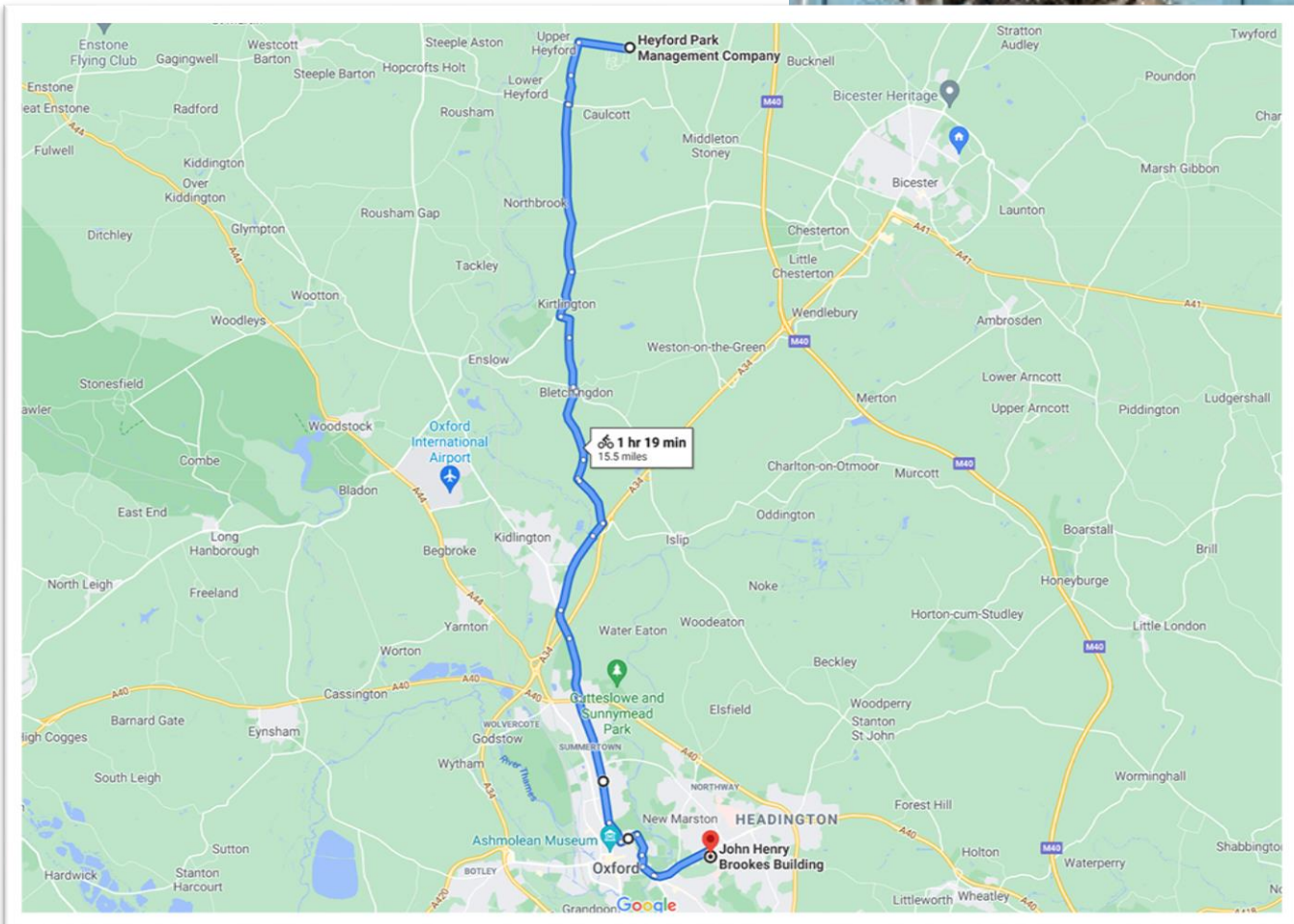
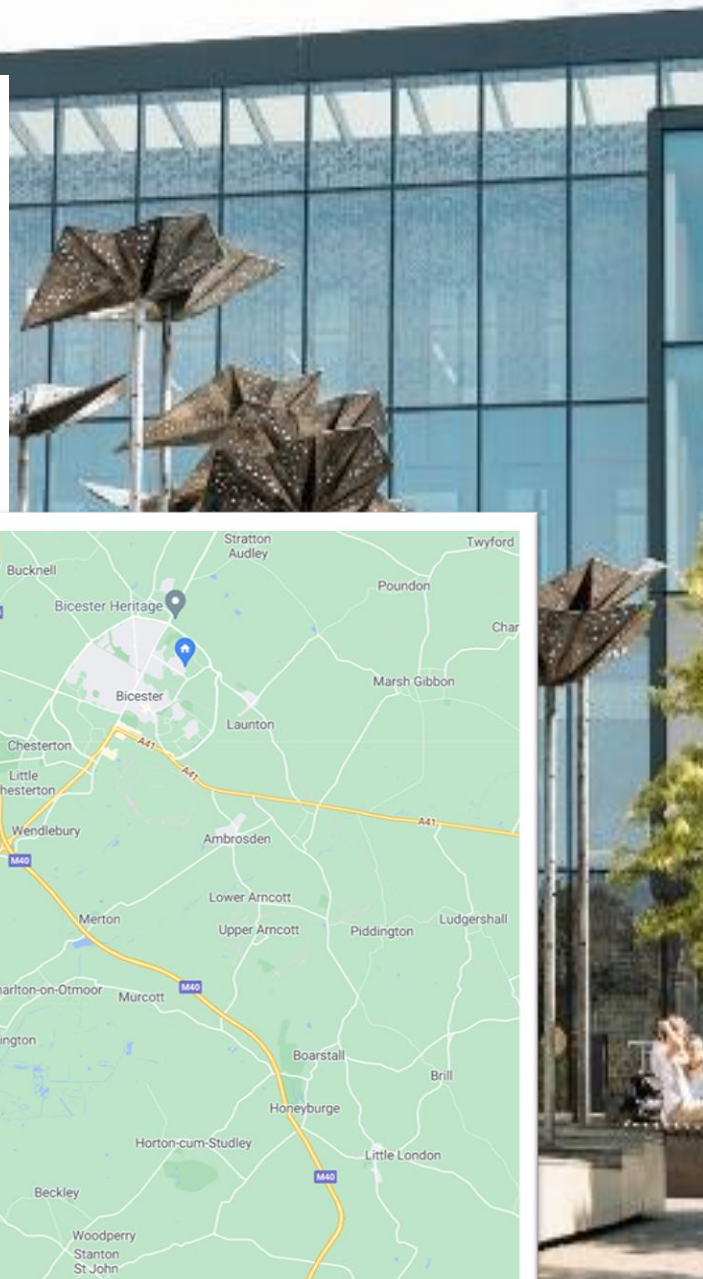


