



# Grimsbury Health Walk

Explore hidden woods and leafy pathways, visit Moorfield Park and pass the schools, the shops and more on the lovely Green Star Trail.

**Distance** 5 kilometers / 3.1 miles

**Duration** 1 hour and 45 minutes



Wheel friendly



Water feature



Picnic spot



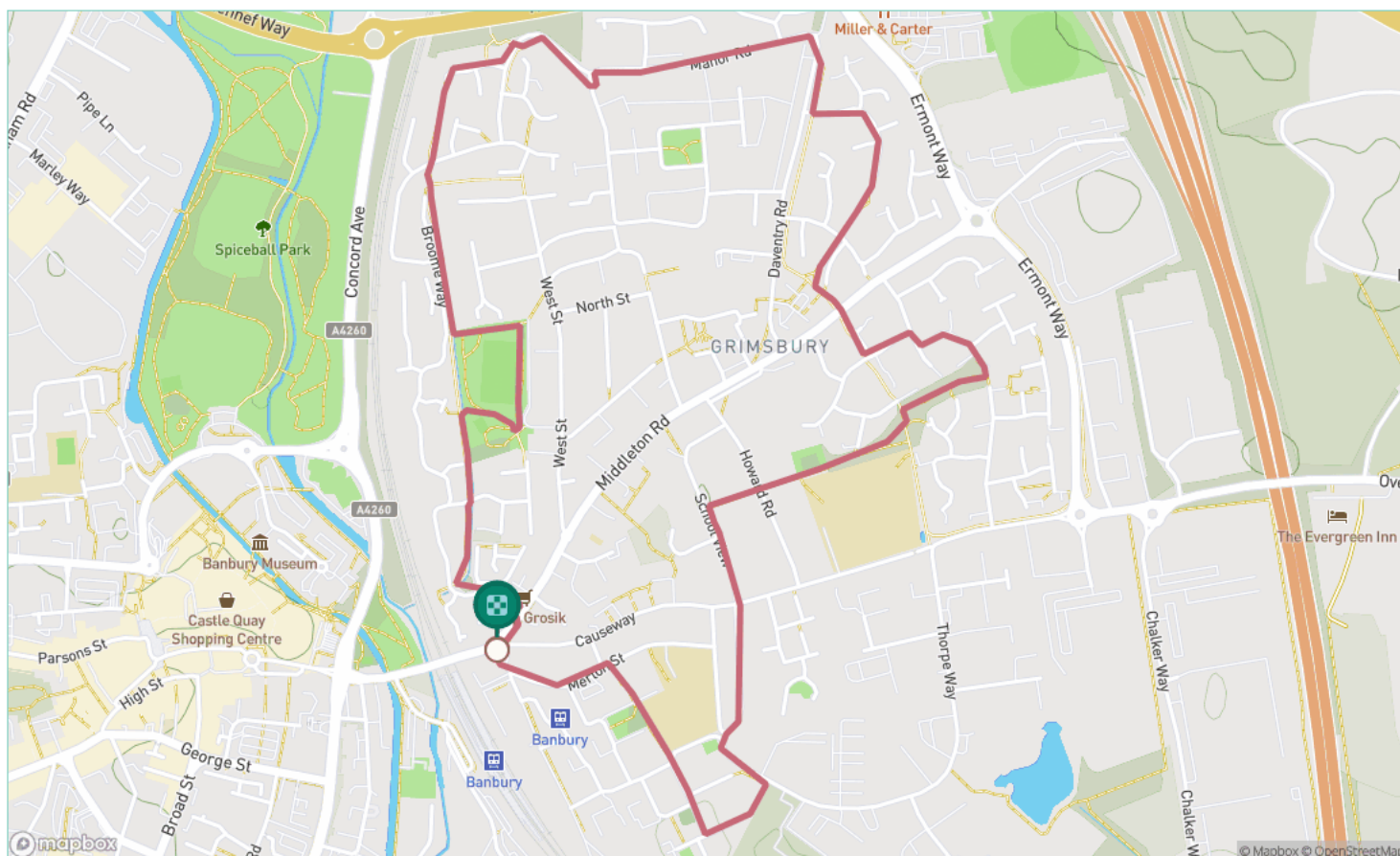
Dog friendly

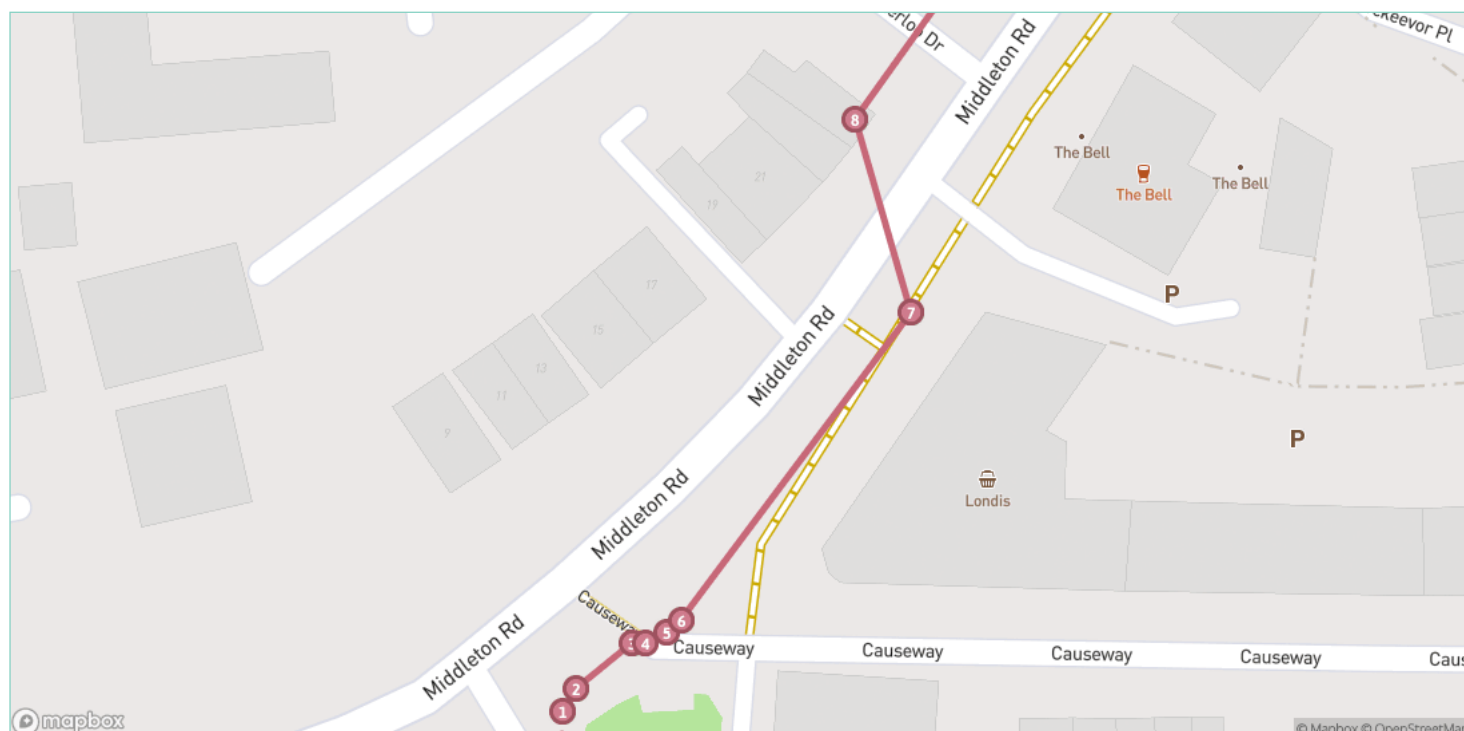


Child friendly



Botanics





**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 Grimsbury. Our walk starts on the Middleton Road (OX16 4QJ). It's a circular route, so you can start at any point of this jaunt.

**Step 3:** Today we'll be following the Grimsbury Health Trail. We'll be looking out for the green stars on the ground and the signs overhead, and they will guide you round the circuit.

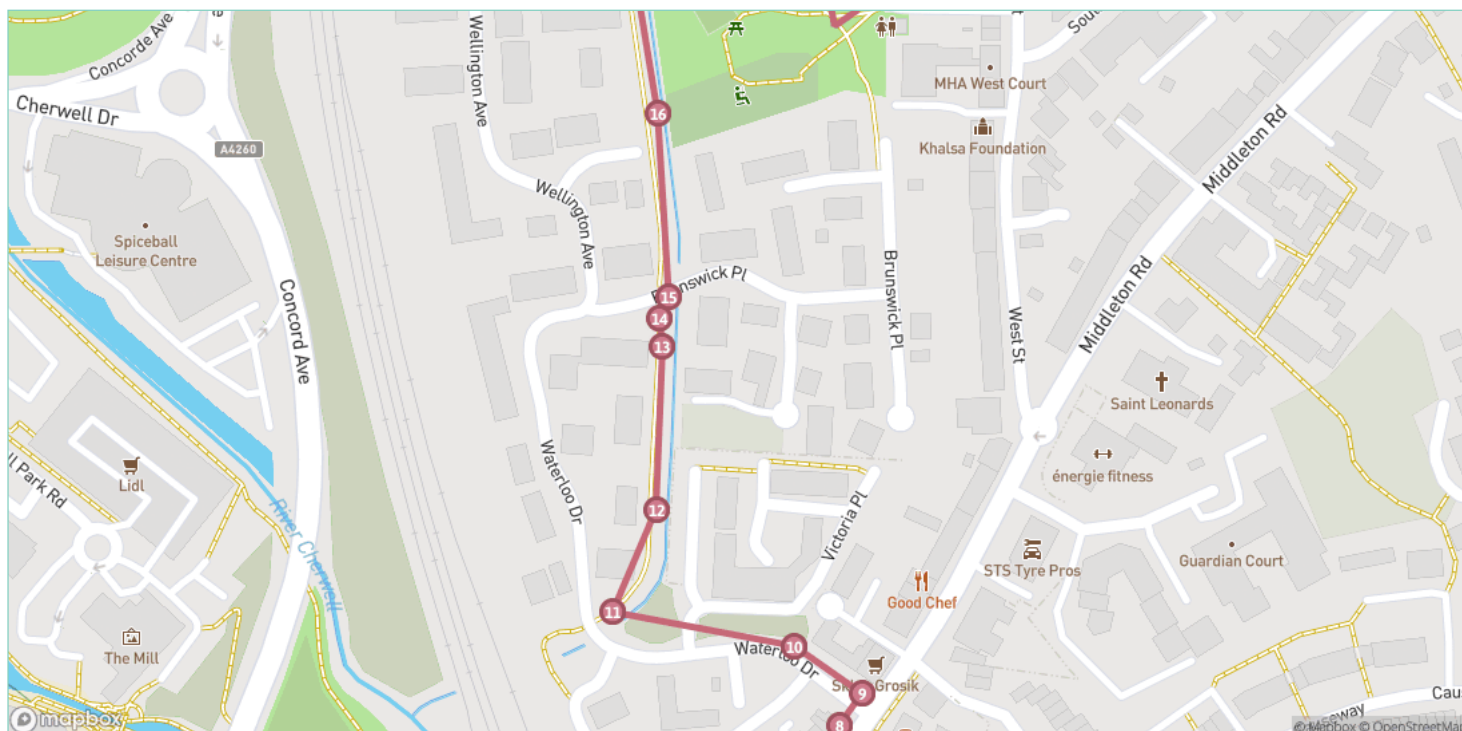
**Step 4:** There are three health walks around Banbury. They are designed to be accessible and easy to follow. On each trail, you'll find: pavement games and activities, benches and picnic spots, green spaces, shops and community facilities.

**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:** Can you find where we are on the map? Can you see where we're going today? When you're ready, follow the pavement behind you towards Londis.

**Step 7:** Use the pedestrian crossing light here. Notice the green stars on the pavement. These will help keep us going in the right direction!

**Step 8:** On the other side, turn right. Use the next pedestrian crossing to cross the road straight ahead.



**Step 9:** Turn left on the other side, following the green stars on the pavement.

**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:** After the pavement bends to the right, turn right to start walking along the stream, which drains into the Cherwell.

