or flowers?

**Step 32:** Can you find the next km marker on the ground? You're doing so well!

**Step 26:** Continue straight on along the fence.

**Step 27:** Can you spot any crawling Ivy plants? Doesn't this Ivy look like little lizards climbing up the fence posts?

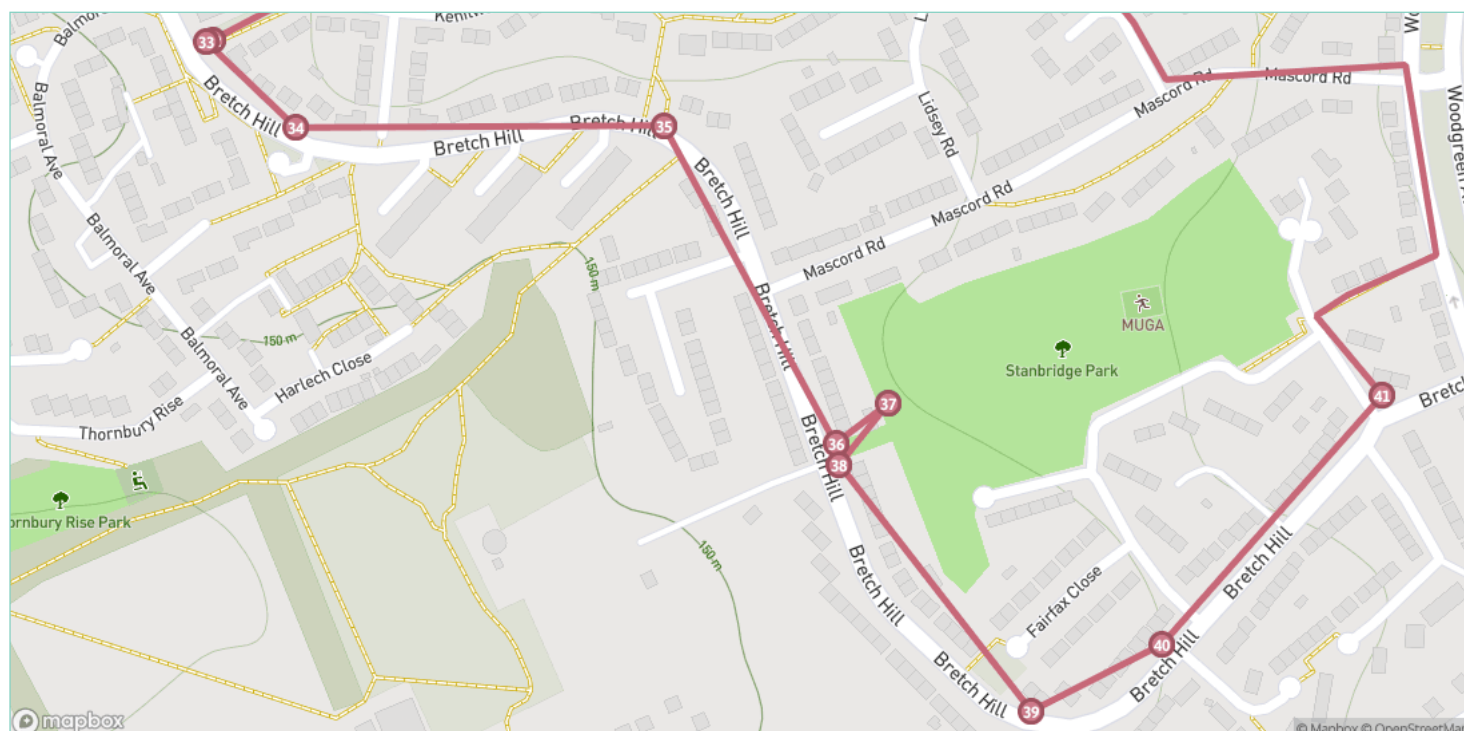
**Step 28:** At the end of the path along the fence, continue straight on and cross the road carefully at the pink diamond markings.

**Step 29:** Continue straight along the right-hand side of Kenilworth Way.

**Step 30:** In spring or summer you might spot these blue forget-me-nots blooming out of the pavement?

**Step 31:** The road ends here, but the route continues along the pavement up the hill.





**Step 33:** There's another map here. Where are you now? Where did you start? How far have you come?

**Step 34:** At the map, turn left onto the pavement along Brech Hill. This is a long stretch with no turns, so following the route is easy. Don't tune out, though. What sorts of interesting and memorable things can you observe along the way?

