

## Get to know Marston's green spaces!

The Marston green health route is a circular route of around 2.5 miles with signs along the way, suitable for wheelchairs or buggies.

Please use your own judgement about where and when you feel safe to walk.

### Milham Ford Nature Reserve

This nature reserve is home to a wide variety of insects and plants. Bees thrive in this environment due to wildflowers such as watercress, bluebells and pink vetch.

### Peasmoor Piece Nature Reserve

Grassland with a small pond. Here you can spot brown hairstreak butterflies.

### University Parks

Beautiful University Parks borders the River Cherwell. An impressive Swift Tower provides these birds with valuable nesting space. A complete list of trees and flowers can be found [here](#).

We'd love to hear how your walk went. Let us know on [info@sustainablehealthcare.org.uk](mailto:info@sustainablehealthcare.org.uk)

Marston Green Health Route is supported by the Trust for Oxfordshire's Environment, the University of Oxford, the Big Lottery Fund and Grundon.