

Green Spaces in Wood Farm

Warneford Meadow

Grassland and mature orchard, home to butterflies, badgers and birds such as skylarks, meadow pipits and owls.



Lye Valley

The valley is a rare habitat. It supports over 20 species of plants rare in Oxfordshire, of which 14 are in danger of extinction. It is also abundant in wildlife, with unusual insects including the brown hairstreak butterfly and glow-worms, birds such as the reed warbler, reptiles, foxes and badgers. Find out more here:

<http://www.friendsoflyealley.org.uk>



CS Lewis Nature Reserve

This peaceful woodland and large pond used to belong to Oxford author CS Lewis. It was said he enjoyed strolling here while writing his children's book series about Narnia. The pond, a flooded Victorian clay pit, is full of aquatic plants, and toads migrate here to spawn in spring. There are amazing displays of dragonflies and damselflies in summer. More info here: <https://www.bbowt.org.uk/nature-reserves/cs-lewis-nature-reserve>

Brasenose Woods & Magdalen Woods

Magdalen and Brasenose Woods were once joined together as a part of the ancient Royal Forest of Shotover. The woods have beautiful mature oaks, hazel coppices, field maple, silver birch, aspen, beech, rowan, wild cherry and yew trees, to name but a few!

Shotover Country Park

Get ready to climb a hill for a spectacular view! Explore the 117ha of beautiful ancient woodland, which was a Royal Forest and hunting ground until the Civil War. The woods are cycling and riding friendly, and are also great for families with a popular natural sandpit. See details at: https://www.oxford.gov.uk/directory_record/907/shotover_country_park



Rock Edge Nature Reserve

A remnant of the limestone quarries formerly worked in Headington. The rocks exposed in the cliff face are of Upper Jurassic age, around 140-150 million years old. The site has an abundance of nectar and pollen-bearing lime-loving wild flowers – a vital source of nourishment for moths, butterflies, soldier flies and hoverflies. Details at: <http://www.friendsoflyealley.org.uk/rockedge/index>



Be safe and have fun!



Please use your own judgement about where and when you feel safe to walk.



Wood Farm Health Routes

Get to know your green spaces!

This map helps you locate local green spaces and suggests walking routes from Wood Farm Health Centre to parks, meadows and woodlands. For the times of local group walks in Wood Farm visit:

Getoxfordshireactive.org

Simply by spending time in nature you can reduce anxiety and improve your mood! Physical activity, including walking, can reduce your risk of

diabetes by 35-50%
depression and dementia by 20-30%
and cardiovascular diseases by 20-35%

It can also reduce your risk of conditions such as cancer and Alzheimer's disease. Exercising outdoors has been shown to be more beneficial than indoor activities.

Go for a walk!

It is free, fun and as challenging as you want it to be!

www.sustainablehealthcare.org.uk

GO Active



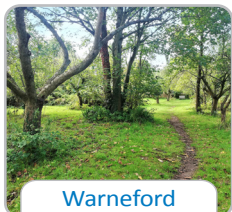
www.nhsforest.org

The Centre for Sustainable Healthcare is registered as a charity no: 1143189

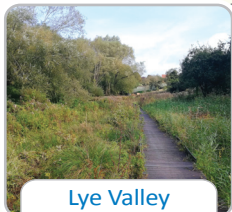


CENTRE for SUSTAINABLE HEALTHCARE
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Wood Farm Health Routes Map



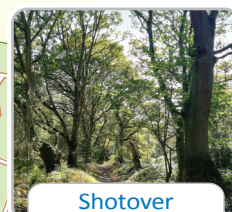
Warneford Meadow



Lye Valley pathway



Shotover Country Park



Shotover pathway



Bramble, Magdalen Woods



Foresters Tower



Holly, Magdalen Woods

Map Key

- **Pink Route** - 20 mins
- **Blue Route** - 60 mins
- **Purple Route** - 40 mins
- **Orange Route** - 25 mins
- **Green Route** - 20 mins
- River/Stream/Pond**
- Public Access Green Space**
- Schools**
- Churches & Mosques**
- Health Centres**
- Community Centres**
- Outdoor Gym Equipment**
- Refreshments**
- Park Facilities/Playgrounds**

