



# Circular Walk No. 1: Asthall – Widford – Swinbrook

Approximately 5 miles (8km)



TL= Turn Left

FL = Fork Left

BL = Bear Left

TR = Turn Right

FR = Fork Right

BR = Bear Right

- 1 With your back to the Maytime Inn, **TR** and follow road past church.
- 2 At T-junction, **TR** and continue all the way to Widford.
- 3 At Widford **TR**, and cross 2 stone bridges.
- 4 **TR** along footpath to Swinbrook passing St Oswald's church. Continue on main path past cottages on your right, straight on to walled path.
- 5 After passing through Swinbrook churchyard, follow road round to the right. Pass first footpath on the left, then take stone stile to next footpath on left opposite the Swan Inn.
- 6 Go straight on across first field and follow the left-hand stone wall in the second. At corner of stone wall, fork right in the direction of the river to stile in hedge. Continue straight on across field, bending right to bridge.
- 7 Cross road by bridge and rejoin footpath passing to the right of Kitesbridge Farm.
- 8 After farm, take left hand path uphill away from river.
- 9 At top of hill, **TR** along road past factory and car park and continue over bridge.
- 10 After second bridge over drain, take bridleway on right back to Asthall.
- 11 After passing through third field, **TL** with hedge on your left uphill. Then **TR** at top of field. The bridleway joins a lane by houses and curves around to the left.
- 12 At T-junction **TL** back to Maytime Inn.