**Step 35:** You might be able to catch some countryside views from behind the homes to your left.

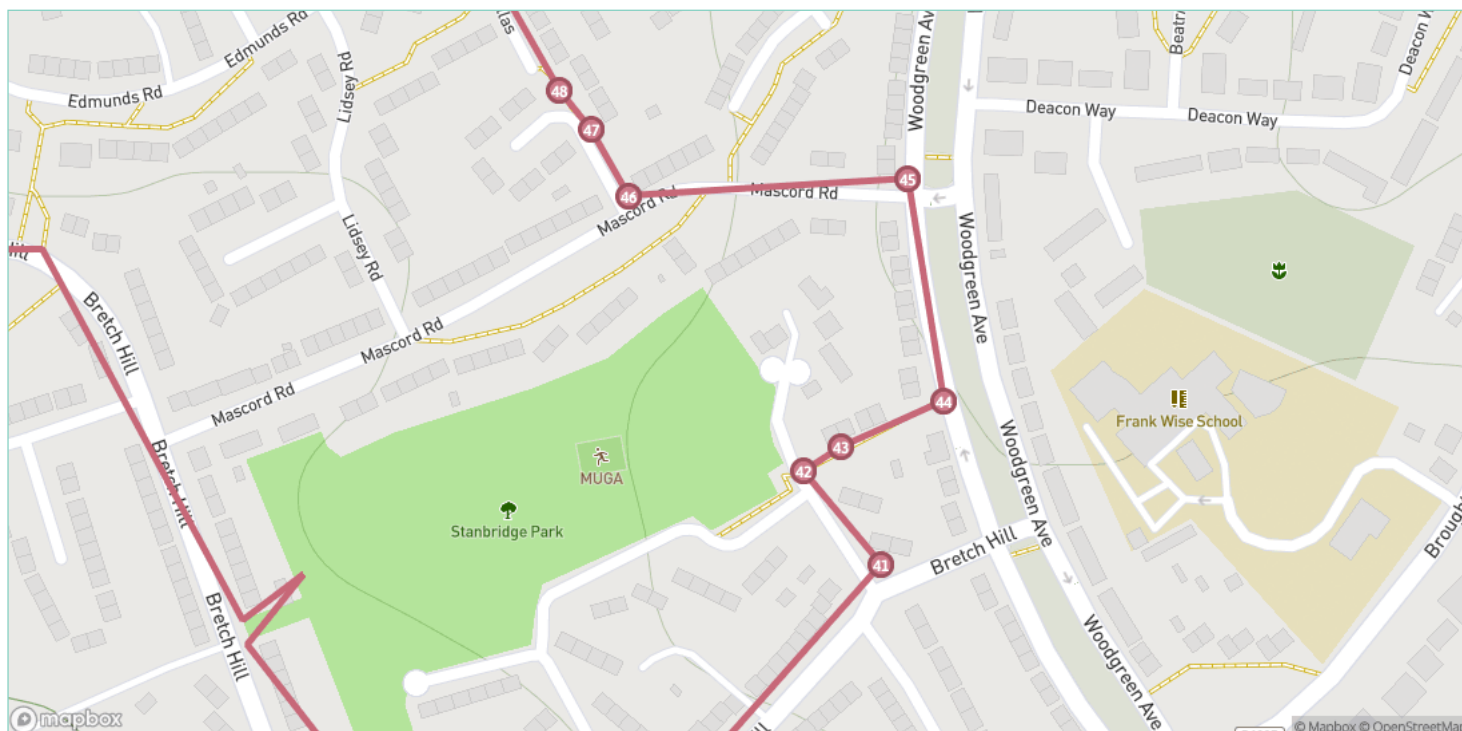
**Step 36:** For a little break, you can head into Stanbridge Park to your left.

**Step 37:** We loved this hillside park, with gorgeous views and wide expanses of grass for play, picnic and to relax.

**Step 38:** When you're ready, come on back to the main road. Turn left to continue on the route. You might spot a Pink Diamond Trail banner above you.

**Step 39:** The pavement follows the road as it bends to the left.

**Step 40:** At the top of the hill, there are good views of the town and countryside in the distance. This next stretch is a fairly steep downhill.



**Step 41:** Just before the main road, turn left onto Stanbridge Close. Follow the markings. You'll see the bottom of the park we were just in up ahead.