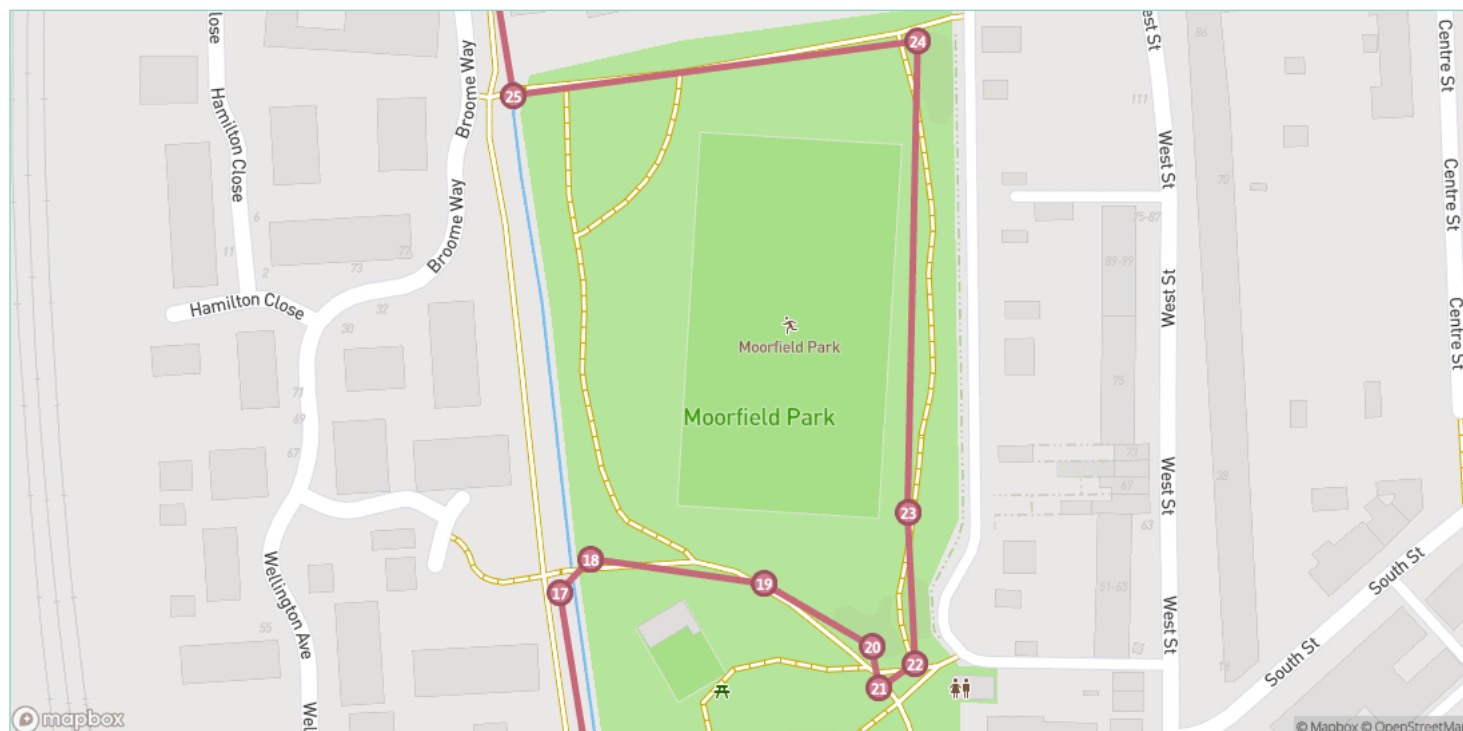
**Step 12:** Our first set of pavement games and activities - for adults & children alike! However you're able, feel free to play along.

**Step 13:** Don't let your fun distract you from the everyday nature you might see nearby. Flowers on bushes, even weeds in pavement cracks.

**Step 14:** What other colours can you find on your walk today? We've already seen plenty of green.

**Step 15:** Cross the street when clear and continue straight through the barriers.

**Step 16:** Through the trees to your right you'll soon see the gorgeous Moorfield Park. Let's go check it out.



**Step 17:** Continue ahead and turn right to cross the stream. Pause here for a minute. What can you hear? Birds chirping? People playing in the park?

**Step 18:** Welcome to Moorfield Park, one of the flagship play areas in town. Pass through the barriers and enter the park.

**Step 19:** As you walk along the park paths, what other colours can you add to your collection? Maybe the lovely white blooms of this tree in spring?

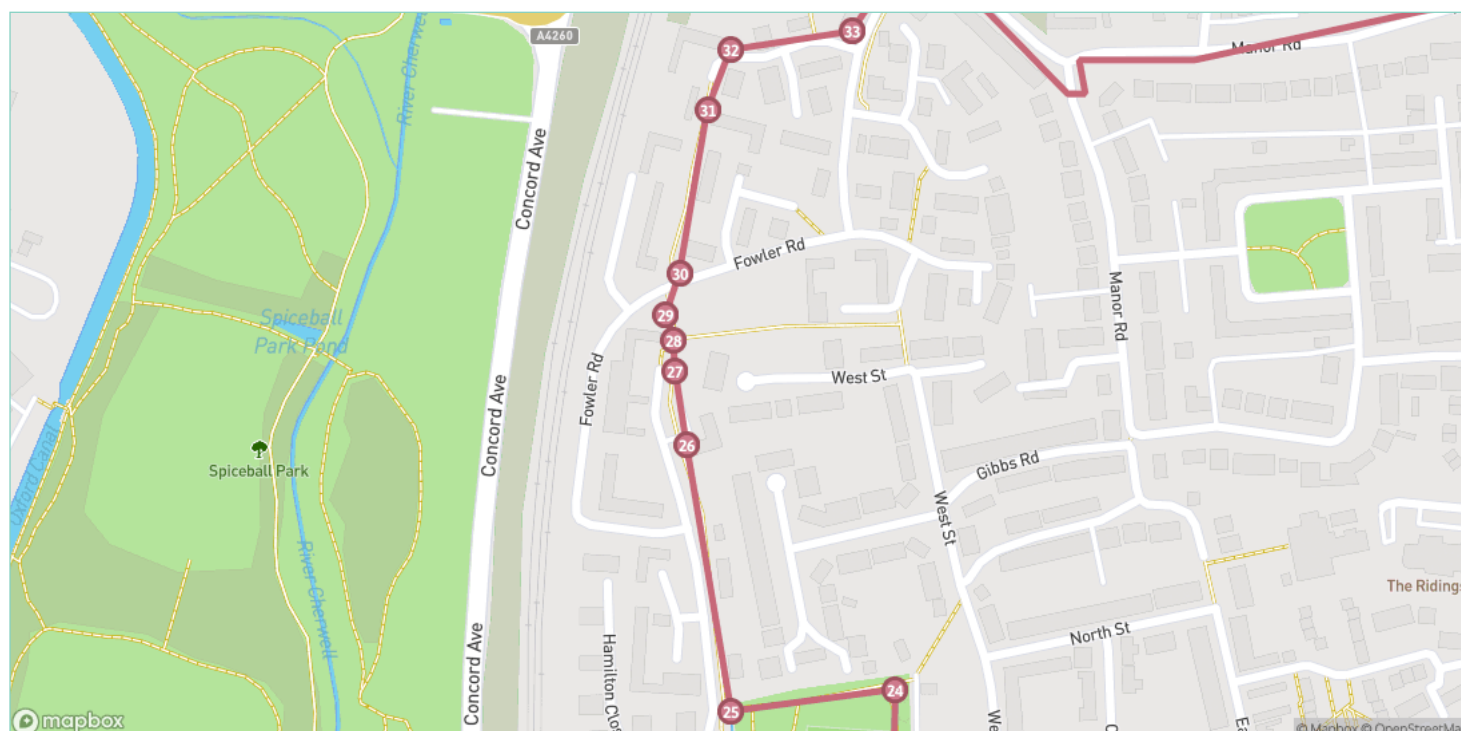
**Step 20:** The route continues to the left. Perhaps you can see the colour red in autumn and winter?

