

64. Windrush Valley

Distance **8.5 miles/13.5km**

Ascent **114 metres**

Start/finish **Burford car park, OX18 4DN**

Run back along Church Lane then L onto Guildenford and L again onto Witney Street. Follow this out of Burford to a L onto a footpath following the River Windrush to the road at Widford. Turn L and cross the bridge then R on a footpath to Swinbrook. Turn R and follow the road through the village then L onto a footpath opposite the pub. Cross the next couple of fields and a road to reach another road at Stonefold (3.6 miles/5.8km). Turn R and follow the road south and across a bridge at Worsham. Turn R and follow the river path on the southern shore of the Windrush to the road in Asthall (5.3 miles/8.5km). Turn L on the road then R past the church and R onto a road out of Asthall. Follow this back to Widford where you join the outbound route, return along the river and through Burford to the start.

Miles	Km	Directions
0.0	0.0	Run back along Church Lane then left onto Guildenford and left again onto Witney Street. Follow this out of Burford to a footpath on the left.
0.7	1.1	Follow the footpath generally east along the river Windrush. Re-join the road and follow it in the same direction to the left turn onto the bridge in Widford.
1.6	2.6	Turn left and cross the bridge and turn right onto a footpath, follow this along the northern bank of the river to the road in Swinbrook.
2.3	3.7	Turn right and follow the road through the village then left onto a footpath opposite the pub.
2.5	4	Cross the next couple of fields and a road to reach another road at Stonefold.
3.6	5.8	Turn right and follow the road south and across a bridge at Worsham to a footpath on the right.
4.3	6.9	Follow the river path on the southern shore of the Windrush to the road in Asthall.
5.3	8.5	Turn left on the road then right past the church and right onto a road out of Asthall. Follow this back to Widford where you join the outbound route.
6.5	10.5	Continue on the road and then river path following the outbound route back to the start.