

Route One ~ GREEN: (3 Miles)

Turn right at the bottom of the drive and head along the footpath into Kennington Village. When you reach the Tandem Pub (on the left hand side of road) go to the right down the footpath, over the railway bridge and head left (north) along the river.

Pass under the railway line and over the small river inlet and carry on under the Ring Road. Pass Iffley Lock and the Isis Tavern and follow the footpath that brings you up to Weirs Lane.

Turn left along the footpath on the bridge and continue until the traffic lights at the junction with Abingdon Road. Turn left into Abingdon Road until the next set of main traffic lights, then cross over the road heading right and follow the signpost marked Kennington.

Pass over the railway bridge, turn right into Kennington Road, under the ring road and back into Egrove Park on the right.

Route Two ~ YELLOW: (5 Miles)

Turn right at the bottom of the drive and head along the footpath into Kennington Village. When you come to the bend in the road (by the Tandem Pub) keep straight on and into The Avenue. Go down the dip and back up the other side.

Turn left at the top into Sandford Lane (by the two bus stops) and pass under the railway bridge. Turn left onto the footpath and follow this adjacent to the railway line. The footpath eventually veers off to the right across the field towards the river.

Pass under the railway line and over the small river inlet and carry on under the Ring Road. Pass Iffley Lock and the Isis Tavern and follow the footpath that brings you up to Weirs Lane.

Turn left along the footpath on the bridge and continue until the traffic lights at the junction with Abingdon Road. Turn left into Abingdon Road until the next set of main traffic lights, then cross over the road heading right and follow the signpost marked Kennington.

Pass over the railway bridge, turn right into Kennington Road, under the ring road and back into Egrove Park on the right.