**Step 21:** A tiny detour to the right will take you to the play area, perfect for little ones. In spring look out for pink blossom.

**Step 22:** When you're ready, continue on. Head towards the metal gates, but turn left just before, to stay on the path along the edge of the park.

**Step 23:** Did you happen to bring your hula hoop? 😊 Along this stretch, there are fitness stations for those wanting an extra challenge.

**Step 24:** At the end of the park, turn left. Depending on the season and time of day, notice leaves on the trees & shadows they make on the path.



**Step 25:** Head straight towards the footbridge. Cross back over the stream, and turn right on the other side.

**Step 26:** Cross the quiet street carefully here. Notice the blue of the shared use path sign?

**Step 27:** Can you spot any birds or other wildlife on your walk today? What nature can you find right on your doorstep?

**Step 28:** At this point, if you'd like, you can take a short-cut by following the green squares, meeting back up with this walk around step 71.

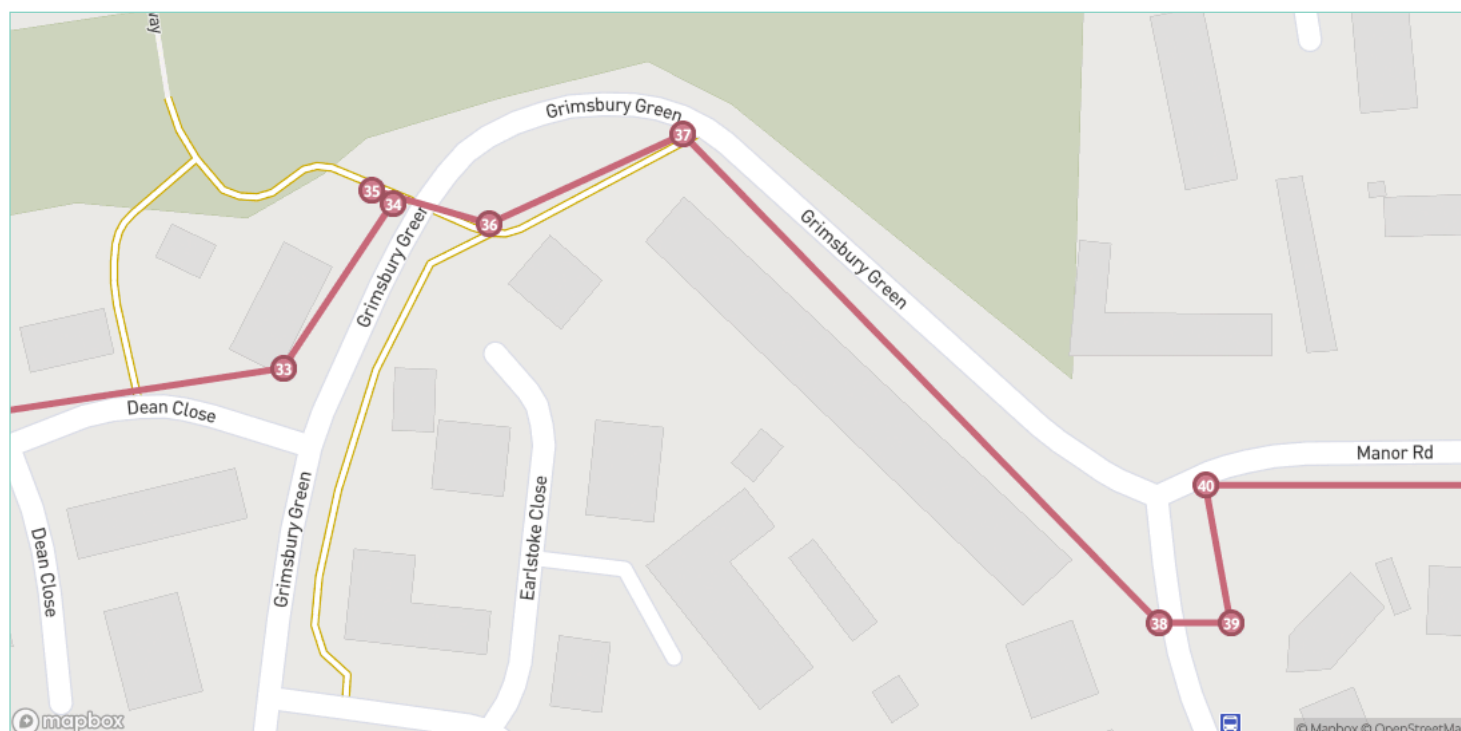
**Step 29:** For this walk, we'll continue straight on, ignoring the short cut. Keep following the green stars.

**Step 30:** The route continues straight across Fowler Rd. Walk between the greenery to your left and the fence to your right.

**Step 31:** Follow the pavement straight ahead past the concrete bollards. Turn right when you reach the parking area in front of the houses.

**Step 32:** Follow the pavement on the right. When it's clear, cross to the left-hand side of the street. You can use the dropped kerb if you'd like.





**Step 33:** At the junction, turn left. These purple flowers were blooming on this walk in spring. What colours can you see along the way today?

**Step 34:** Soon, you'll see a set of stars, indicating to cross the street. This one can be busy, so please be careful.

**Step 35:** To your left is a path that takes you under Hennef Way. It's a short walk to the Grimsbury Reservoir and Spiceball Park, where there's lots more walking to do, if you're interested for another time.

