



# 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

**4** TR along footpath to Swinbrook, passing St Oswald's church. Continue on main path past cottages on your right, straight on through field and then bearing right in next field to walled path.

**5** After bearing right through Swinbrook churchyard, follow road round to the right. When you reach the Swan Inn, take stone stile opposite to footpath going left.

**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 over bridge and rejoin footpath passing to the right of Kitesbridge Farm.

**8** After farm, take left hand path to right of tree line 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.

**1** With your back to the Maytime Inn, TR and follow road past church.

**3** At Widford junction TR, and cross 2 stone bridges.

**2** At T-junction, TR and Continue along road, crossing straight over road to Swinbrook, all the way to Widford.

