

Map&Checked

	Walk	Distance/time	Starting point	Notes	Map
1	Abthorpe Bradden Slapton	5.5 mi 2h	The New Inn, Abthorpe	Mainly pasture and quiet lanes. Crossing road at waypoint 20 needs care. A few stiles, mainly between Slapton and Abthorpe.	Y
2	Abthorpe Wappenham Church	5.2 mi 1h50	The New Inn, Abthorpe	Fewer stiles and more pasture than the route published by SNC.	Y
3	Ashton - Hartwell	4.6 mi 1h40	The Crown, Ashton	Good pub, nice villages, open views	Y
4	Blakesley Bradden	5.4 mi 2h00	The Bartholomew Arms (check)	Pasture & Arable, site of medieval village, 2 attractive Villages	Y
5	Blisworth & Hill (South)	5.2 mi 1h50	The Royal Oak, Blisworth	Mixed Arable and Pasture, some track. At top of the tunnel turn left through gap in fence, then immediately right through gate. <i>Path can be submerged after prolonged heavy rain!</i>	Y
6	Brington Great	4.5mi 1h40	Great Brington: Althorp Coaching Inn	Can be muddy between Little Brington and Nobottle Wood.	Y
7	Brington Little	4.4mi 1h35	The Saracens Head	Some lane, Gawburrow hill steep. Can be muddy.	Y
8	Bugbrooke Heyford Wharf & Stowes	5.1 mi	The Wharf, Bugbrook. Break at the Old Dairy Farm.	Towpath to first bridge at Nether Heyford. Route crosses the A5 twice and includes short stretches on quiet lanes. Need 2 Hi Vis vests.	Y
9	Chackmore - Stowe Parkland	4.9 mi 1h45	The Queens Head, Chackmore	Uses public and permissive footpaths. Does not go into the NT gardens, so you don't have to be a member.	Y
10	Charlton (Cherwell valley views)	4.5mi 1H40	The Rose and Crown	Pretty Village, good views. Hilly by Northants standards. Ancient "camp" en route	Y
11	Cosgrove – Ouse Valley	5mi 1h45	The Barley Mow, Cosgrove or the Galleon Wolverton	Canal towpath, MK paths through new nature reserve, medieval village earthworks and meadows. Floods rare, but can be spectacular.	Y
12	Farthinghoe -Great Purston	5mi 1h50	The Fox	Mix of Pasture and Arable, some good tracks. Includes the Nature Reserve (Railway cutting)	Y
13	Furzton Lake MK	4.6mi 1h35	Hungry Horse	(near MK Bowl Roundabout) Follows meandering streams and through wood dividing MK "villages" Good winter walk.	Y
14	Grafton Regis- Queens Oak	5.3mi 1h55	The White Hart (not Monday)	Mainly Arable. Good paths, many round field boundaries, canal towpath and some farm drives/tracks.	Y
15	Grafton Regis-Alderton	5.1mi 1h45	The White Hart (not Monday)	Mainly good paths and tracks. Exception may be by Grafton Lodge: aim for Alderton Church. The Mount, an old ringwork, featured on "Time Team".	Y
16	Hanslope Castlethorpe	5.1 mi 1h50	Watts Arms	Good views, mainly meadow, arable raised paths by hedges. 2 interesting villages	Y
17	Litchborough - Farthingstone	5.3 mi 1h50	The Old Red lion, Litchborough	Mainly pasture, some arable, crosses golf course. Short stretch of Lane. (Farthingstone pub only open at weekends?)	Y
18	Loughton – Bradwell	4.9mi 1h45	Start is shown from The Talbot, The Fountain is 300m up London Rd	Walk is mainly through the river/lakeside parks between local areas. OK Winter walk.	Y
19	Nether Heyford Bugbrooke	5.0 mi 1h40	The Sun Inn, Nether Heyford	Sun Inn has a good garden, and log fires in the winter. Route takes in off the beaten track parts of both villages	Y
20	Nether Heyford Flore	4.2 mi 1h30	The Sun Inn, Nether Heyford	Water meadows can be very wet in winter	Y