Heyford Park to Headington



Cycling route

Mark Mackintosh

**BROOKES
ACTIVE**

This route used to take me just under an hour, and is around 25km long (or 16ish miles). There are a number of similarly distanced routes, but this was my favourite.

Starting from Camp Road in Heyford, head West towards Lower Heyford and turn left onto Port Way/Kirtlington Road. Follow this road along, and continue straight at the cross roads towards Oxford. Depending on the weather, you can get some beautiful views over the valley to your right, so take your time, and consider taking a couple of photos!

Follow the road into Kirtlington as it snakes left and then right, and shortly after you pass the village shop, take the left turning onto the Bletchingdon Road. Eventually you'll find yourself picking up speed as the road starts to drop away before levelling out, but keep the speed up to help you get up the rise at the other end. It's not a huge hill, but can be quite steep, so always helps to have a bit of momentum going into it. Once you've got to the top you'll find yourself in Bletchingdon. Turn left here.

At this point, you can either continue straight along onto the Islip Road (you can find directions to Headington from here in another route on this page) or take the next right onto the Oxford Road. Pass the farm on your right and then road will drop steeply as you pick up some speed again. Take care here as the overhanging trees can cast shadows on the road surface and make potholes trickier to spot. The gradient decreases a bit here, but you'll still be able to keep up a good pace without using much effort.

Keep going and the road will swing round to the left and take you through Hampton Poyle and past The Bell (highly recommended!). This road will take you out to towards the A34 slip road – turn right, away from the A34 and onto the Bicester Road, and follow this straight to take you through Gosford and towards Kidlington.

At the Kidlington Roundabout, take the first exit – you can either stay on the road here or use the path on your left – and follow the Oxford Road over the bridge and past Oxford Parkway station on towards the Banbury Road roundabout. Cross straight over here, and head along the Banbury Road into Oxford.

Follow the Banbury Road into Summertown and at the junction with Marston Ferry Road, head straight on towards Oxford City Centre (an alternative route at this point is to use the cycle path alongside Marston Ferry Road to lead you to Marston and on upwards to Headington).

Using the bus lane along Banbury Road gives you a little more space from the traffic heading into town, but do keep an eye out for drivers not paying attention as they emerge from the side roads.

Pass Park Town on your left, and keep going straight on until the left turn onto Parks Road which will take you past the Museum of Natural History. Take the left onto South Parks Road at the traffic lights (or to see the sights, head straight on towards Broad Street and the Radcliffe Camera). Take the 90 degree bend on to St Cross Street and continue along Long Wall Street until you emerge at the end on the High Street. It's another left turn here, passing Magdalen College on your left, over the bridge where you can stop to look at the punts, and straight over the plain into St Clements.

You'll now have the choice of taking Morrell Avenue (longer but less steep) or Headington Hill (shorter but steeper) – whichever you choose, you'll end up at the Headington campus either way!