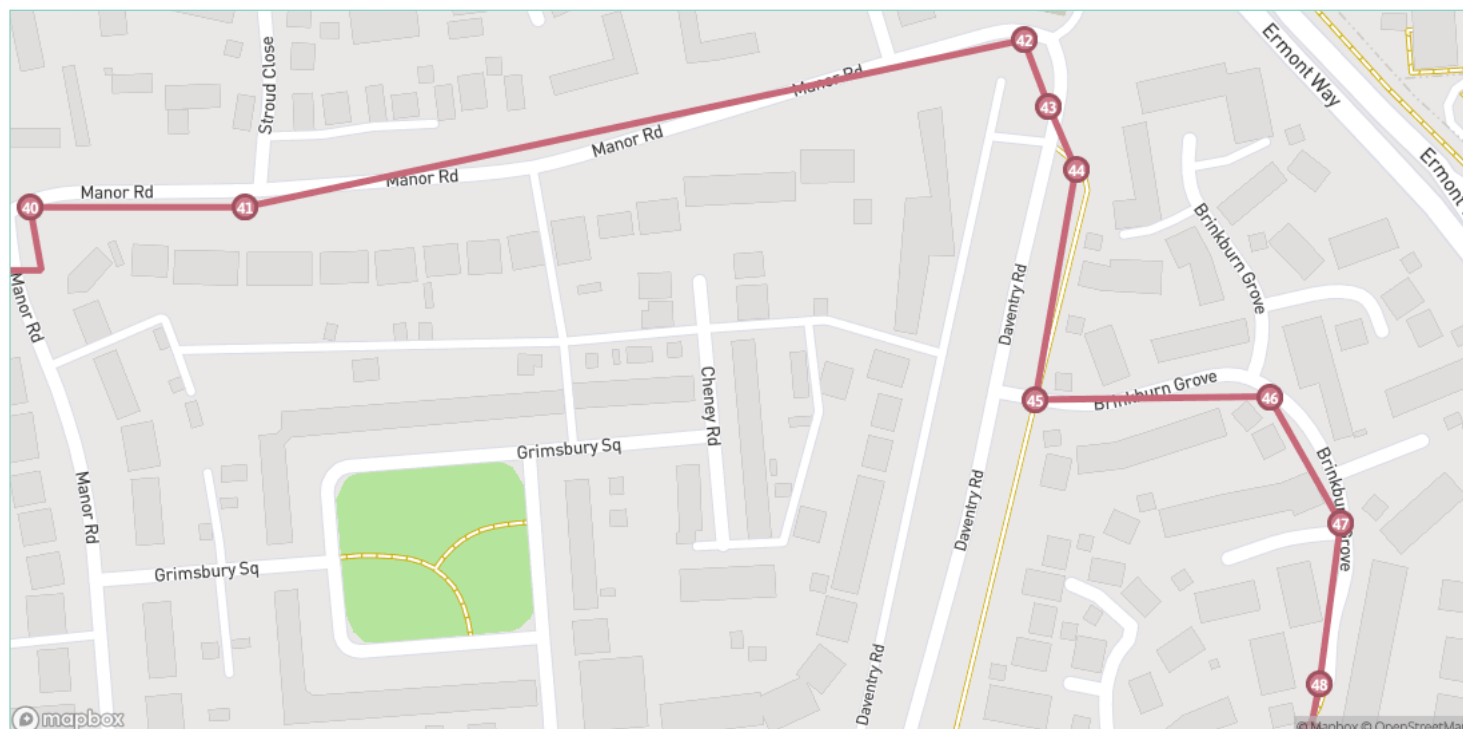
**Step 36:** We'll continue on for now. On the other side of the road, turn left. Be aware of cyclists sharing this pavement.

**Step 37:** Turn right at the road.

**Step 38:** Keep right at the junction. At the green stars by the bus stop, carefully cross Manor Road.

**Step 39:** Turn left at the other side, and follow the pavement as it bends round to the right along the red brick wall.

**Step 40:** Just across the street is the Marsh Farm Shop, offering local goods sourced from Oxfordshire. Why not pop in if it's open?



**Step 41:** Here's the first kilometre marking we noticed! Keep your eyes peeled for more. A great way to track your progress on the circuit.

**Step 42:** When you get up to the roundabout, follow the pavement to the right.

**Step 43:** Just after turning, you need to cross the road. It's very busy so take care. You're looking for the fence just across the way here.

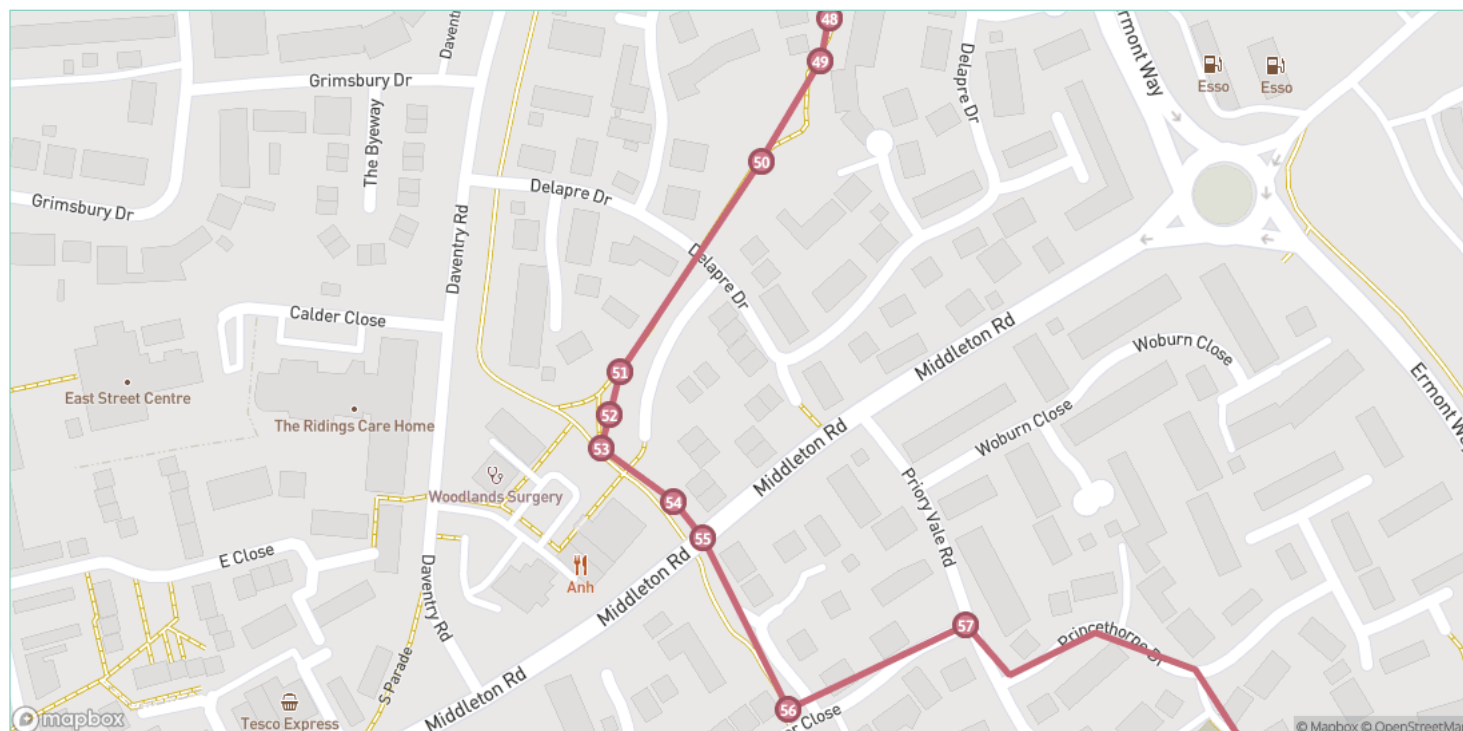
**Step 44:** Join up with the shared use path on the other side, and follow it as it bends to the right.