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	Walk	Distance/time	Starting point	Notes	Map
21	Old Wolverton & Old Stratford canal	4.7mi 1h40	The Galleon, Old Wolverton	Route can be shortened by staying on the canal towpath once over the Aqueduct.	Y
22	Old Wolverton-Mill-Ouse Valley Park	4.5mi 1h50	The Galleon, Old Wolverton	Mainly good paths but the lower meadows NE of the footbridge by The Mill can be waterlogged. River Ouse has been known to flood.	Y
23	Road Courteenhall	4.9mi 1h40	The Cock, Road	Mainly arable, Courteenhall estate parkland	Y
24	Silverstone Hazelborough Wood	2.5 mi 1h	Forestry Car Park off A413	Afternoon Bluebell Walk OR Early Evening 5miles from the pub	Y
25	Stoke Bruerne Eastward & Canal	4.6 mi 1h40	Choice of pubs	Old village, open country views, canal and nature reserve	Y
25	Stoke Bruerne Shutlanger	5mi 1h45	Choice of 3 pubs (2 Stoke Bruerne, 1 Shutlanger)	Towpath, open farmland, lanes, good views, villages. Best done Clockwise.	Y
26	Stoke Bruerne Shutlanger	4.5mi 1h35	Choice of 3 pubs (2 Stoke Bruerne, 1 Shutlanger)	Towpath, open farmland, lanes, good views, villages. Best done Clockwise. BUT More likely to be seriously MUDDY in winter	Y
27	Tiffield Dalscote Eastcote	5mi 1h45	The George, Tiffield	Mixed Arable and Pasture, some Lane	Y
28	Tiffield-Caldecote	4.8mi 1h40	The George, Tiffield	Pasture & Arable, Lane and Nature reserve in Railway Cutting	Y
29	Wardington Edgcote & Lodge Upper Wardington	4.7mi 1h40	Hare and Hounds Wardington OX17 1SH	Hook Norton Brewery. Mainly Pasture and Arable & quiet lanes It is worth walking up to the Church and House at Edgcote and retracing your steps	Y
30	Wardington Edgcote Trafford Bridge	5.6mi 2h	Hare and Hounds Wardington OX17 1SH	Hook Norton Brewery. Mainly Pasture and Arable & quiet lanes	Y
31	Woolstone Grand Union Canal River Ouzel	4.9mi 1h40	The Barge Inn, Woolstone	MK paths & Towpath, Steps or zig-zag track climb to ridge above Willen Lake. Benches to rest and admire the view at top.	Y

Not checked Recently

#	Route	Distance/time	Meet at	Comments	Checked?
1	Badby Fawsley	4.2mi 1h35	The Windmill or The Maltsters	Badby woods can be very muddy!	
2	Blisworth Village, Hill and Canal	5m 1h40	The Royal Oak, Blisworth	Published walk, Field path to Blisworth Hill farm impassable due to crop when tried.	
3	Bradwell – Loughton Lakes	5.4m 1h52	Victoria or Albert Inn (check)	Good winter walking when everywhere else is claggy but pubs inconsistent <i>Also see Loughton to Bradwell</i>	
4	Braunston & Jurassic Path	4.8mi 1h45	The Boathouse	Found route on web, not explored	
5	Calverton Lower Weald	5mi 1h45	Shoulder of Mutton, Calverton	Good pub, I have only just spotted a route, so not checked.	
6	Cosgrove - Castlethorpe	4.9 mi 1h40	The Barley Mow, Cosgrove	Not walked recently	
7	Culworth - Trafford Bridge	5 mi 1h45	The Red Lion	Not walked recently	
8	Culworth Edgcote	5.6mi 2h	The Red Lion Culworth	Untried could be muddy!	
9	Evenley-Mixbury	4.7mi 1h40	The Red Lion	Found route on web, not explored Arable Parkland, woods and 2 villages.	
10	Everdon - Newnham Lodge		The Plough Inn, Everdon	Published route, Disappointing	
11	Greatworth- Farthinghoe	5.2mi 1h50	The Inn	Not tried, based on a published walk	
12	Greatworth-Stuchbury	4.9mi 1h40	The Inn	Not tried, based on a published walk	
13	Grendon – Easton Maudit	4.65 m 1h40	The Half Moon – (good reviews)	Remembered from 20 years ago. UNTRIED Mainly arable, some quiet lane.	
14	Harlestone Village and Heath	4.8mi 1h40	Fox & Hounds	Remembered from 2012 Turn Downhill to "Northamptonshire Round" track cuts through Golf Course to Heath. Shady for heatwaves!	
15	New Bradwell-Lodge Lake	5.4mi 1h50	New Inn, New Bradwell	Combines parts of 2 previous walks, Needs testing	
16	Silverstone Hazelborough	4.5 mi 1h50	The White Horse Silverstone	Village and Woodland Walk, Bluebells in May, can be muddy	
17	Sulgrave Weston	5mi 1h45	The Star Inn, Sulgrave	Several stretches of Lane, Mainly Arable (Not tried since 2013)	
18	Sulgrave-Culworth	4.7mi 1h40	The Star Inn, Sulgrave	Found on web. Mixed Arable and Pasture. Could also start at the Red Lion, Culworth (footpath heading S from very close to the pub)	
19	Thrupp Wharf Castlethorpe Cosgrove	5.2mi 1h48	The Barley Mow, Cosgrove (or Navigation, Thrupp Wharf, if open)	TU3AR group ramble 2miles towpath, rest mixed arable and pasture. Can be very wet between Cosgrove and Castlethorpe	
20	Tiffield Gayton		Pub Tiffield (Gayton no food)	Good views N from Gayton, so could be worth developing	
21	Wardington Cropredy	5mi 1h45	Hare and Hounds Wardington OX17 1SH	Hook Norton Brewery. Pasture, Arable and Oxford Canal towpath. Footpath along A361	
22	Wardington Cropredy	5mi 1h45	Hare and Hounds Wardington OX17 1SH	Hook Norton Brewery. Pasture, Arable and Canal towpath. Footpath along A361	
23	Yelvertoft-Crick	4.7mi 1h35	The Knightly Arms	Mainly Canal and Track – ages since I last walked it. (Found in old pamphlet)	