

# Get to know Wood Farm's green spaces!

All routes lead from near Wood Farm Health Centre in Leiden Road to the area's publicly accessible green spaces. Note that the health centre is currently closed.

The Blue Route offers a large circular walk through woods and quiet streets that is mostly flat. The Purple Route, which loops through Lye Valley, has more uneven ground. Take care on narrow footbridges and sloping paths. The board walk in the nature reserve gives you a wonderful stroll through wildflowers, but social distancing can be tricky!

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

## Warneford Meadow

A peaceful grassland home to butterflies, badgers and birds such as owls, skylarks and meadow pipits. The meadow is a Town Green, managed for the community by Oxford Health NHS Foundation Trust.

## Lye Valley Nature Reserve

The valley is a rare habitat. It supports over 20 species of plants rare in Oxfordshire, of which 14 are in danger of extinction. It is also abundant with wildlife, with unusual insects including the brown hairstreak butterfly and glow-worms, birds such as the reed warbler, reptiles, foxes and badgers. Find out more [here](#).

## Brasenose Woods and Magdalen Woods

Magdalen and Brasenose Woods were once joined together as part of the ancient royal forest of Shotover. The woods have beautiful mature oaks, hazel coppices, field maple, silver birch, aspen beech, rowan, wild cherry and yew trees, to name but a few.

## Shotover Country Park

Get ready to climb a hill for a spectacular view! Explore the 117ha of ancient woodland, which was a royal forest and hunting ground until the Civil War. The woods are cycling and riding friendly and are also great for families, with a popular natural sandpit. See details [here](#).

## Rock Edge Nature Reserve

Rock Edge is a remnant of limestone quarries formerly worked on in Headington. The rocks exposed in the cliff face are of Upper Jurassic age, around 140-150 million years old. Amazingly they were once a coral reef and fossils of ancient sea creatures can be seen in the rockface. (Please don't disturb!) The site has an abundance of nectar and pollen bearing lime-loving wild flowers – a vital source of nourishment for moths, butterflies, soldier flies and hoverflies. More details can be found [here](#).

## CS Lewis Nature Reserve

This peaceful woodland and large pond used to belong to Oxford author CS Lewis. He is said to have enjoyed strolling here while writing his children's book series about Narnia. The pond, a flooded Victorian clay pit, is full of aquatic plants, and toads migrate here to spawn in Spring. There are amazing displays of dragonflies and damselflies in Summer. More information [here](#).

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