**Step 45:** At the first street junction, cross to the other side and turn left onto Brinkburn Grove.

**Step 46:** The road curves to the right here. The green star signs on the lamp posts can help you find your way.

**Step 47:** Keep following the green stars along the pavement on the right-hand side of the road.

**Step 48:** Even though you're in a residential area, there's lots of hidden nature to discover. Up ahead, take the path between the fence and bushes.



**Step 49:** This little patch of natural space was gorgeous. We felt totally surrounded by the colour green!

**Step 55:** On the other side, stay straight on the traffic-free path. This area is built-up, but it's so hard to tell. We're sticking to quiet paths!

**Step 50:** Some more pavement games painted along the trail through here! Why not add some whimsical play to your walk?

**Step 56:** At the first road junction, cross and turn left on the other side.

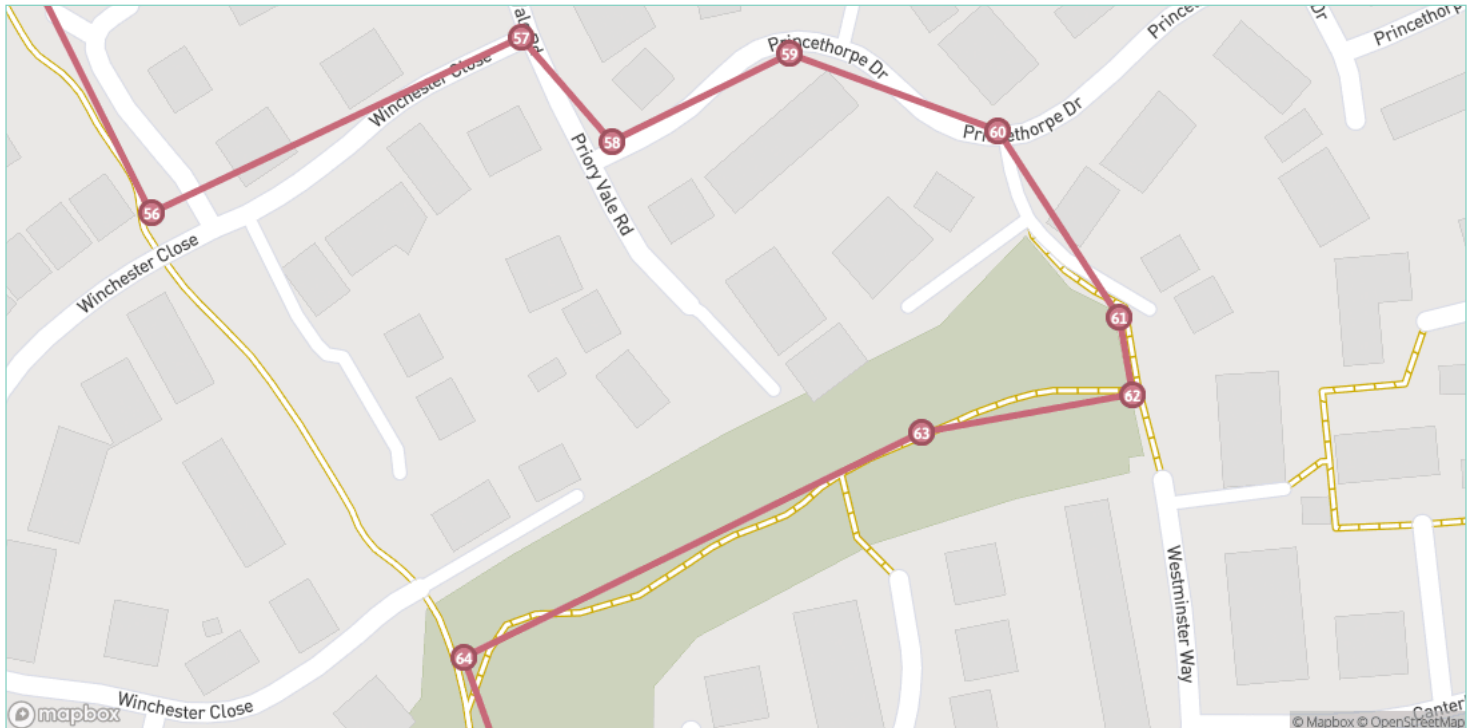
**Step 51:** Head left at the fork.

**Step 52:** Can you see where we are now? Where we started? Where we're going next? Notice the km marker on the ground here, too.

**Step 53:** Veer left, following the white line towards the road crossing up ahead. You'll pass a co-op on your right, if you'd like any refreshments.

