## **HEALTHY ABINGDON WALK**



## Walk 3: Ladyrove Meadow and the River Ock

1.6 miles

See the different style of footbridges and look out for wild life.



Ladygrove Meadow Park



Countryfied part of Mill Road





River Ock



The four footbridges

## Route

Start and finish anywhere but here we start from the pedestrian crossing on Drayton Road.

- Enter the Ladygrove Meadow park and walk along the southern edge.
- Near the children's play aea turn left into the path leading to Chaunterell Way.
- Take first left (also Chaunterell Way).
- Right at Francis Little Drive.
- At end of this Drive turn right (Mill Road).
- · Continue straight as road turns into single-

track road into the country.

- Look out for foot-bridges on right (shortly after power lines cross the road: see Fig. D).
- Cross small footbridge and go left over second bridge over the River Ock (see E) and follow path.
- Re-cross Ock at next bridge F and then cross last bridge G back into Ladygrove park.
- Turn left and follow northern edge of park back to where you started (feel free to use the gym equipment).

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