









# Oxford Wellbeing Walk

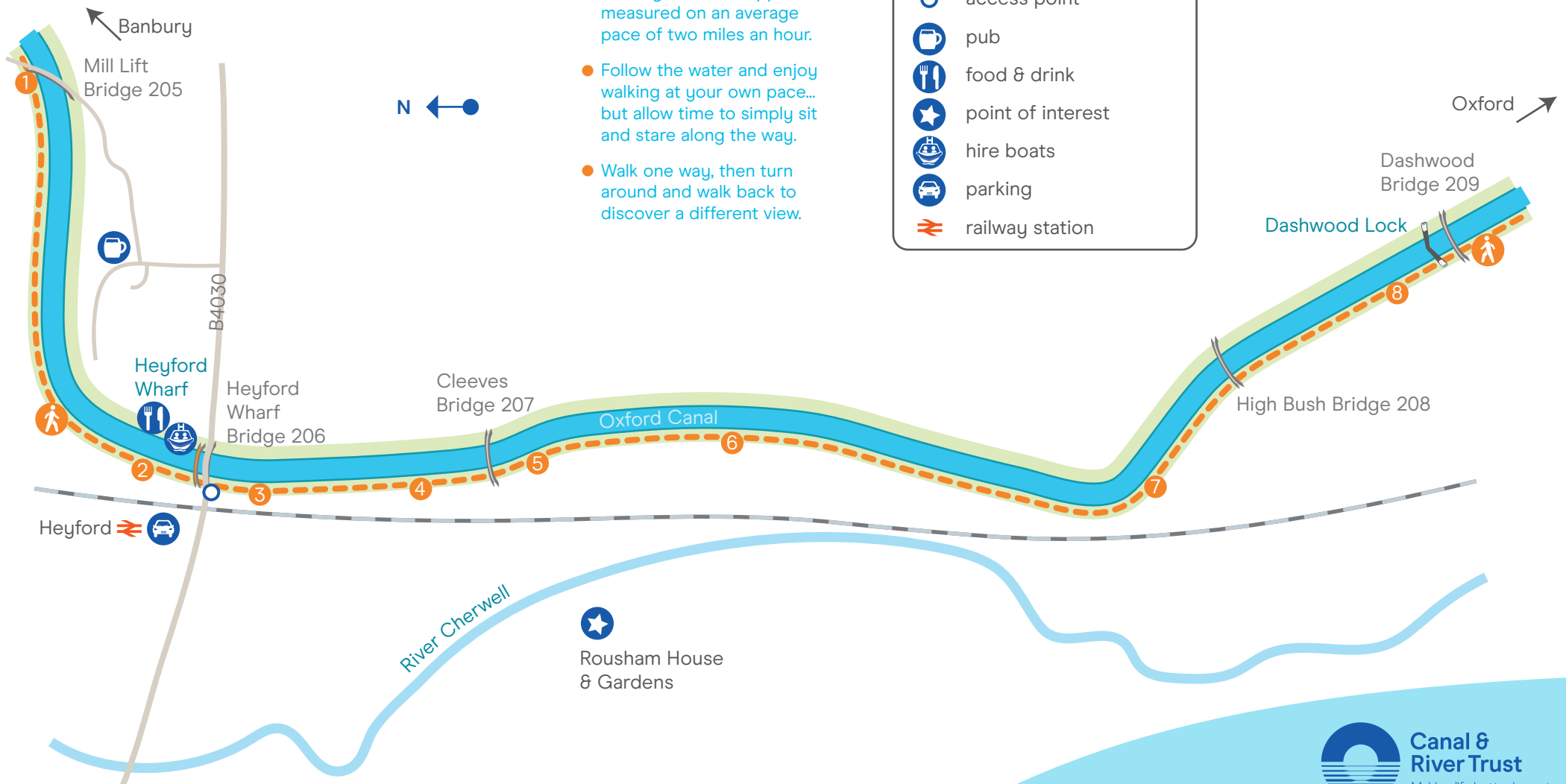
## Heyford Wharf to Dashwood Lock

walk time 35-45 minutes  
distance 2km / 1¼ miles

### WALKING TIPS

- Walking times are approx, measured on an average pace of two miles an hour.
- Follow the water and enjoy walking at your own pace... but allow time to simply sit and stare along the way.
- Walk one way, then turn around and walk back to discover a different view.

	towpath walk
	access point
	pub
	food & drink
	point of interest
	hire boats
	parking
	railway station



## The Walk - Step by Step

This walk takes you for a country stroll along a quiet section of the rural Oxford Canal. The great canal engineer James Brindley built the Oxford Canal in his typical winding fashion, flowing around contours rather than bulldozing a straight course through. The result is a meandering waterways landscape which feels remote and gloriously green, with birdsong for company and views of grazing cows. Dashwood Lock is one of few locks on this part of the canal, and well worth the walk for its quintessentially rural setting.



The Oxford Canal was one of the first canals built, opening bit by bit between 1774 and 1790. Most villages along this stretch of the Oxford Canal are away from the canal, but Lower Heyford seems embedded in it.

1

One of the features of the Oxford Canal is the prevalence of wooden black and white lift bridges, used by farmers to access their land. Carry on just around the corner from the Wharf to see one of the lift bridges, Mill Lift Bridge 205.

2

Heyford Wharf is a hub of activity and life. It's a busy boatyard filled with boats, holiday and day hireboats, and there are visiting boats moored along the towpath opposite.

3

The original stone bridge 206 is now a footbridge and is overshadowed by the newer road bridge alongside. Look up as you walk under it at its attractive curved brickwork and steel trough.

4

The railway runs alongside the canal here, and moored boats again line the towpath opposite the gardens of some of Lower Heyford's residents.

5

Stone bridges arch over the water reflecting local Cotswold colours, and little disturbs the peace and quiet. After walking under the attractive Grade II-listed

stone bridge 207, the canal swirls past the grounds of Rousham House and Gardens.

6

The River Cherwell and railway run really close to the towpath for a short distance. There's a noticeable absence of even minor roads so the only sounds are birdsong from the hedges, the moos of cows in the fields and the occasional putt-putt of a boat passing by on the water.

7

As the canal curves towards High Bush Bridge 208, the river and railway swing away from the towpath. On a lazy sunny day, ambling along this towpath it's hard to imagine the Oxford Canal was originally part of a busy major freight route between London and the Midlands.

8

The canal now straightens as it approaches the perfectly situated Dashwood Lock. The lock makes a great spot for a picnic - there's a bench alongside the lock and 360-degree views of open fields full of munching cattle. Another stone bridge, Dashwood Bridge 209, sits below the lock, and brick steps enable boaters to easily access the lock mechanisms.



When you can drag yourself away from this glorious spot, it's time to turn round to walk back along the canal enjoying a new perspective.

CANAL: Oxford

START: Heyford Wharf

OS Grid ref: SP483247 Postcode: OX25 5PD

FINISH: Dashwood Lock

OS Grid ref: SP486226 Postcode: OX5 3HY

DISTANCE: 2km / 1¼ miles

APPROX TIME: 35-45 minutes

PUB/CAFÉ: Kizzie's Bistro at Heyford Wharf,  
The Bell Inn in Lower Heyford

PARKING: Nearest car park – Heyford station  
(postcode: OX25 5PD)

TRAIN: Nearest train station – Heyford  
National Rail Enquiries  
Tel: 03457 484950 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

BUS: Traveline  
Tel: 0871 2002233 [www.traveline.info](http://www.traveline.info)