**Step 54:** At the road crossing, please use the pedestrian crossing lights.





**Step 57:** At the next junction, turn right.

**Step 58:** And then at the next junction, turn left.

**Step 59:** The route follows the pavement on the right-hand side of Princethorpe Drive.

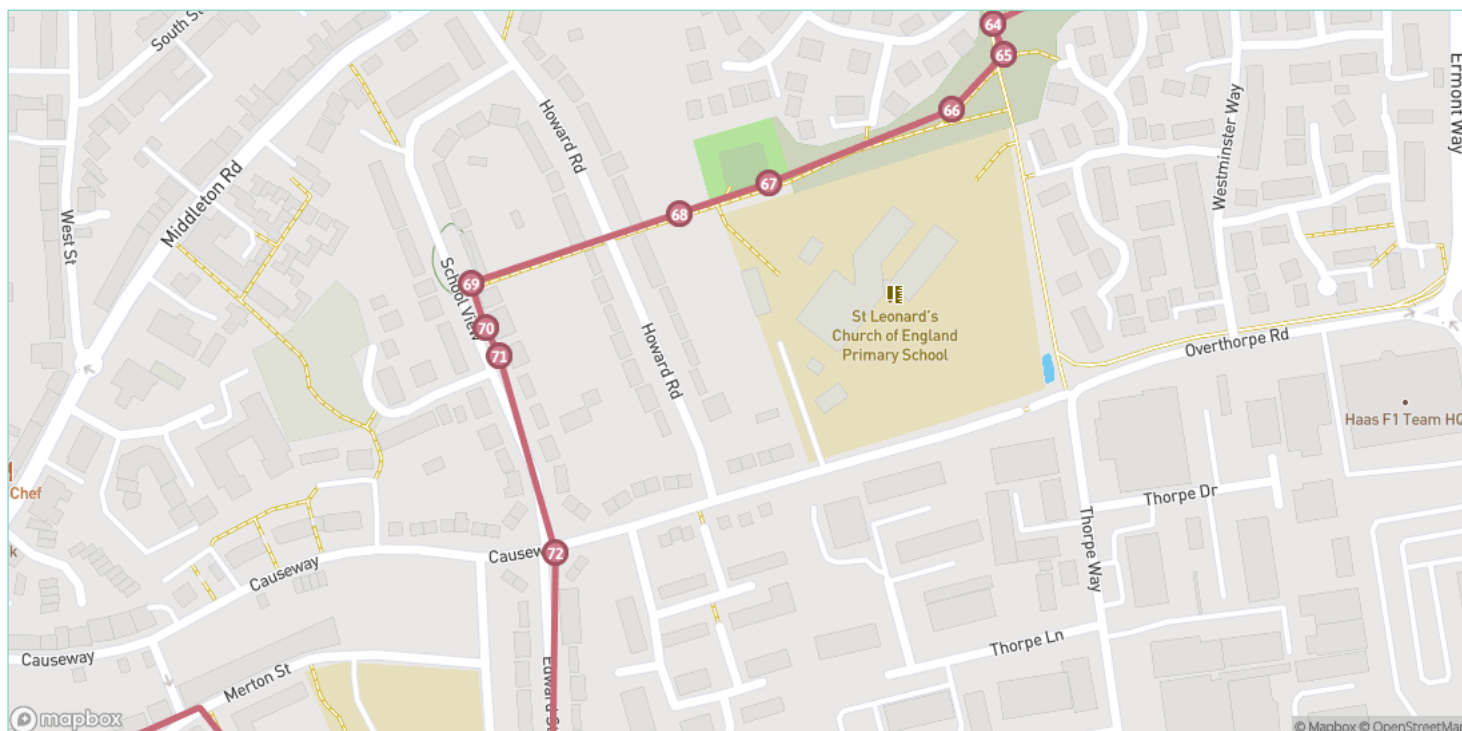
**Step 60:** Stay right at the next junction. Your next destination is the trees straight ahead.

**Step 61:** The pavement leaves the road, taking you back into more natural spaces.

**Step 62:** Turn right at the rubbish bin. In spring and summer you'll see a great tunnel of green. Our favourite!

**Step 63:** Time for some more play along the pavement? Why not Hopscotch.

**Step 64:** Turn left at the shared use path.



**Step 65:** And then almost immediately, turn right again. There's a rubbish bin here, for any dog poo or trash you might have.

**Step 72:** Please carefully cross Causeway and follow the pavement straight ahead.

**Step 66:** This is another great place for bird watching. Why not take another pause. What can you see, hear, and smell? Anything interesting?

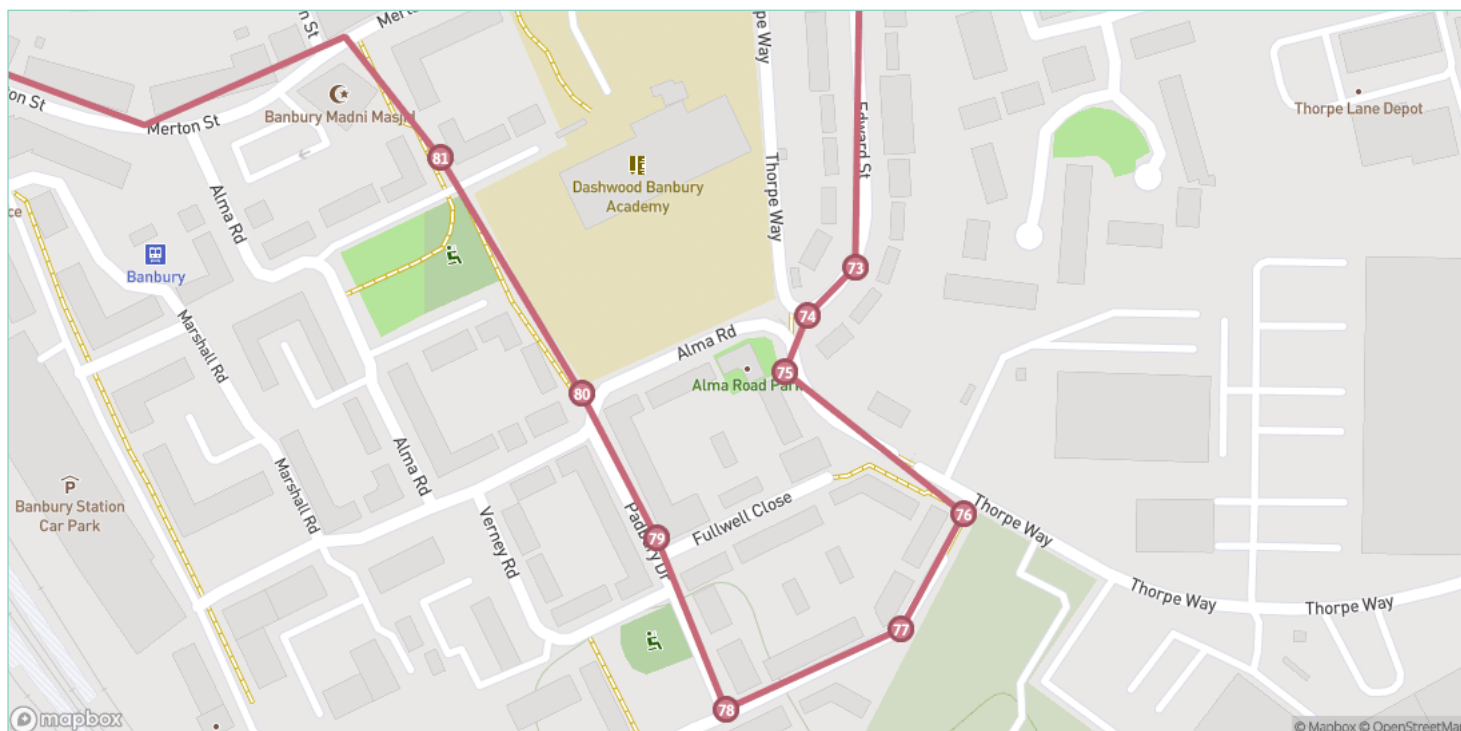
**Step 67:** As you pass the St Leonards primary school, there's another children's play area.

