



# Langford 5k health route

Funded by NHS England



Follow the marked route to complete a minimum of 5kms (3.1 miles) and around 7,000 steps, depending on your stride length. The route is circular, so it doesn't really matter where you start, or which way around you wish to go, although we have suggested you start by Langford Primary School, and follow the route in a clockwise direction.

### Points to note:

- You are responsible for your own safety – please take extra care when crossing roads along this route. Pathways may be slippery, especially when wet or covered with grass or leaves.
- This route is accessible with no steps.
- Most of the route is lit, except the section next to Jubilee Lake which is also narrow – you may wish to follow our alternative route marked.
- The route is designed for walkers or joggers. Some sections may not be suitable for cycling (e.g. Jubilee Lake – please use the alternative route).
- If you're using the route, we'd love to hear from you:

 @HealthyBicester  HealthyBicester

For more information, please contact:  
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or telephone 01295 221640

