

2019-08-08 Culworth

5.09 mi

Distance

2:39:47

Time

31:22 min/mi

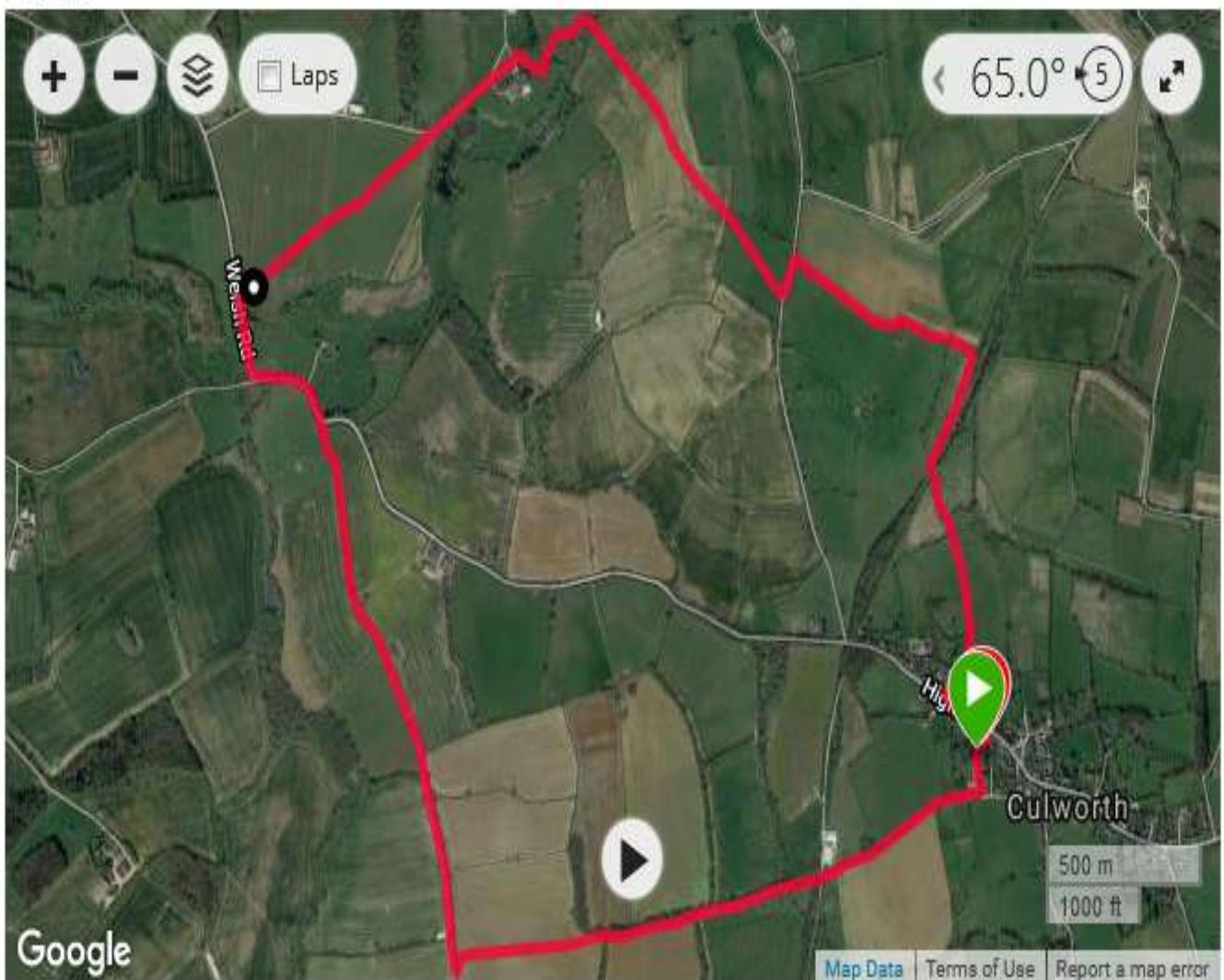
Avg Pace

365 ft

Elev Gain

525 C

Calories



2019-08-08

Start / finish Red Lion Culworth.

The 5 mile walk starts from the Red Lion in High Street Culworth OX17 2BD (it is not in Oxfordshire, it's just a strange postcode).

Take Welsh Lane to Syresham, then the B4525 and turn right signed Sulgrave, but thereafter follow signs to Culworth not Sulgrave.

Please look at the menus on the website; it is a "gastropub" but there is a "light lunch" menu as well.

It is possible that the loos will not be available to us

The walk starts from Culworth and goes along a bridleway slightly south of east. It drops gently some 40 m. before climbing slightly more steeply back up the 40m. and then dropping a bit more steeply the same height to the Millennium Way which it follows north to Trafford Bridge, all pretty much on a level. From there it goes north-west to Trafford House, again on the level. It then climbs in a south easterly direction up the 40 m. no steeper than the first climb. This is mostly on a good footpath, but the last bit is across long grass.

It then reaches a road going north from the west end of Culworth, which could be followed back to the village. The path continues along the narrow margin of a wheat field which is fairly level but probably the roughest bit of the walk, not suited to shorts. The last bit of this is downhill, and as steep as anything else in the walk, but quite short. After crossing the old railway line the path goes gently up the hill (another 40 m.) to the village of Culworth.

The walk goes below a War of the Roses Battlefield - Edgecote Hill 26 July 1469 - just over 550 years ago and a deserted medieval village - Trafford.