**Step 42:** Just past the staircase, turn right, following the pink diamonds down the pavement.

**Step 43:** Another km mark! Nice work!

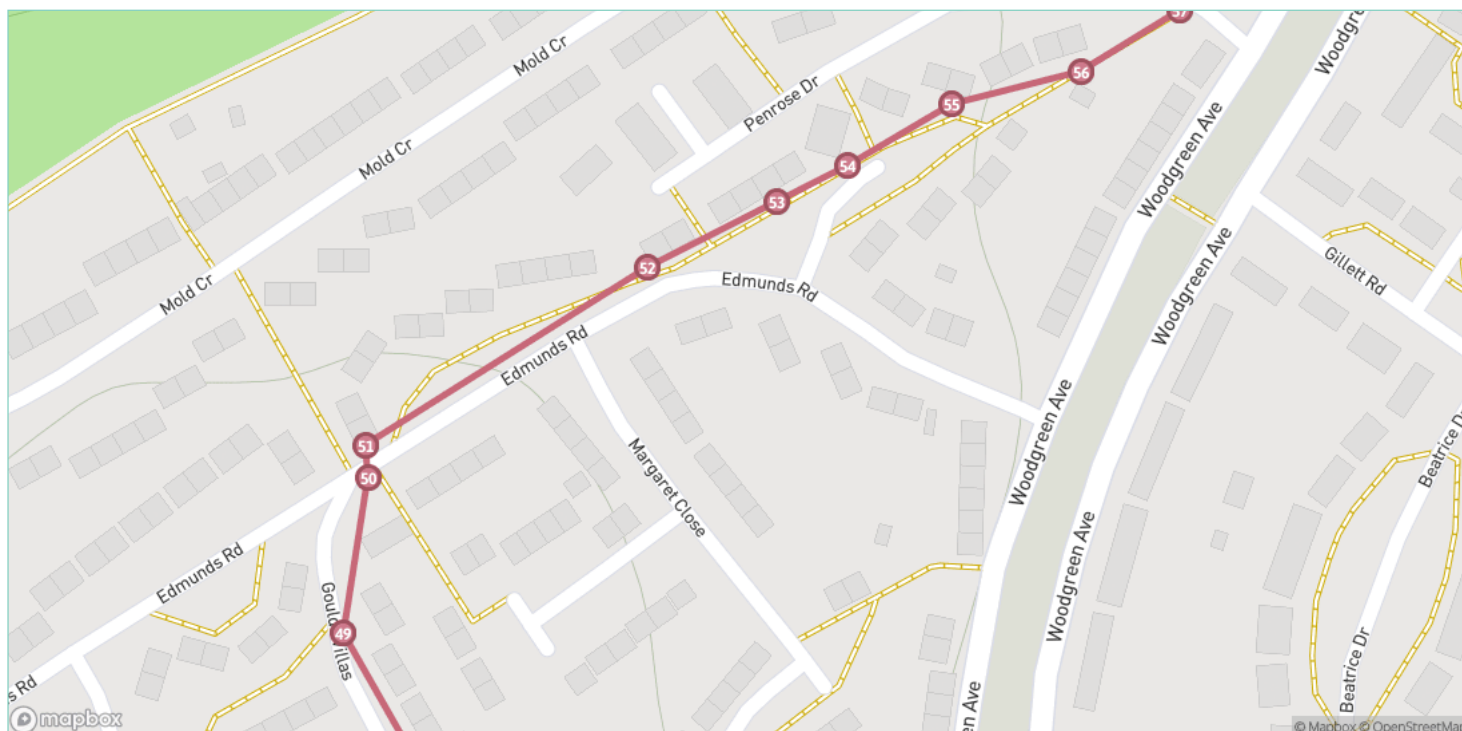
**Step 44:** Turn left onto Woodgreen Ave.

**Step 45:** Cross over Mascord Road and turn left along it.

**Step 46:** The route follows the first road to the right (Mascord Close). Don't forget to look behind you to see the view before continuing on.