**Step 68:** The route goes between the two fences.

**Step 69:** When you get to the second road, you can see this pink door in front of you. Add pink to your colour list, then turn left.

**Step 70:** Another kilometre mark, already! Doing amazing. Keep it up!

**Step 71:** This is where the short-cut route joins back up with the main circuit. We'll continue following the green stars and won't turn right here.



**Step 73:** Can you find the yellow of the utility marker in the ground?

**Step 80:** Along the next path, you'll pass the Dashwood Banbury Academy on your right and a play area on your left.

**Step 74:** As you walk along the pavement on the left-hand side of the road, you'll come to a pair of stars telling you to cross here.

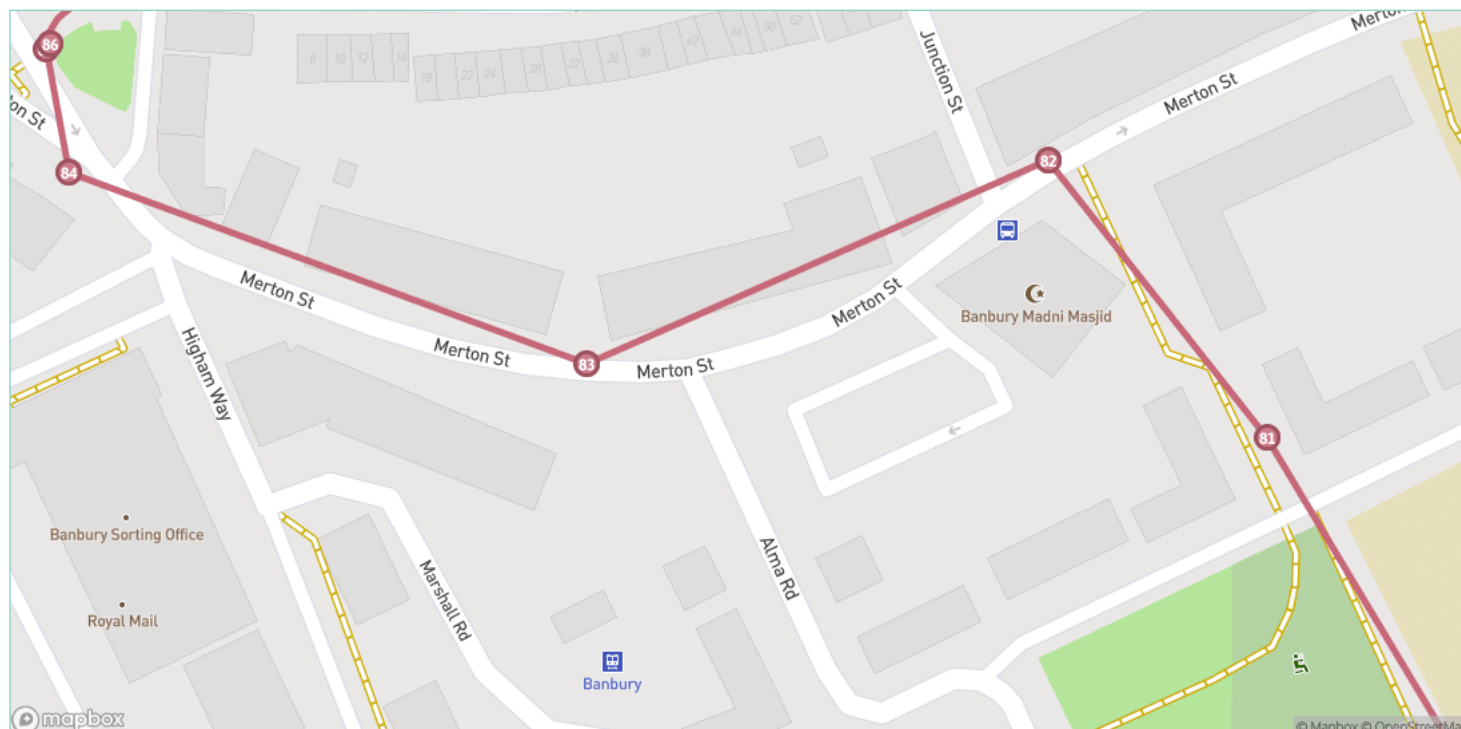
**Step 75:** On the other side, turn left.

**Step 76:** Soon after, turn right onto Padbury Drive.

**Step 77:** For this next stretch, there are some parts where the pavement isn't very consistent. The roads are all very quiet, so it's safe to walk in the street if there isn't a pavement. Still, please be aware of your surroundings.

**Step 78:** You'll soon come to another park and play area. Turn right on the pavement along the edge of the park.

**Step 79:** Another marker of the Green Star Trail. We're getting close to where we started now!



**Step 81:** Walk down this quiet street, the two green stars showing you the way.

**Step 82:** Turn left at the road junction, walking around to the front of the mosque. Did you see another km mark, or the mosque's coloured windows?

**Step 83:** Walk straight across towards the blue sign. The crossing here can be busy, so please use caution.

**Step 84:** Use the pedestrian crossing signal to safely cross Merton Street. You should recognise this area now!

**Step 85:** On the other side of the street, you'll find the small garden where you started. Excellent walking today!

**Step 86:** We hope you enjoyed going on a lovely urban walk today. We have two other local health walks, in Ruscote and Neithrop. Why not try those ones next time, and see what you discover along the way? There's always something new!