

Ridgeway and Vale Diabetes Expeditions



Title	RAVE Walk Sunday 12th March 2023 Clifton Hampden, Thames Path & Wittenham Clumps Circular
Walk	Clifton Hampden – Long Wittenham – Wittenham Clumps – Little Wittenham – Thames Path - Clifton Hampden
Map Sheets	Map Sheet 1:25,000 OS Explorer Series Sheet 170 Abingdon, Wantage & Vale of White Horse
Notes	Parking at Barley Mow public Car Park at Clifton Hampden is free of charge. This is a gentle walk, with stretches along the Thames Path that afford delightful and tranquil river views. We pass through the village of Long Wittenham and take a steady climb up to Wittenham Clumps, which delivers magnificent views over the Oxfordshire countryside. We descend the path to Little Wittenham and then proceed over Days Lock to re-join the Thames Path and follow the river meandering back to Clifton Hampden.
Start time	Meet at 09.45 for 10.00 start
Start and Finish	Barley Mow Car Park, Clifton Hampden. Postcode OX14 3EH
Difficulty	Approx. 9 miles - moderate, mostly flat, with one rise along a short road section and one steady climb up onto the clumps after lunch. Wittenham Clumps Car Park, postcode OX14 4QZ, is a suitable mid-point with free parking for those walkers wishing to do a shorter walk (5 miles).
Leaders	Diane White (E: diane@stevediane.net , M: 07860 334873) and Norma McGough (E: n.mcgough38@gmail.com , M: 07802 871712)
Waypoints	Start – Clifton Hampden – Thames Path – Clifton Meadows – New Barn Farm – Long Wittenham – Earth Trust – Wittenham Clumps – Little Wittenham – Days Lock -Thames Path – Clifton Hampden - Finish .
Getting to Clifton Hampden from Aylesbury	(Approx. 23 miles – 40 mins): From Aylesbury take A418 to Thame, then take A329 direction Henley and Reading. Pass through Little Milton, Stadhampton head to Chislehampton and take left turn towards Clifton Hampden. At junction turn right at lights then quickly left to cross bridge over the Thames. Barley Mow car park is a short distance after the bridge on your left.
Getting to Clifton Hampden from Oxford	(Approx. 10 miles – 20 mins): From Heyford Hill roundabout on the Eastern Bypass take the A4074 towards Shillingford direction. Turn right at roundabout onto Oxford Road towards Clifton Hampden. At junction turn right at lights then quickly left to cross bridge over the Thames. Barley Mow car park is a short distance after the bridge on your left.