**Step 47:** Follow the pavement here as the road bends away.

**Step 48:** This Mexican Orange bush might be blossoming when you're walking by.



**Step 49:** The pavement bends to the right here, headed for the larger road up ahead.

**Step 50:** Follow the pink diamonds, telling you to carefully cross the street.

**Step 51:** Turn right on the other side.

**Step 52:** The road curves right, but the pavement continues straight ahead.

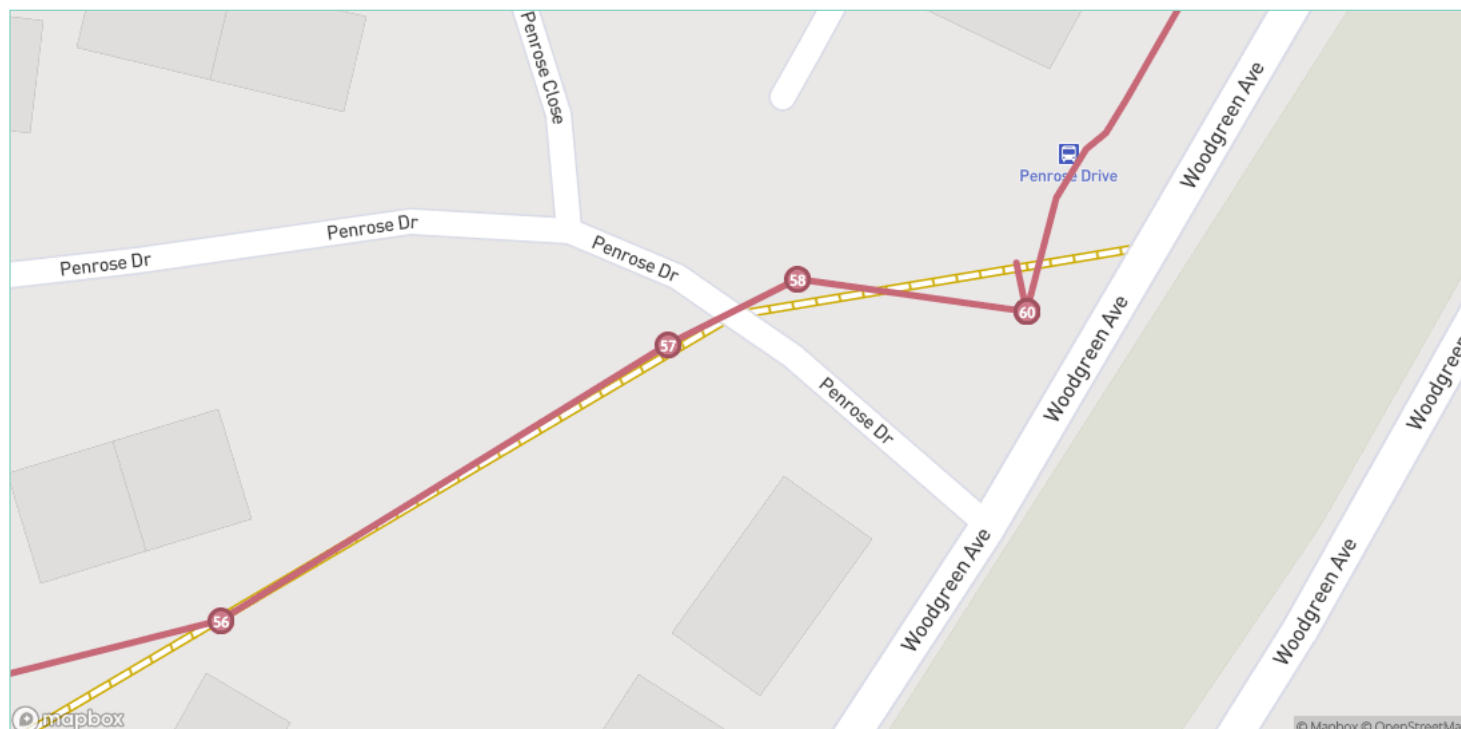
**Step 53:** Even if your day isn't as glorious as this one, take a few minutes to look up, too! Do you see any shapes in the clouds?

**Step 54:** Pass this cool three-trunk tree.

**Step 55:** At the path junction, veer left.

**Step 56:** You're getting very close now! Time for a little celebratory game of hopscotch?





**Step 57:** That's Woodgreen Ave up ahead. Let's get back to where we started. Turn right here.

**Step 58:** Next, turn left to cross Penrose Drive. Do you see the map?

**Step 59:** And here we are! Back at the map where we started. Great walking today!

**Step 60:** We hope you enjoyed walking this urban route. We have two other local health walks, nearby in Ruscote and in Grimsbury. Why not try those ones next time, and see what you discover along the way? There's always something new!